



AIRCRAFT PILOTING

INFORMATION BOOKLET ON MEDICAL REQUIREMENTS



**PROCESS FOR NEW
ADMISSION IN JANUARY
2025**



IMPORTANT

All information in this booklet is subject to change. It is an element of reference, but it never replaces applicable laws and regulations dictated by official authorities.

IMPORTANT INFORMATION

Because of the many medical requirements related to the professional pilot occupation, candidates who want access to the program are obliged to undergo medical examinations prescribed by Transport Canada and the CQFA when they are asked to do so during the final step of the selection process.

Since the program can only offer a limited quantity of places, it is essential that candidates meet the necessary medical requirements of official bodies and aviation companies.

No candidate can escape any of these examinations, even if they already have a valid Category 1 Transport Canada Medical Certificate.

We request that candidates who know straightaway that they do not meet medical norms decline their invitation to interviews since their application will be automatically refused.

TESTS TO PASS AT STEP 3

- Urine test
- Resting electrocardiogram Audiogram
- Eye examination (in your region according to the form sent by the CQFA at a timely moment)
Physical examination with the medical examiner from Transport Canada
- Any other examination required by healthcare professionals according to the state of the person's health
- Random drug testing among candidates



DETAILS ABOUT EXAMINATIONS WITH THE DOCTOR AND NURSE

AUDIOGRAM (WITH THE NURSE)

An audiogram is a graphical representation of your hearing ability.

During the test, your hearing is measured according to different frequencies to obtain your characteristic curve.

Candidates' hearing will be examined by means of a pure-tone audiometer in a soundproof room with each ear taken separately. The person must also be able to hear a murmur emitted by the civil aviation medical examiner in a soundproof room from a distance of two metres (six feet). Pilots must be able to hear certain frequencies without any problem. The frequencies dictated by regulation are assessed with these examinations.

RESTING ELECTROCARDIOGRAM (WITH THE DOCTOR)

An electrocardiogram (ECG) is a painless examination that studies the functioning of the heart by measurement of its electrical activity. The medical examiner can then determine if the observed electrical activity is normal or irregular. During the examination, self-adhesive electrodes connected to an electrocardiograph are attached to the thorax. Candidates are lying down during this examination.

This recording takes about ten seconds, and the overall procedure requires between five and ten minutes. Results are presented in the form of a line that will be interpreted to see if it meets requirements. We recommend that you not smoke before the ECG.

For women we suggest that you not wear any underwear with underwires in order not to influence the recording of data (electrical current). We also recommend that you not wear a dress or one-piece bodysuit, jumpsuit or slip in order to ease electrode application to various places on the body.

PHYSICAL EXAMINATION (WITH THE DOCTOR)

During this examination, which is approximately 20 minutes long, the medical examiner will validate family history and proceed with the medical examination. Furthermore, the doctor will confirm certain elements required to issue the Category 1 Medical Certificate. He or she may request additional medical examinations or verification as needed to make sure that the person meets the medical standards required by the program and the medical certificate.

The person must have already sent his or her list of medications and all reports about surgeries undergone, concussions or particular medical conditions to the CQFA.

DETAILS ABOUT OTHER EXAMINATIONS

EYE EXAMINATION

All persons invited to the third step of the selection process will have to undergo an eye examination to determine if their vision meets the requirements for medical and CQFA certification. The CQFA will send a form created according to aviation standards accompanied by precise instructions to be followed by candidates and eye specialists.

This is a standard examination basis, in addition to a few more specific tests that are necessary to the aircraft piloting program. For this reason, we recommend that you wait for the CQFA form before you go to pass an exam. If not, it is possible that we will have to start tests over if they have not been done during the first examination.

According to results, more targeted tests may be requested by the CQFA if doubt is raised pertaining to the respect of visual standards prescribed by Transport Canada.

The person must provide specialists and the CQFA with all reports of surgery undergone to correct vision as well as any eye treatment report or eye injury.

NOTE: Unless an individual has certification in civil aviation medicine, no medical opinion can be considered about eligibility for certification. Even if a healthcare professional mentions that the file complies with standards, it is possible that this is not the case. Only accredited physicians may come to a decision about an examination result.

URINE TEST AND DRUG TESTING

All candidates invited to the CQFA must take a urine sample in the middle of urination for analysis of certain markers or health indicators to be validated for issuance of the Category 1 Medical Certificate.

A candidate who refuses to providing these samples may see his or her admission request automatically rejected from the process. A drug-screening test is conducted randomly among all candidates at this step.



OTHER EXAMINATIONS

If a healthcare professional or the medical examiner detects a precarious condition, a potentially problematic condition or wants additional medical data, he or she may ask candidates to submit to supplementary or specific unplanned examinations. Refusal to comply with these examinations automatically leads to the rejection of the admission request.

NOTE: Additional examinations do not mean that the health condition represents grounds for refusal of certificate issuance. These are often a precaution to make sure that the file complies and to avoid longer processing times when files are analyzed.

IMPORTANT

Any person who voluntarily presents himself or herself with a medical condition known to be incompatible with certification will be excluded from the selection process and will no longer be able to present an admission request to the program.

Furthermore, any false statement or misrepresentation made to a medical examiner may lead to a disclosure to Transport Canada, which will take measures against the individual in connection to his or her certification application and any other future request.

If the person presents one or several conditions listed in medical fact sheets, he or she must decline the invitation because medical requirements necessary for program admission have not been reached.

As mentioned in the CQFA Operations Manual, the student admitted to the program can be submitted to a random drug test or any other medical examination throughout his or her academic pathway, and this may be done without any notice. Refusal to submit or a positive test leads to a sanction determined by the Disciplinary Committee and may result in a definitive exclusion.

DETAILS OF MEDICAL CONDITIONS

VISION

Any person who has a **nonstandard file will see his or her admission request automatically refused without any possibility of revision**. If the visual condition is close to the norm put forward by Transport Canada in addition to the one required by the CQFA, the person may have to undergo more extensive tests in order to determine if his or her condition will allow him or her to retain his or her medical certification and complete the program.

Conditions of exclusion

- Nearsightedness or farsightedness over three diopters
- Confirmed colour blindness (altered vision of colours)
- Eye disease or lesion
- Strabismus, monocular vision or double vision
- Unmet waiting period after surgery (laser eye surgery or intraocular lens)

Only eye care professionals trained by civil aviation are able to confirm or contradict visual condition. It is **thus possible that the conclusions of an examination made by an unaccredited professional (despite his or her expertise) might be different from those of the appointed specialist**. Even if the consulted professionals confirm that the visual conditions meet standards, this never means that visual acuity meets aviation norms, which are much more specific.



OPERATIONS AND CONCUSSIONS

Any person who submits an admission request who has undergone major surgery less than five years ago or who has been the victim of a concussion (light or severe) must provide a report that presents symptoms, treatment received and the follow-up that was conducted from the doctor or the specialist who was met.

The medical examiner will be able to establish if the candidate is admissible or not to receive medical certification according to the severity of the case, the symptoms felt and the follow-up and various treatments undergone.

DETAILS OF MEDICAL CONDITIONS (CONTINUED)

MENTAL HEALTH

According to aviation regulations, all candidates must be **exempt from conditions that can affect their mental and psychological health**. To this effect, a test related to the mental health state will have to be taken by all persons who file a program admission request, and they must do so through a specialized platform.

The candidates who have already been treated for **depression or any other mental health condition must declare this to the medical examiner and must provide a report from a specialist that dates from less than one year ago and states the current mental health condition**. Reports from a general practitioner are not accepted.

Any misrepresentation made to the medical examiner leads to the exclusion of the candidate from the CQFA selection process and any other subsequent admission request.

The fact of having already been treated for such a type of problem does not necessarily lead to exclusion from the process. This is a necessary step for Transport Canada in order to avoid any risk during periods of flight.



MEDICATION AND THE HEALTH FILE

Since a **great quantity of medications are forbidden in aviation, candidates must provide a list of all consumed prescription medications***. Over-the-counter drugs must also be declared to the medical examiner. Despite the fact that several medications are issued by prescription by physicians or specialists, this does not mean that these medications are authorized in aviation.

Candidates can get their list at their pharmacy. Medical examiners will include this list in the medical file to **determine if the medication is accepted in aviation**.

Candidates who fail to provide the list or who make a false statement will be automatically excluded from the process and could be subjected to different measures foreseen in regulations.

Furthermore, candidates who come to the process must **authorize the CQFA, its representatives and the doctor to access the Québec Health Record (QHR) and the Québec Health Booklet (QHB)**. It thus becomes possible to validate the contents of the file in case of need or doubt concerning statements.

* Persons who take no medication only need to state this during the examination.

DETAILS OF MEDICAL CONDITIONS (CONTINUED)

ADD & ADHD

Any person who has received a **diagnosis of attention deficit disorder must set in motion certain steps** before he or she comes to the process. Aviation regulations on the subject are very strict and will be applied without exception.

Any candidate who presents active ADD/ADHD under medication cannot obtain a Category 1 Medical Certificate, and this is so according to Transport Canada guidelines.

Medication meant to control ADD/ADHD is forbidden in aviation. Among the most commonly known banned medications, we find Ritalin®, Vyvanse®, Biphentin®, Concerta®, Dexedrine®, Adderall®, Strattera® and Intuniv®.

Candidates who **have been diagnosed with ADD but who do not take or have not been taking the medication for at least four months or more** must provide the Coordinator of the Student Selection Process with a **complete and final report that dates from less than one year ago that was made by a neuropsychologist who describes the extent of the disorder.**

The medical examiner **will then assess if the candidate can be admissible or not to the issuance of a Category 1 Medical Certificate. No report from a general practitioner or a report in the course of assessment will be accepted. All documents must be final.**



DYSLEXIA–DYSORTHOGRAPHY–DYSCALCULIA

Any person who receives a **diagnosis of dyslexia, dysorthography or dyscalculia must provide a complete and final diagnostic report to the person in charge of the selection process** that describes the extent of the disorder.

The medical examiner will then assess if the candidate is admissible or not to the issuance of a Category 1 Medical Certificate 1. **No report from a general practitioner or a report in the course of assessment will be accepted. All documents must be final.**

Persons are authorized to undergo selection tests and access the program if they are qualified according to selection criteria. **However, NO accommodations will be made during tests nor over the course of the three years of the program. It will be impossible to have more time or to gain access to specialized software.** The nature of the stakes and tasks of the profession require being able to reach desired performances in the prescribed time.

INFORMATION TO PROVIDE AS NEEDED

INFORMATION TO PROVIDE IF APPLICABLE FROM ANY PERSON WHO SUBMITS AN APPLICATION

VISION

- Visual acuity correction report
- Eye lesion or eye injury report
- Other surgery report

OVERALL HEALTH, ADD AND MEDICATION

- List of consumed medications
- Report from a neuropsychologist if diagnosed with ADD/ADHD
- Report from a psychiatrist of any mental health disorder such as depression, anxiety or burnout, etc.
- Concussion and treatment report
- Major surgery (requiring a hospital stay) report from the last five years
- Any other report on a particular health condition





We are here if you have any remaining questions!



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