



Exercise Electrocardiogram (ECG) Test Protocol

Notes for pilots and air traffic controllers

There is a standard procedure for the exercise ECG test, which has been agreed with the CAA's cardiological advisors. Please provide a copy of this information to your cardiologist before you have the test, as you may be asked to repeat the test if it is not performed and reported in accordance with these requirements.

- 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 certification purposes a minimum of nine minutes walking time will be expected but, if you do stop before then, the reason for the reduced exercise tolerance should be stated by your cardiologist.
- If you are taking beta blocking drugs, it may be appropriate for treatment to be discontinued for the exercise test. This should only occur after discussion with, and under the supervision of, your clinician. Your cardiologist should record whether or not you take beta blockers, and whether they were discontinued.
- You should try not to hold on to the supports during walking.
- You should not run.

Unless you have been specifically asked to send the information directly to the CAA, you should forward the cardiologist's report, including the results of all investigations, to your aeromedical examiner (AME) or GP.

For Class 1 and Class 3 certification, you should also submit the full exercise ECG report with the ECG tracings.

For Class 2 and LAPL certification, a detailed cardiologist's report will usually be sufficient, though your AME or GP may ask for the full exercise ECG report with ECG tracings as well.

You should inform the CAA, AME or GP if you require the tracings to be returned to you.

Please note that any fees incurred are your responsibility.