



PHYSICAL FITNESS

We have a duty of care towards our Wing Walkers and therefore need to bring the following to your attention:

You will be required to climb via the lower wing and front cockpit without a ladder to reach the Wingwalking Rig/Seat.

The conditions listed below may lead to a dangerous situation with regard to the Wingwalker or to other persons during flying: Epilepsy, fits, severe head or neck injury, recurrent blackouts, fainting fits or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, recurrent weakness or dislocation of any limb, diabetes (Type 1), mental illness, drug or alcohol addiction.

In the event of confirmation of pregnancy or sickness absence over twenty consecutive days, or incapacitating injury I will not fly until I have obtained medical approval and provided the Doctor's Certificate below. Please ring us on 01404 890222 if you wish to clarify any problems.

Table with 2 columns: Name of Participant, Date of Birth, Height, Weight, Signature, Date.

Having read the Notes overleaf, I hereby declare that I am physically fit, that I do not have, or have had, any of the conditions listed above and that I am within the weight limit of 85kg

Please note: ONLY IF YOU are over the age of 65 OR have a listed condition will you need to provide the doctor's certificate below before participating in the wingwalk. Your doctor may charge you for this.

DOCTOR'S CERTIFICATE

A certifying doctor is not stating that an applicant will remain free of injury or other problems during their Wingwalk, but is stating that medical records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.

I understand that the applicant wishes to participate in a Wingwalk display but has a listed condition / is aged over 65\*\* I have read the notes overleaf, and in my opinion as a doctor without specialist knowledge of Wingwalking, the applicant is physically and mentally capable of participating in a wingwalking flight.

Signature
\*\* delete as applicable

Date



Surgery Stamp PTO

## NOTES ON PHYSICAL FITNESS

### NOTES FOR WINGWALKERS

No persons under the age of 18 are permitted to carry out wingwalking. Participants in Wingwalking have to be reasonably fit; they need to be:

1. Capable of climbing up on to the top wing to be strapped into the wing-walking harness by one of our staff. They need enough strength in their legs, and mobility to climb, and at one point, kneel to reach the Rig positioned on the upper wing.
2. Able to withstand the wind pressures of over 100mph whilst flying.

The following medical conditions that can cause problems, as well as the conditions listed overleaf, are previous fractures, back strain, arthritis and severe joint sprains, chronic bronchitis, chronic Asthma.

Blindness is no barrier to Wingwalking.

We reserve the right to cancel a flight on the day should the pilot judge that the criteria of fitness to fly has not been met by the Wingwalking participant or that weather conditions are not suitable for flying.

### NOTES FOR DOCTORS

Neither blindness nor deafness constitutes a barrier to participating in Wingwalking, but the candidate 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.

Normal mental development and a stable mental state are important. The candidate must be able to understand what he/she is about to do and be capable of giving fully informed consent. The candidate's behaviour must not pose a risk to the pilot.

Current neurosis requiring active treatment, history of psychosis, pathological euphoria, drug addiction and alcohol dependence all constitute a contraindication.

**A certifying doctor is not stating that a candidate will remain free of injury during Wingwalking, but that records, history or appropriate clinical examination have not suggested unacceptable medical risk factors.** The preferred level of skill is usually that of a GP without specialist knowledge of Wingwalking but usually with access to the candidate's records, or a specialist responsible for the patient's care. Other doctors completing the certificate should remain aware that lack of access to the medical records can result in important conditions being overlooked.