

Medical Screening for Cadet Student Pilots - Guidance for the Cadet Administration

I. Introduction:

Our goal is to ensure the safest possible environment while Cadets 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 a Cadet enrolls, they complete a Basic Health Questionnaire (BHQ).
2. Each subsequent year, they are asked to complete a Detailed Health Questionnaire (DHQ) if anything related to their medical condition has changed.

Please instruct the Cadet to fill out these documents as completely and as honestly as possible.

If we need more medical information, we will contact them.

Incomplete or false information at this step is usually the reason for surprises later on that will prevent the Cadet from participating.

Please do not guide the Cadet in any way as to the type of information to include on these documents.

3. If a Cadet is given an offer to attend a flying course, it would be extremely helpful to notify the Regional Cadet Medical Liaison Officers (RCMLOs) so that they can review the Cadet's medical file.

There are many medical issues that do not preclude participation at the majority of cadet courses but pose a safety risk for flying.

Just because a Cadet was medically fit to attend a non -flying course last year, does not automatically guarantee that they are safe to fly the next year at a Flying Training Centre.

4. If a Cadet is given an offer to attend a flying course, they will need to get a Transport Canada (TC) Category 3 (or higher) Aviation Medical. They 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 the Cadet will be automatically medically fit to attend the flying course.

There are certain medical issues that might still prevent their participation. The information provided to us on the above BHQ and DHQ forms would have properly identified those issues.

Under no circumstance should administrative, non-medical staff be discussing medical issues with Cadets or their parents.

This constitutes a serious breach of information and has serious consequences, both administratively and legally.

5. If at any time between the CAME medical examination and the start of the summer camp at the Cadet Flying Training Centre (CFTC), you become aware of any changes to the Cadet's medical status, please direct them to report this information to the RCMLLO (Regional Cadet Medical Liaison Officer) immediately.

A change in the medical condition might mean that they 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 can be done to ensure medical fitness before arrival at camp.

6. When the Cadet arrives at the CFTC, they will be asked specific medical questions that will determine if it is medically safe for them to fly. Under some circumstances, it may unfortunately not be possible to fly and it will be recommended that they do not commence flight training.

This is unfortunate but at times, also unavoidable. Some conditions are not reported to the medical staff soon enough and we cannot offer guidance to rectify the situation in time for safe participation.

The medical staff are legally not allowed to disclose the medical reason why the Cadet has become medically unsafe to fly to the Cadet administration.

*We recognize that the Cadet administration has the duty to inform the Cadets and the parents if the Cadet needs to cease training. **If they have questions of a medical nature, they should immediately be referred to the supporting WSurg. They are the most appropriate qualified health care practitioners to answer any medical flight safety questions.***

7. Once training has begun, if a medical condition arises, the Cadet will be assessed by a health care practitioner. Most medical conditions are transient and may not have any effect on participation on the course. Some medical conditions may mean that they will have to stop training as it has become too risky for them to continue to fly.

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 the 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 a Cadet may need urgent medical care
- b. Any condition for which they need ongoing treatment on a regular basis (if this treatment is discontinued during Cadet camp, they could have a recurrence of their medical condition)

- c. Any condition that may lead to their ability to think clearly (lucid cognition is critical for flying)
- d. Any condition that may have an effect on their musculoskeletal system (for safe egress, etc.)
- e. Any condition that may cause you to feel unwell (i.e. diarrhea, nausea, vomiting, short of breath, anxious, panicky)
- f. Some recent surgeries (for example = may be affected by altitude)
- 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 they 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 encourage them to list all medications on the BHQ and DHQ.
If they start a new medication, please ask them to 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 they 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.

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. If a Cadet indicates to you that they want to consider stopping a medication, refer them to the RCMLLO well before the course start date. This might need to be as long as six months to one year in advance.

V. Questions

Please contact your local RCMLLO with any questions.

All aeromedical advice will be provided **only** by WSurg, FSurg at H Svcs HQ, and/or the DivSurg at 1 Cdn Air Division.