



CIMP Activity Report

<u>Projects :</u>	<u>Solutions:</u>
-“EASA Medical Expert Group“	• <u>Licensing Regulations</u> (FAI-CIMP & EAS) <u>Decrease impact on Airports !</u> ■ Be part of Rulemaking Process
-FAI-AD, TUE Panel	• <u>Granting Medical Waivors</u> to FAI ! ■ „Keep them participating“
-Human Factors & Flight Safety	• <u>Concerns</u> to Accident Reports ! ■ Human Factors, Medical Issues, (i.e.Acrobatics)

Plan for 2014

- Communication with the **Air-Sport-Commissions**
- Proactive Flight Safety
 - Promote ICAO Publications and Training
 - Indicate need for realistic Accident Statistics (**ESSI**)
- Cooperation with EASA **GA Safety Team (EGAST)**
- Cooperation **with** other Aviation Medicine Experts
- Networking: **Aeromedical INFO Exchange, “ACRO“**



“Alcohol” a Doping Substance in Air Sports ?

Working a Scientific Recommendation
FAI-CIMP

FAI-Receipt of a letter from WADA, March 2013

-“Alcohol”, in Air Sports only a Safety Issue? - Is Alcohol also a Doping Substance”?

Investigating FAI and other Federation’s opinion, if it to remain on the prohibited list of substances?

FAI EB asked FAI-CIMP for advise

Actual Regulation:

ALCOHOL is on the FAI Prohibited Drug List !

ALCOHOL is illegal only above the level of 0.2 bal during an air-sport competition. –

(a. TIME-Period: Beginning of Briefing until last Doping Test!)

(b. 0.2 g/dl bal is about the Alcohol Amount of 1/2 Glas Vine)



Moderate social Alcohol consumption 'out of competition' is not hazardous to health!

Abstinence from alcohol for 10 hours before flight "can" be technically safe.

The **0.2 bal test-level** 'in contest' time period can normally easy be achieved!



"Alcohol and Sports Aviation" be viewed under the following headings:

- Public Interest
- Jurisdiction
- Medical
- Scientific aspects
- Practical issues-



Findings:

Some 80 scientific papers have been reviewed.



The "Doping" Answer:

-Low dose Alcohol (0.2 – 0.6 bal)

-may improve performance-

Results:

- Reduction of tensions
- "anxiolytic" effects - (reduction of anxiety)
- stress relaxation
- improvement of self-confidence



Alcohol use in aviation in WW II:

Pilots were flying under influence of Alcohol:
-to take more chances and risks for success !

(even ordered: by commanders and flight surgeons)



Alcohol Overuse:

leads often to addiction!

(often misguided consumption through military and civilian comrade pilots!)



Alcohol can also

potentiate or mask the effect of other drugs

(i.e. other psychotropic substances!)



-A specific Air-Sport related aspect is
the combined effect of

Alcohol and Hypoxia at altitude

>>> further decrease of mental pilot performance !



Legal considerations: Alcohol Violation in Air-Sports

-**Comparable Jurisdiction** of Alcohol violations around the world
is achievable ! (as National Prosecution rules differ largely-)

-**Alcohol in Flying is illegal and unacceptable**
(like with other psychoactive Drugs)

- **In competitions forbidden social drugs** and Alcohol should be
enforced under WADA rule.

(-WADA confirmed:

There is **no automatism in reporting "abnormal results"** to other authorities.)



To remove Alcohol from the WADA List **could have**
unforeseeable consequences.

It is assumed that this move **could encourage pilots** to
more alcohol consumption.

Thinkable Newspaper-Headline:

***"Alcohol in Sport-Aviation be removed from
the forbidden List"***



A comment from an active Glider World Champion:

***"..I am afraid that an alcohol intoxicated pilot-
competitor will fly into me and crash me out of
the sky! - Alcohol in Flying-Competitions is
unacceptable for me !.."***



Conclusion FAI CIMP Commission

CIMP resolved to advise that **Alcohol (ethanol)** in all Air Sports

- a. has performance enhancing capabilities,
and it
- b. should remain on the WADA prohibited list

"Alcohol" should remain remain on the WADA-LIST

FAI-CIMP 09 June 2013



Thank You for your attention !



STEMME VTX 10, www.mountain-wave-project.com



Comments ?
Questions ?

