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|  | <b>TANZANIA CIVIL AVIATION AUTHORITY</b><br>DIRECTORATE OF SAFETY REGULATIONS<br>AVMED | Revision: 3<br>Advisory Circular |
| Document No.:<br><b>TCAA-AC-SR-MED05C</b>                                        | <b>Title:</b> Health Promotion to Licence Holders                                      | Page 1 of 3                      |

## 1.0 PURPOSE

- 1.1 This Advisory Circular (AC) guides Aviation Medical Examiners (AMEs) and Aviation Medical Assessors (AMAs) on promoting the health of licence holders, addressing factors that affect flight safety such as physical fitness, lifestyle and medical risk factors, as required by regulation 144(2) and (4). The programmes and materials are recorded in the Civil Aviation Service Portal (CASP).

## 2.0 REFERENCES

- (a) Civil Aviation Act, Cap. 80 (R.E. 2023);
- (b) Civil Aviation (Personnel Licensing) Regulations, 2017 (R.E. 2026),
- (c) TCAA Aviation Medicine Protocols;
- (d) TCAA Aviation Medicine Procedure Manual;

## 3.0 LEVELS OF HEALTH PROMOTION

| Level                    | Delivered by | Description                                                                                                                                                          |
|--------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Individual assessment | AME          | During each examination the AME identifies risks from history and findings, agrees targets with the applicant and records them in the CASP medical report.           |
| 2. Structured training   | AME          | One-day sessions with an operator or group of applicants, using simple language and concise presentations. Attendance recorded and shared with the Medical Assessor. |
| 3. Operator training     | AMA          | Sessions by the Medical Assessor for selected operators; AMAs may also join AME sessions.                                                                            |
| Other occasions          | AME / AMA    | Public talks used to stress health promotion; recorded and shared with the Medical Assessor.                                                                         |

- 3.1 AMEs and AMAs may involve specialists and licence holders previously cleared after a medical condition as motivators.

## 4.0 ANALYSIS OF MEDICAL RISK

- 4.1 Each quarter the Medical Assessor analyses the medical reports submitted in CASP and incapacitation events, including those resulting in accidents or incidents, and communicates the findings and recommended topics to AMEs.

## 5.0 VERIFICATION OF MATERIALS

- 5.1 Before use, AMEs upload teaching materials in CASP for review by the Medical Assessor, unless the material was provided or previously vetted by the Medical Assessor.

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## 6.0 DOCUMENTATION

6.1 The Medical Assessor is custodian of all health promotion records — attendance, approved materials, analyses and incapacitation records — kept in CASP.

## 7.0 PROCESS SUMMARY

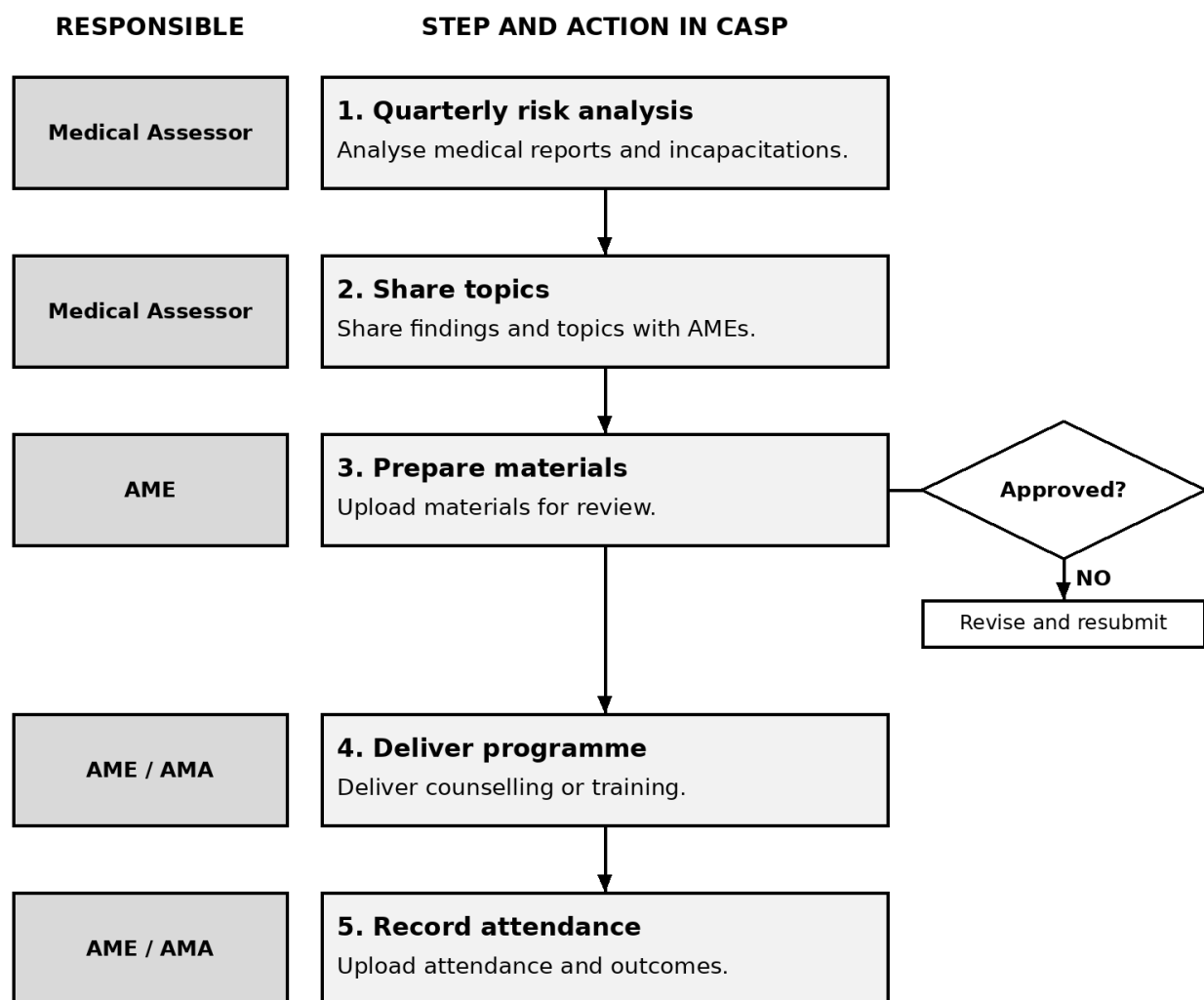


Figure 1 – Health promotion cycle

## 8.0 EFFECTIVE DATE AND CANCELLATION

8.1 This Advisory Circular is effective from the date of issue shown below and remains in force until amended, revised or cancelled by the Authority.

|                               |                   |                     |
|-------------------------------|-------------------|---------------------|
| This is a Controlled Document | TCAA-AC-SR-MED05C | Issued October 2026 |
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- 8.2 Applications submitted before the effective date shall be completed under the documents in force when they were submitted, unless the applicant elects to proceed under this Advisory Circular.



**JOHN NZULULE**  
**DIRECTOR OF SAFETY REGULATION**