

Medical Screening for Cadet Student Pilots Guidance for Cadets and Parents of Cadets

I. Introduction:

Our goal is to ensure the safest possible environment while you learn how to fly. Medical screening allows us to minimize potential risk for when symptoms arise secondary to medical issues.

II. Steps in Medical Screening:

1. When you enrol in Cadets, you will complete a Basic Health Questionnaire (BHQ).
2. Each subsequent year, you are asked to complete a Detailed Health Questionnaire (DHQ) if anything related to your medical condition has changed.

*Please fill out these documents as completely and as honestly as possible.
If we need more medical information, we will contact you.*

3. If you are offered to attend a flying course at a Cadet Flying Training Centre (CFTC), you will need to get a Transport Canada (TC) Category 3 (or higher) Aviation Medical. You will need to see a physician who specializes in these types of medical examinations (CAME: Canadian Aviation Medical Examiner).

A medical certificate from a CAME does not guarantee that you will be automatically medically fit to attend the flying course. There are certain medical issues that might still prevent your participation. The information provided to us on the above BHQ and DHQ forms would have properly identified those issues.

4. If at any time between the CAME medical examination and the start of the summer camp at the CFTC, you experience any changes to your medical status, you must report this information to the RCMLLO (Regional Cadet Medical Liaison Officer) immediately.

A change in your medical condition might mean that you cannot fly but most medical conditions are transient and will resolve before the flying training starts. It is better to know well ahead of time if there is anything that you can do to ensure your medical fitness before you arrive at camp.

5. When you arrive at the CFTC, you will be asked specific medical questions that will determine if it is medically safe for you to fly. Under some circumstances, it may unfortunately not be possible to fly and you will not be allowed to start the course.

If you are unsure about your ability to participate in the flying program because of a medical issue, contact the RCMLLO before your arrival at camp.

We never want you to find out at the last minute that you are not allowed to begin the flying program.

6. During your flying course, if a medical condition arises, you will be assessed by a health care practitioner. Most medical conditions are transient and may not have any effect on

your participation on the course. Some medical conditions may mean that you will have to stop training as it has become too risky for you to continue to fly.

7. We hope that you stay as healthy as possible and enjoy the flight training at the summer camp!

III. Potential Medical Issues that may Prevent Participation at the Flying Training Centre:

1. Not all medical diagnoses are a contraindication to flying. For most medical conditions, it is not the diagnosis itself, but the symptoms due to the condition and/ or the need for medical care in the event of a recurrence.

Some medical conditions have predictable symptoms but the severity is so minimal that there is no affect at all on your ability to fly.

Some medical conditions may have significant symptoms during a flare and this would pose an unacceptable risk for flying.

2. Below are some of the factors related to medical conditions that may prevent participation:
 - a. Any condition for which you may need urgent medical care
 - b. Any condition for which you need ongoing treatment on a regular basis
 - c. Any condition that may lead to your ability to think clearly
 - d. Any condition that may have an affect on your musculoskeletal system
 - e. Any condition that may cause you to feel unwell (i.e. diarrhea, nausea, vomiting, short of breath, anxious, panicky)
 - f. Some recent surgeries
 - g. Some allergies that result in anaphylactic reactions

If any of these factors are identified, an independent medical review will occur so that we can ensure that you can safely participate in the flying program. Our goal is to maximize participation but minimize risk. It is not possible to state with certainty ahead of time why a medical issue in one person may still allow them to safely participate in a flying program, where the same medical issue might make it medically unacceptable in another. It is not good to compare one person's medical condition to another's. This only leads to confusion and frustration because of heightened expectations.

IV. Potential Issues related to Medications Usage that may Prevent Participation:

1. Not all medications are a contraindication to flying. There are many medications that are safe to use while flying. Some medications automatically disqualify someone from safely flying.

*Please list all medications on the BHQ and DHQ.
If you start a new medication, let us know immediately.*

2. It is not a good idea to stop a medication just before arriving at Cadet Training Centre

(i.e. a “drug holiday”) just so that you can be medically screened as safe to fly. This should only be done under medical support and supervision and well before the start of the course if it has been determined to be medically acceptable.

*If you want to consider stopping a medication,
talk to the RCMLLO well before your planned course start date.
This might need to be as long as six months to one year in advance.
Stopping a medication right before camp could have significant negative
consequences. This could lead to an exacerbation of dangerous symptoms or
withdrawal symptoms that are incompatible with safe flying.*

V. Questions

Please contact your local RCMLLO with any questions. The sooner you contact them the more likely you will be participating at the flying school!

Remember

- * We want you to fly***
- * We want you to be safe***