**CIVILIAN SUPERNUMERARY CREW MEDICAL SELF DECLARATION**

By signing this form, I am declaring that I meet the medical standards for the Driver and Vehicle Licensing Agency Group 1 Licence and I am fit to operate as Supernumerary Crew. Specifically, I am not suffering from, nor have previously suffered from:

* Diabetes or insulin reliant;
* Syncope (fainting);
* Heart conditions (including atrial fibrillation and pacemakers);
* Sleep apnoea;
* Epilepsy;
* Stroke;
* Glaucoma.

I also declare that I am not suffering from, nor have previously suffered from:

* Being prescribed medication for any psychiatric illness;
* Bipolar disorder, psychosis or a diagnosis of personality disorder;
* Drug abuse or alcohol misuse or addiction (or conviction for drink/drug driving);
* Being prescribed medication or treatment for angina or heart failure;
* Cardiac surgical procedures including cardiac device implantation;
* Recurrent fainting or collapse (syncope);
* Unexplained loss of consciousness;
* Insulin treatment;
* Chronic lung disease with shortness of breath on exertion;
* Any neurological condition requiring medication;
* Seizures or epilepsy;
* Significant functional physical disability likely to impair safe operation on an Air System.

If you are or have previously suffered from any of the above conditions, you must visit a Military Aviation Medical Examiner (MAME) and **should not** operate as Supernumerary Crew until you have been issued a medical certificate to do so by a MAME.

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| Name  | Signature  | Date  |

**This form is valid for 90 days from the date signed.**