

Exercise ECG Test Protocol - EASA Class 1 and Class 2

Notes for Pilots and their Cardiologists

We have requested that you undergo an exercise test and our CAA cardiologists recommend a standard procedure as outlined below.

- The Bruce protocol should be utilised (this is a standard procedure of increasing speed and incline on the treadmill ending in a rapid walk at the end of the test).
- The exercise ECG should use 12 leads, with recordings made at the end of each minute of exercise and for ten minutes of recovery.
- Exercise should be "symptom limited" (you should exercise until you can carry on no more and not stop once your target heart rate has been reached). For most certification purposes we would expect a minimum of nine minutes walking time, but if you do stop before then the reason for the reduced exercise tolerance should be stated by the cardiologist.
- If you are taking betablocking drugs, it may be appropriate for it to be discontinued for the exercise test. If this is the case we will advise the requirements in a separate letter.
- You should not hold on to the supports during walking.
- You should not run.

The cardiologist's full report should be sent to us at Aviation House, Gatwick. This should include his findings during your examination, the results of the exercise test and any other tests performed. For Class 1 certification all the ECG tracings (the hard copy) should be sent to Gatwick. For Class 2 certification, your cardiologist's report will usually be adequate, though we may ask for the hard copy as well. The tracings will be returned to you if you wish.

Please note that any fees are the responsibility of the applicant and not the CAA.