

Blue Angels F/A-18 Guest Rider Letter

Dear Sir or Madam,

Congratulations on being selected to fly with the United States Navy Blue Angels in the F/A-18 Super Hornet. The F/A-18 is a high performance fighter attack aircraft in which certain physical requirements must be met in order to have an enjoyable and safe flight. All personnel participating in a Blue Angels flight shall receive an appropriate physical screening and examination prior to your flight. To ensure you are physically suited to participate, please complete the following requirements.

- Active Duty Aircrew Riders: You are required to provide a copy of your current up-chit (DD Form 2992) signed by your unit's Flight Surgeon.
- Active Duty Non-aircrew Riders: You are required to complete the medical screening questionnaire (OPNAV 5720/15) and have a routine physical examination by a local Navy Flight Surgeon prior to your flight. The Flight Surgeon will need to review the medical questionnaire and indicate if you have any medical conditions or contraindications to flight.
- Civilian Guest Riders: You are required to complete the medical screening questionnaire (OPNAV 5720/15) and have a routine physical examination by your local physician at your own expense prior to your flight. Your physician will need to review the medical questionnaire and indicate if you have any medical conditions or contraindications to flight. The examination must relate primarily to the circulatory system, musculoskeletal system, equilibrium, neuropsychiatric stability, and patency of the Eustachian tubes.

Please submit your documentation electronically to **MONICA.L.BORZA@NAVY.MIL** as soon as possible to determine your flight eligibility. You will receive a confirmation email of approval or disapproval within one week.

If approved, here are several recommendations to make your flight more enjoyable.

1. In the weeks prior to the flight, maintain a reasonable level of physical fitness and exercise.
2. Eat a balanced diet and stay well-hydrated in the days prior to the flight. Please avoid alcohol, greasy foods, or spicy foods 24 hours prior to the flight. Do not fly on an empty stomach. Eat a light meal 2-3 hours prior to the flight, avoiding greasy foods and acidic drinks.
3. Due to the strenuous physical nature of the flight, it is highly recommended that you remain free of commitments the day of your flight in case you do not feel well following the flight.
4. If you have an acute upper respiratory illness (i.e. the common cold, flu, sinus or ear infection, etc.) or otherwise feel ill the day of the flight, you must inform the crew chief and pilot so arrangements can be made to fly an alternate guest rider. Flying with an upper respiratory illness may cause serious and sometimes permanent injury to the inner ear and sinuses.
5. Due to the height and weight limits of our ejection seats, individuals taller than 78 inches or weighing more than 235 pounds and less than 100 pounds, will be automatically disqualified from flight. Individuals weighing from 100 to 135 pounds and 214 to 235 pounds will be required to sign a waiver for flight due to an increased risk of injury in the event of an ejection.

If you have any questions or concerns regarding your flight with the Blue Angels, please email me directly at monica.l.borza@navy.mil. Have a great time!

Sincerely,



Blue Angels Flight Surgeon

Instructions for Non-Military Personnel to Fly In U.S. Navy Blue Angels Aircraft

Please Read Carefully.

EACH PROSPECTIVE RIDER MUST COMPLETE THE FOLLOWING REQUIREMENTS

You are requesting to fly as a guest rider with the U.S. Navy Blue Angels. Although this squadron has tremendous experience and an outstanding safety record, these flights are considered high risk and can require a high level of physical fitness and stamina. You will be required to wear a complete set of flight gear including a helmet, gloves, flight suit, parachute harness and survival vest. The flight will be conducted in the F/A-18 Super Hornet, a high performance ejection seat equipped strike/fighter aircraft. Actual flight profiles may include sustained high G-forces and high speed aerobatic maneuvering. Flight in a Blue Angels F/A-18 is extremely physically demanding and not suitable for everyone. The following requirements allow our Flight Surgeon to have a better picture of your present and past health, fitness status, and suitability for this type of flight.

DIRECTIONS

BLUE ANGELS LIAISON:

1. Ensure the rider has a copy of the medical questionnaire (OPNAV 5720/15).
2. Ensure the rider completes the questionnaire and required physical exam 30 days prior to their scheduled flight.

PASSENGER:

1. Immediately schedule an appointment with your physician for a routine physical exam.
2. Complete box 1-13 on the medical questionnaire (OPNAV 5720/15). Be assured that answering yes to a particular question or questions does not necessarily result in disqualification from the flight.
3. During your exam, have the provider review your questionnaire and complete his/her portion of the form.
4. Only exams from a physician (M.D. or D.O.), a nurse practitioner, or a physician assistant will be accepted. We cannot accept exams from: chiropractors, podiatrists, optometrists, nurses, or holistic healers.
5. You must send the medical screening questionnaire, signed and dated by your local physician, electronically to the Blue Angels Flight Surgeon at monica.l.borza@navy.mil.

-Friendly reminders:

- a. You do NOT need to submit your medical documents to the airshow coordinator or Blue Angel's liaison.
- b. Active duty aircrew do NOT need to submit the OPNAV 5720/15 if you submit a current DD Form 2992.

EXAMINING PHYSICIAN:

1. Perform a thorough physical exam. The examination must relate primarily to the circulatory system, musculoskeletal system, equilibrium, neuropsychiatric stability, and patency of the Eustachian tubes. It is important that the patient can easily Valsalva and has normal tympanic membrane movements.
2. Complete box 15-17 on the medical questionnaire (OPNAV 5720/15). In box 16, please comment on any "YES" answers on the questionnaire, medication use (including over the counter), surgeries, retained orthopedic hardware, and any other medical condition. Flight in a Blue Angels F/A-18 is extremely physically demanding and not suitable for everyone.

BLUE ANGELS FLIGHT SURGEON:

1. Review and complete box 18 on the medical questionnaire (OPNAV 5720/15).
2. Notify the rider if they are approved or disapproved for flight.

**IF THIS INFORMATION IS NOT RECEIVED 30 DAYS PRIOR TO YOUR FLIGHT, YOU WILL BE
AUTOMATICALLY DISQUALIFIED**