

# SAFETY and MEDICAL NOTES

**This paper is for your information and guidance, please keep & consult it**

Although gliding is one of the safest “adventurous aviation” sports, rare accidents can happen. It is important that you are aware that gliding is a potentially dangerous activity and, therefore, flying in a glider is not as safe as flying in a commercial airliner.

We are not qualified to express an opinion confirming your fitness to fly and you must ensure that you are fit to fly on each occasion. You must not fly if you are suffering from any serious medical condition, or have recently undergone surgery, unless you have a certificate of your fitness to fly from your doctor.

You must not fly if you are under the adverse influence of alcohol or of prescription, non-prescription or recreational drugs which may affect your reactions, judgment, ability to fly, vision, etc.

For the “status” of specific prescription and non-prescription drugs, please refer to CAA guidance on <https://www.caa.co.uk/general-aviation/pilot-licences/medical-requirements/medical-requirements-for-private-pilots/>

## PLEASE READ CAREFULLY WHAT FOLLOWS AND SIGN A MEMBERSHIP FORM BEFORE YOU GO FLYING.

**Age Limits.** Children under the age of 18 will require the written consent of a parent or guardian, and those under age 16 must be accompanied by a parent, guardian, or other nominated adult while at the airfield. There is no upper age limit. Children under the age of 14 will be able to fly at the discretion of the instructor, with consent.

**Sizes and Weights.** Gliders are subject to a weight limit for each seat. If you are heavier than 100 kg (220 lb, or a little under 16 stone) you may not be able to fly in our gliders. Please seek advice. Those close to the weight limit will need to check their weight on site each time they come to the airfield to fly. Very tall or very small people (over 6’4”/193 cm or under 4’ 10”/145 cm) may not be able to fly in our gliders.

**Mobility.** If you require more than a supporting arm to get into and out of the aircraft, please seek advice. We will make best endeavours to assist. Getting in and out of a glider is like getting in and out of a narrow bathtub.

**Parking.** Your car insurance may not be valid while driving or parked on the airfield.

**Alcohol.** It is against the law to fly in a glider, even for an introductory flight, with an alcohol concentration in your blood exceeding 20mg per 100ml. This is 1/2 of the Scottish Drink/Drive limit and is effectively zero tolerance.

No alcohol within the eight-hours before flying. No more than 3 units in the 12 hours before your flight.

One unit is ½ pint of ordinary strength (3.6%) beer or ½ a standard glass of 12% wine – You should not fly if you have consumed a substantial amount of alcohol during the 24 hours before your flight

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## MEDICAL INFORMATION

When taking a trial flight or flying under instruction, you will be doing so with a suitably qualified pilot. There are medical requirements that individuals need to satisfy before they fly solo, which do not apply to pre-solo pilots.

Before flying with an instructor or any other pilot you must bring anything that might affect the safety of the flight to their attention or discuss with the CFI or DCFI.

The following conditions may cause difficulty while flying. If you suffer from any of these you must obtain an opinion from a medical practitioner or duty instructor before flying.

Blackouts from any cause	Kidney/Gall stones
Ear disease	Angina
Epilepsy or uncontrolled motion of limbs	Psychiatric disorders
Uncorrected defective vision	Coronary artery disease
Severe head injury	Severe Motion or travel sickness
Migraine	Bronchitis
Recurrent fainting or giddiness	Other conditions requiring treatment with drugs
Diabetes of any form	Asthma
High blood pressure	Sinus disease

In addition, pregnancy, minor illness, drugs (prescription and non-prescription), and the donation of blood may make you temporarily unfit to fly, and you should seek medical advice before doing so.

You must inform the pilot before getting into the aircraft if

- You have difficulty hearing speech clearly in a noisy environment
- You have difficulty following instructions in English in a timely, accurate manner
- You use a hearing aid
- You are colour blind
- You cannot drive for medical reasons
- You are aware of any medical condition or anything else that might adversely affect the flight

### For your comfort in flight and on the airfield

Airfields are exposed places; often colder than you might expect, so be prepared to add an extra layer! Please don't wear a skirt if you are intending to fly. Warm, dry footwear is advised.

In warm weather, you will need plenty to drink, high factor sun cream and a hat.

Try to avoid drinking diuretics such as tea, coffee, or cola for a couple of hours before flying as it would be a shame to have to cut your flying short to answer a call of nature. If a flight may be of long duration, take a plastic bottle of water.

**If you have any questions during your visit please just ask any member, who will be only too pleased to assist you.**

**All pilots, regardless of experience, should consider the IMSAFE checklist before each flight and check the Currency Barometer. See posters in clubhouse**