

Pilot Medical Declaration

Disqualifying medical conditions as specified by the CAA

CAP 3257

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Contents

Contents	3
Introduction	4
Amendments, revision history and effective pages	5
Chapter 1	6
Disqualifying medical conditions	6
Maximum take-off mass of 2,000 kg or less	6
Maximum take-off mass between 2,001-5,700 kg	6
Chapter 2	7
Guidance checklist for medical professionals	7
To only fly aircraft no greater than 2000 kg maximum take off mass (MTOM)	7
To fly aircraft between 2001 kg and 5700 kg MTOM	7
Abbreviations	9

Introduction

Pilot Medical Declarations (PMD) were introduced in October 2016. Subsequent to their initiation, following further community feedback, a number of modifications have been made to the PMD system and guidance. This included the alternative medical criteria applicable to aircraft of not more than 2,000 kg maximum take-off mass which is covered in exemption ORS4 1629.

This CAP is compiled by the CAA as the primary reference document for pilots making a medical self declaration. In addition to the medical requirements for a Group 1 licence issued by the Driver and Vehicle Licensing Agency (DVLA), this CAP sets out further disqualifying medical conditions specified by the CAA and referred to in Article 163 (6) (g) of the Air Navigation Order 2016 (ANO).

Further information can be found on our medical requirements for private pilots webpage. We have also included a checklist below which can be taken to a General Practitioner (GP), when a pilot seeks medical advice on whether they can make a medical declaration or not.

Amendments, revision history and effective pages

Amendment	Date	Revision history
Original	April 2026	New CAP

Chapter 1

Disqualifying medical conditions

Pursuant to Article 163 of the Air Navigation Order and exemption ORS4 1629, a pilot may make a medical declaration if they reasonably believe that they meet the medical requirements for a Group 1 licence issued by the DVLA and are not subject to a disqualifying medical condition as set out below:

Maximum take-off mass of 2,000 kg or less

Taking medication for any psychiatric illness.

Maximum take-off mass between 2,001-5,700 kg

- a) any alcohol or drug abuse, addiction or misuse,
- b) any neurological condition requiring medication,
- c) any functional disability likely to impair safe operation of normal flight controls,
- d) any recent surgery or new medical treatment,
- e) any collapse, fainting (syncope), seizure or loss of consciousness,
- f) any history of (a) to (e); or
- g) other medical conditions specified by the CAA:
 - i. Being prescribed medication for any psychiatric illness,
 - ii. Bipolar disorder, schizophrenia or other psychotic illness, or a diagnosis of personality disorder,
 - iii. Dementia or cognitive impairment,
 - iv. Being prescribed medication or treatment for angina or heart failure,
 - v. Cardiac surgical procedures including coronary angioplasty or stenting and cardiac device implantation,
 - vi. Insulin treatment for diabetes,
 - vii. Chronic lung disease with shortness of breath on exertion.

Chapter 2

Guidance checklist for medical professionals

To only fly aircraft no greater than 2000 kg maximum take off mass (MTOM)

Has met the medical requirements for a Group 1 (car) Licence issued by the Driver and Vehicle Licensing Agency (DVLA)

Is not taking medication for a psychiatric illness

Note: if both boxes can be ticked, pilot can make a PMD to the at or less than 2000 kg category.

To fly aircraft between 2001 kg and 5700 kg MTOM

Has met the medical requirements for a Group 1 (car) Licence issued by the DVLA

Does not have any physical or mental condition or medical history that might impair flight safety. As a minimum, such conditions include:

- a) any alcohol or drug abuse, addiction or misuse,
- b) any neurological condition requiring medication,
- c) any functional disability likely to impair safe operation of normal flight controls,
- d) any recent surgery or new medical treatment,
- e) any collapse, fainting (syncope), seizure or loss of consciousness,
- f) any history of (a) to (e); or
- g) other medical conditions specified by the CAA:
 - i. Being prescribed medication for any psychiatric illness,
 - ii. Bipolar disorder, schizophrenia or other psychotic illness, or a diagnosis of personality disorder,
 - iii. Dementia or cognitive impairment,
 - iv. Being prescribed medication or treatment for angina or heart failure,
 - v. Cardiac surgical procedures including coronary angioplasty or stenting and cardiac device implantation,
 - vi. Insulin treatment for diabetes,
 - vii. Chronic lung disease with shortness of breath on exertion.

Note: if both boxes can be ticked, pilot can make a PMD to the no greater than 5700 kg category.

The above checklist is basic guidance. Full information on the PMD requirements and restrictions can be found on our website, <https://www.caa.co.uk/general-aviation/pilot-licences/applications/medical/medical-requirements-for-private-pilots/>

Full information on DVLA Group 1 (car) requirements can be found on the DVLA website, <https://www.gov.uk/health-conditions-and-driving>

ANNEX A

Abbreviations

ANO	Air Navigation Order 2016
CAA	Civil Aviation Authority
DVLA	Driver and Vehicle Licensing Agency
GP	General Practitioner
PMD	Pilot Medical Declaration