

**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.

Name

Signature

Date

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