

## **MEDICAL FITNESS FOR GLIDING TRAINING**

**1. Sqn and Sect Cdr's Responsibility.** Certain medical and physical conditions are incompatible with gliding as they could place the cadet at risk and compromise Air Safety. It is the ATC Sqn/CCF (RAF) Sect Cdr's responsibility to check that the cadet does not have a history of any condition likely to cause sudden incapacitation in flight or which might be aggravated by the flight environment.

**a.** A list of medical conditions incompatible with gliding training or which may require further medical scrutiny can be found in **ACO Av Med Form 1 (Av Med 1)** - Conditions Requiring Medical Assessment for Gliding. An example Av Med 1 is at Annex F.

**b.** To satisfy GIC and GS medical requirements, cadets must be in possession of a completed Av Med 1. Failure to be in the possession of a completed and countersigned Av Med 1 will invalidate the eligibility of cadets to undertake gliding training. VGS staff are directed from HQ ACO and HQ 2FTS to refuse gliding training to cadets not in possession of the relevant forms at the point of delivery.

**c.** If any medical conditions are highlighted on the Av Med 1 which indicate further guidance is required from GP and CFMO, staff are to instigate the **RAF Form 6424** (Air Cadet Medical Certificate of Fitness for Glider Pilot Training)

**d.** Cadets suffering from any medical condition which indicates a temporary bar to gliding are not to attend a VGS until the condition is satisfactorily resolved.

**f.** Cadets attending a VGS for gliding training are to place completed and countersigned AV Med Form 1 and any associated F6424 in a **sealed envelope** which should be then handed to the **escorting officer**. The escorting officer is to ensure that the sealed envelope is handed to the VGS OC or Duty Instructor for scrutiny prior to flight. **Please note** that VGS Aircraft Commanders retain the right to refuse flight to cadets with medical fitness in doubt. It is therefore imperative that all medical conditions have been considered prior to attendance and a RAF Form 6424 completed where necessary.

**g.** A separate Av Med 1 is normally required for each gliding opportunity. Cadets undertaking GS are only required to provide an ACO Av Med Form 1 at the start of their course. However, cadets taking longer than 1 month to complete their course will be required to provide Av Med 1 updates to VGS on request.

**2. Period of Validity.** An ACO Av Med 1 clearance lasts 1 month unless some other illness occurs in the meantime.