



SAFE SKIES.
**SUSTAINABLE
FUTURE.**



| ICAO



SURPRISE & STARTLE

THE ENEMY



Who Am I?

My name is Emma Carter

I hold United Kingdom, EASA and FAA commercial licences with instructional privileges, and used to have a Uganda licence too.

I have 9,000 hours almost all on small aeroplanes, and about three and a half thousand of these are instructional.

I am an aerobatic instructor and an On-Aeroplane UPRT instructor.

I currently live in the south of England and spent a decade in Uganda up to 2015.

I fly for Ultimate High.

STARTLE, SURPRISE & FEAR



of Startle/Surprise?

“an uncontrollable, automatic reflex that is elicited by exposure to a sudden, intense event that violates a pilot’s expectations”

FAA AC 120-111

EXPECTATION vs REALITY

Difference between Surprise and Startle



How Do We React Under Pressure?

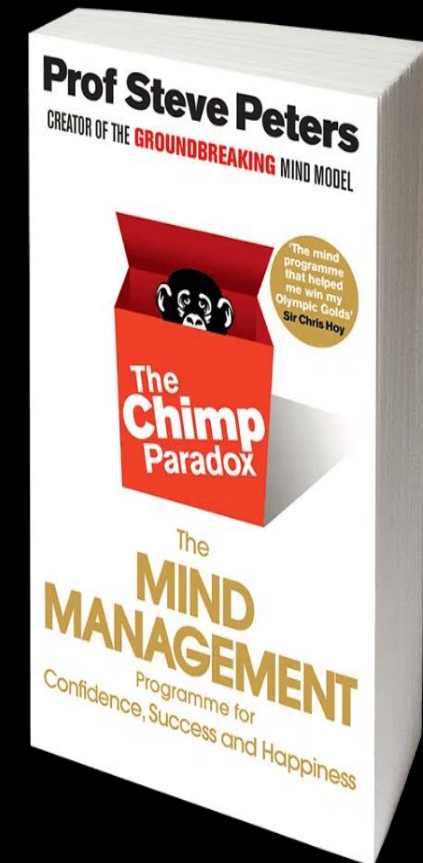
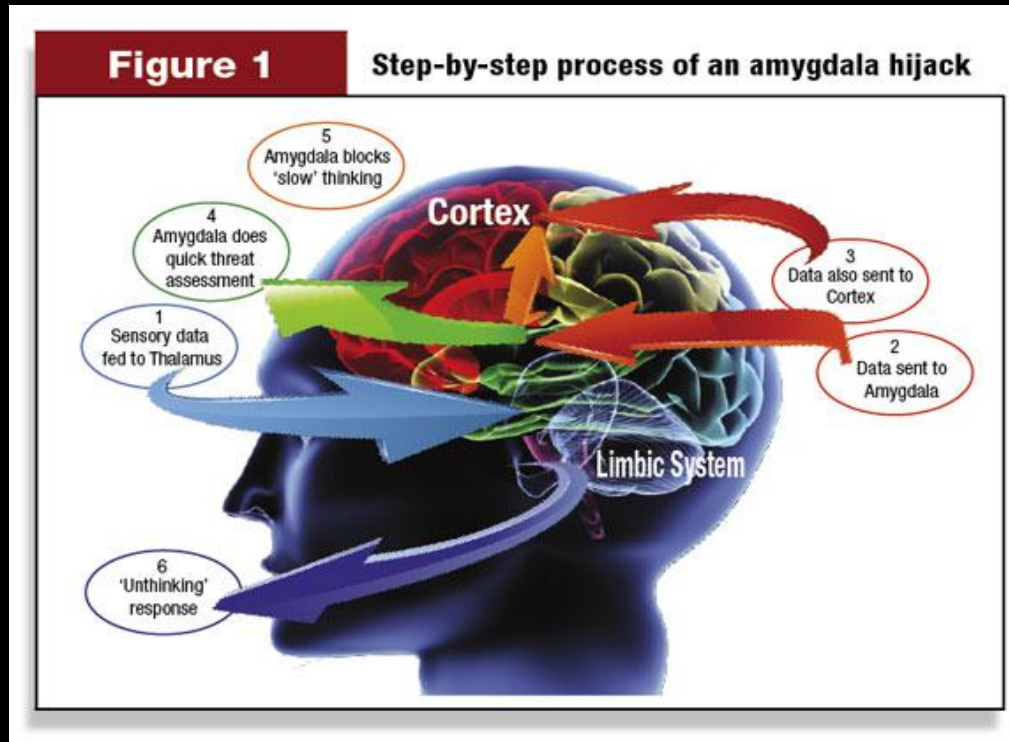


Training helps us overcome startle and fear.

Training inoculates us against startle and fear.



Amygdala Hijack



Owen Sims video

Reactions to Startle and Fear

We're All Different.

We all react in different ways to upsets in an aeroplane.

Need to develop an individual coping strategy.



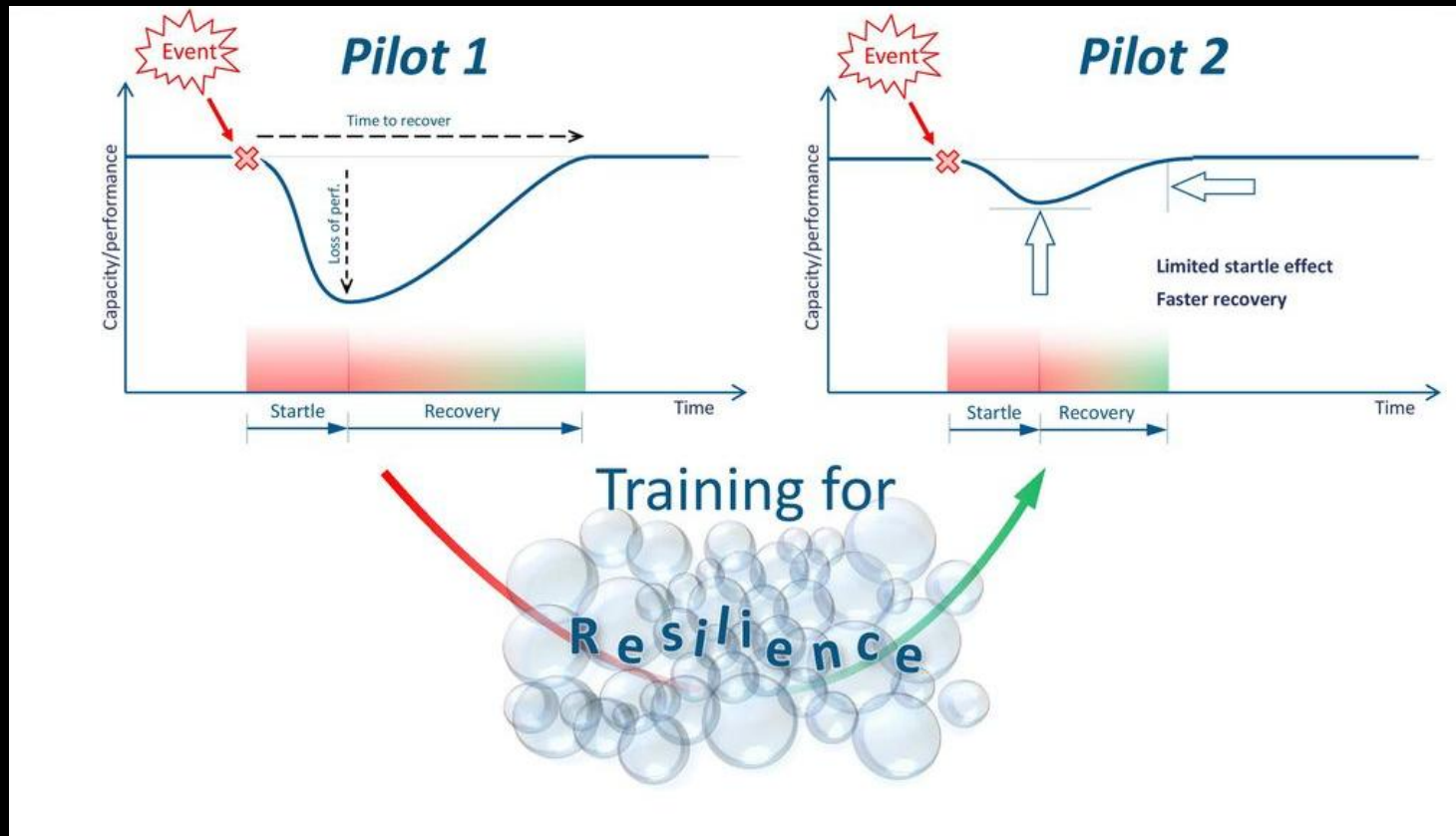
Managing Startle and Surprise

Ensuring that pilots understand that startle can cause mental paralysis.

MENTAL PARALYSIS CAN KILL.

UPRT - The Right Stuff

Competence + Confidence = Resilience



How Do We React Under Pressure?



WE CAN RISE TO THE LEVEL OF OUR EXPECTATIONS



A FINAL WARNING....

The skills that we learn during UPRT are perishable.
Our brain needs to stay current.

**Recurrency and Refresher Training is
ESSENTIAL**

SUPRISE, STARTLE AND FEAR

Thank You For Your Attention

