1. Recommendation

Shorten the recording interval from 5s to 1s.

Current rule
4.4.1 Minimum Track Log Points
The interval between points in the track log must be set to 5 seconds or less.
A pilot’s track log must contain sufficient track log points to verify all control features of the task that has been set, except that 4.3.2 may be applied for a start. In the event of doubt about track log validity 4.4.6 will apply.

Recommendation
4.4.1 Minimum Track Log Points
The interval between points in the track log must be set to 1 second or less.
A pilot’s track log must contain sufficient track log points to verify all control features of the task that has been set, except that 4.3.2 may be applied for a start. In the event of doubt about track log validity 4.4.6 will apply.

Comment: There is no need to keep 5s interval with today’s instruments. Also pilots are bringing backup instruments with 5s interval just to get lesser penalty for airspace infringements