



**AEROBATIC DECLARATION OF FITNESS**

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to myself or other persons during aerobatic flight activity\*/I have had one of the following conditions and have declared full details to the certifying doctor\*:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction.

I further declare that I am not pregnant and also that in the event of contracting or suspecting any of the above conditions, or in the event of sickness absence over twenty consecutive days, incapacitating injury or confirmation of pregnancy, I will cease to participate in any aerobatic flight activity until I have obtained medical approval. I have read the notes below.

(Maybe issued on day of aerobatic flight)

(All participants require their Declaration Witnessed)

IF YOU HAVE HAD ANY OF THE ABOVE CONDITIONS, OR IF YOU ARE AGED 70 OR MORE, YOU ARE REQUIRED TO OBTAIN PERMISSION FROM A MEDICAL PROFESSIONAL AND PRESENT THE DOCTOR’S CERTIFICATE BELOW BEFORE PARTICIPATING.

**DOCTOR’S CERTIFICATE**

The preferred level of skill of the certifying doctor is usually that of a GP without specialist knowledge of aerobatic flights but usually with access to the candidate’s records or a specialist responsible for the patients care. Other doctors completing the certificate should remain aware that lack of access to the medical record could result in important conditions being overlooked.

A certifying doctor is not stating that a participant will remain free of injury during aerobatic flights, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.

I understand that the applicant wishes to take an aerobatic flight but has a listed condition/is aged 70 or over\*. I have read the notes below. In my opinion as a qualified doctor without specialist knowledge of aerobatics, the participant is physically and mentally capable of participating in aerobatic flights and is medically safe to do so.

Name (in capital letters):.....

Signature:.....

Date:

Name of Witness (In capital letters)

Signature of Witness:.....

Date

Date of Birth of participant:

Age:.....

Weight KG/LBS:

Height M/FT:

(Doctors Stamp)



Name of Doctor (in CAPITAL LETTERS):

..... Signature

...../...../ ..... Date of Signature

...../..... / Date of Expiry (see – Validity, below)

NOTES FOR AEROBATIC PARTICIPANTS - No persons under the age of 12 is permitted to participate in aerobatic flights. Aerobatic flight participants do not have to be particularly fit but there are some medical conditions that can cause problems. As well as the conditions listed above, the following may cause problems to participants. If you have ever suffered from any of them, you must have your doctor’s approval before undertaking a flight: Previous back strain, asthma, rheumatic fever, pneumothorax, liver or kidney disease, anemia, thyroid, adrenal or other glandular disorder, chronic ear, or sinus disease. Any condition which requires the regular use of drugs. Regular or recent blood donations.

Blindness is no barrier to aerobatics. However, if you do wear spectacles they should be securely attached while participating.

**NOTES FOR DOCTORS**

Cardiorespiratory fitness is important. Aerobatic flights make rapid flight movements whereby participants experience both positive and negative G-forces as well as possible special disorientation. A tachycardia of 120 - 160 bpm is common in experienced aerobatic practitioners and 200 bpm is not unusual in novices. Ischemic heart disease, uncontrolled hypertension and cerebrovascular disease are absolute contraindications. The examining doctor should be satisfied that any impairment will not cause respiratory embarrassment at altitude. A history of autonomic dysreflexia should be excluded in participants with spinal injuries above mid-dorsal level. Specialist advice should be sought in cases of doubt.

Participants are strapped into a cockpit seat throughout the flight. Musculoskeletal fitness is not required and even paralysis or partial amputation of limbs is acceptable provided the Pilot in Charge secures flaccid limbs before the commencement of a flight. During the aerobatic flight the Participant may experience about 4Gs. Unstable spinal injuries may be exacerbated by such pressures.

Middle ear or sinus disease/infection may cause problems due to the rapid changes in ambient air pressure. The rate of ascent and/or descent is short lived and range of 3,000-5,000 feet above sea level.

Neither blindness or deafness constitutes a barrier to participation, but the participant must be capable of appreciating what is happening and of giving informed consent. Stable diabetes with no tendency to hypoglycaemia is acceptable. Epilepsy is not a contraindication provided that control is good and there have been no fits or changes in medication in the last two years. Most neurodegenerative disorders are acceptable unless respiratory impairment or marked postural hypotension are present.

Normal mental development and a stable mental state are important. The participant must be able to understand what he/she is about to do and be capable of giving fully informed consent. The participant’s behavior must not pose a risk to the aircraft or the pilot. Current neurosis requiring active treatment, history of psychosis, sub normality, pathological euphoria, drug addiction and alcohol dependence all constitute a contraindication.

Please feel free to contact any of the below for further details:

**ActionFlight**  
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