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The Dispatch is for informational purposes. Unit Safety Officers are encouraged to use the articles in The Dispatch as topics for their monthly safety briefings and discussions. Members may go [eServices - Learning Management System](#), click on "Go to AXIS," search for this month's The Dispatch, take the quiz, and receive safety education credit.

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## Pilot's Role in Collision Avoidance

Lt Col Phil Holt, TN Wing

They say that flying is inherently dangerous. However, through our risk assessment and risk management in our flight planning and our flying skills, we make flying a safe adventure. One of the dangers in flying pilots probably fear is a mid-air collision. Recently the FAA issued an Advisory Circular (AC) AC-90-48E in October 2022 titled "Pilot's Role in Collision Avoidance". This AC supersedes AC-90-48D dated June 2016.

So, what changed in the pilot's role in collision avoidance for the FAA to issue a new AC? Could it be Technically Advanced Aircraft (TAA), or could it be the advent of Automatic Dependent Surveillance - Addressable/Broadcast (ADS-A/B) in aircraft? It's probably a little bit of both. When TAA aircraft originated there was a concern that pilots would keep their heads in the



cockpit looking at the screens instead of outside looking for traffic. When the ADS-A/B came along dictated by the Federal Aviation Regulation's (FAR's) there was another concern that the pilots would be looking at the screens in the cockpit for traffic instead of looking outside. I suggest you read the relevant FAR of 91.225 and especially FAR 91.225d(4). This section does not require ADS-B in aircraft below 2500 agl. So, if you are flying an actual or practice SAR pattern at 2500 agl or below, beware of possible conflicts from drones. Drone technology has advanced

dramatically in the past few years and there are thousands out there that will not show up on your Primary Flight Display/ Multi-Function Display (PFD/MFD) screens of your CAP G1000 aircraft. The ADS-B information is great but your number one eyeball is your greatest asset to collision avoidance. AC-90-48E lists ten limitations of the eye in collision avoidance and I recommend you read it.

## Vehicle Risk Management Program

Emmanuel Manning, CAP/LGT, CAP Vehicle Fleet Manager

CAP/LGT is introducing a new program called the Vehicle Risk Management Program. This program was created to train, educate, and promote awareness to our members about vehicle safety.

Let's be honest with one another. We can get complacent when it comes to operating vehicles. This is because we do it every day. We drive to work, we drive to get food and shop, we drive to visit family and friends, and we even drive to go on vacations. We drive to do so many things that we can easily forget all the risk that comes with it.

Did you know that by the end of 2022 there were over 238 million licensed drivers and over 284 million vehicles being operated in the United States alone. With so many people driving and it being easy to become complacent while doing it, it's no wonder why over 6 million accidents happen yearly. Over the past few years CAP has been in many vehicle incidents, most being minor, but some were very serious. Vehicle accidents are one of the leading causes of deaths in the country, resulting in more than 38 thousand people losing their lives every year. With CAP having a vehicle fleet of over one thousand vehicles, we need to look closer at our vehicle operations to ensure we are doing our best to give our members tools to being safe while on the road. Let's do our best to alleviate CAP from becoming a part of those statistics.

### The Vehicle Risk Management Program will help with this.

#### The program will consist of three elements:

1. Drivers Orientation Training (the training element)
2. Drivers Education Training (the education element)
3. Drivers Awareness Bulletin (the promote awareness element)

The Drivers Orientation Training (DOT) will be mandatory training for all CAP members who will be operating CAP own vehicles. This training will be conducted in AXIS and linked to members Operation Qualifications. It is directly related to having a CAP Driver's License. A member will need both this training and authorization from their commander to be able to operate a CAP vehicle. This training will need to be refreshed every three years.

The Driver Education Training (DET) will be mandatory for all Transportation Officers once a year, but all members will be able to take the training. It will also be conducted in AXIS and will provide answers and clarification to many vehicle regulations, issues, and questions.

The [Drivers Awareness Bulletin \(DAB\)](#) is a new quarterly publication about vehicle safety. This publication can be found on the [gocivilairpartol.com](http://gocivilairpartol.com) website under the Transportation Management section. It is not mandatory but is strongly encouraged to view/read. Members are even encouraged to participate by submitting articles on/about vehicle safety. You can submit your article request to [emanning@capnhq.gov](mailto:emanning@capnhq.gov).

The Vehicle Risk Management Program will help keep our members safe by being prepared and aware of the inherent risk that comes with driving. This training will be outlined in the updated Vehicle Management Regulation, and any will become available soon. Any questions or concerns can always be routed to CAP/LGT.

## What is Your Fitness Plan This Week?

Capt. Cole Ettingoff, MPH, Health Services Advisory Team

May is **National Physical Fitness and Sports Month** so it's a great chance to reflect on your own fitness. If you're like most Americans, you aren't active enough. That's not a personal criticism. In fact, for many of us, there are things we can't control like our work schedules or how our communities are built that make it harder to live active lives. CAP members, both cadets and seniors, have long risen to the challenge though and made a point of including physical activities in their routine.

**Here are a few things to consider as you reflect on your physical fitness:**

1) How much should I be doing?

The official recommendation of the Physical Activity Guidelines for Americans for adults is at least "150 minutes of moderate-intensity physical activity and 2 days of muscle strengthening activity." 150 minutes a week can sound like a lot, but research finds it's okay to break that up over the course of the week, so even if you only have a few minutes today, it counts!

Tight on time? Vigorous aerobic activity can count double! (i.e., 1 minute of vigorous activity counts as 2 minutes of moderate activity towards your 150 minute a week minimum)

**MOVE YOUR WAY.** Adults need a mix of physical activity to stay healthy.

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.

at least **150** minutes a week

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least **2** days a week

**AND**

If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.  
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

Source - [Why these goals? - Move Your Way | health.gov](https://www.health.gov/moveyourway/why-these-goals/)

The infographic features icons for various activities: a person on a bicycle, a person swimming, a person walking a dog, a person in a wheelchair, a person on a skateboard, a person lifting weights, and a person performing a yoga-like stretch. The Department of Health and Human Services logo is in the bottom right corner.

2) What should I be doing?

When you mention physical activity, we often immediately think of running. And while running is one option that requires no equipment, there are many other ways to build your fitness.

“Moderate-intensity aerobic activity” means anything that gets your heart beating faster, so raking leaves, dancing, and walking the dog, are all activities that can count.

Looking to save some time or push yourself harder? “Vigorous-intensity activity” means you’re working hard enough that you can only say a few words before you have to take a breath. That threshold will vary by person and some activities will become easier as you build your fitness. Jumping rope, swimming, shoveling snow, a good game of basketball, or cycling are all good examples of more vigorous activity.

“Muscle strengthening activity” on the other hand is less about getting your heart pumping and more about making your muscles work harder. This requires some form of work. It could be lifting, pushing, or pulling weights, working against resistance bands, or simply pushing against body weight. Muscle strengthening activities can be intimidating, but don’t be afraid to ask for help and to start small. Simple activities like a few rounds of pushups, sit ups, and similar activities can go a long way.

I’d be remiss if I didn’t note that some folks have special requirements. It may be worth talking to your doctor about what your body needs and asking for suggestions on where to find advice or support. Many health insurance plans provide coaching or even financial incentives for physical activity.

### 3) Why does it matter?

If you’ve read this far, you probably already know living an active life can significantly lower your risk for metabolic diseases like diabetes or heart disease, lower your blood pressure, strengthen your bones and joints, reduce stress, improve your sleep, and sharpen your focus. Even small increases in activity can have noticeable effects. Don’t go for one walk and expect it to change your life, but figure out a plan that works for you, and give it a shot!

Still need some motivation? If not for yourself, do it for us. CAP needs you to be fit to fly, teach, mentor, and lead. Your family, community, and nation need you to take care of your body so you can take care of others.

### 4) What’s my plan this week?

Hopefully by now you’re thinking something like “ok, I’d like to be more active.” Great but where to start? Try the [Move Your Way Activity Planner](#) for some suggestions and to make a plan for this week. Getting started may not be the time to decide to run a marathon or compete in the Olympics. By starting with a specific, reasonable plan for this week, you can start off on the right foot. While diet and exercise go together towards building a healthier life, too much change at once can be hard to sustain and gradually building a more sustainably healthy life may be your best path forward.

#### A few other resources to consider:

CAP’s Cadet Fitness Program offers some great guidance and resources that may be worth reviewing:

<https://www.gocivilairpatrol.com/programs/cadets/library/fitness>

Here’s one example of advice for beginning a simple muscle strengthening routine. There are many other great options available online:

<https://www.lifehack.org/911665/bodyweight-workout-for-beginners>

If you're really interested in being a leader in this work, consider reviewing the official Physical Activity Guidelines for Americans. It's a hearty report but includes some great guidance and examples:

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

## How are Your Eyes Doing?

Lt Col Gordon Helm, HSAT PIO

May is also **Healthy Vision Month**, sponsored by the National Eye Institute (NEI). Each May, the NEI promotes Healthy Vision Month to spread the word about healthy vision and encourage us all to learn how to protect our eye health. Here's what they have to say:

### **5 ways to join NEI for Healthy Vision Month 2023**

*The theme for 2023 is **Healthy Vision: A Family Focus** — an opportunity to inspire families to team up and learn how to protect their vision together! NEI is centering this year's campaign on caregivers of children and older adults in Hispanic/Latino families. NEI is also sharing simple steps we can all take to protect our vision.*

[See all NEI's Healthy Vision Month resources.](#)

*Here are 5 ways to get involved in Healthy Vision Month 2023:*

- 1. **Connect families to health programs that can help pay for eye care.** Making sure everyone has access to quality eye care gets us a step closer to achieving health equity. [Share these resources to help families pay for eye care.](#)*
- 2. **Check out NEI's comprehensive webpages about eye conditions and diseases.** Get up-to-date and evidence-based information about eye conditions and diseases in [English](#) and [Spanish](#).*
- 3. **Take advantage of NEI's resources for older adults.** As we get older, finding eye diseases early is important. [Share these useful resources!](#)*
- 4. **For children, make eye health fun!** [Share these resources focused on children](#) — like games, interesting videos about the eye, and tips for preventing eye injuries.*
- 5. **Promote NEI's healthy vision resources.** [Share NEI's eye health resources](#) to help everyone learn how to protect their vision.*

Our CAP family can benefit from these 5 steps. I hope they help.

## The Hazards and Symptoms of Head Injuries

From CDC Free Education on Concussion

Source: Maj Catherine Scantlan, RN adapted from [NFHS Learn | Interscholastic Education, Made Easy](#)

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain, sometimes stretching and damaging brain cells, and even causing bleeding.

First, research suggests that a child's developing brain is particularly at risk for injury and the effects of a concussion. Remind cadets that they need to report a possible concussion to you, no matter whether it happened during or outside of sports. That way you can ensure they follow the proper steps to return to their sports activity.

Most concussions occur without loss of consciousness. In fact, less than 5 percent of students actually lose consciousness due to a concussion.

Symptoms reported to the coach or medical staff may include one or more of the following: Headache, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, or foggy, concentration or memory problems, and confusion.

If a student/cadet shows any signs or develops symptoms that make you think they may have a concussion, your responsibility is simple remove the athlete from the activity, game, or practice right away. Always side with safety: "When in doubt, sit them out!"

**A Cadet with a possible concussion should be evaluated by an appropriate health care professional** and any worsening symptoms should be reported to a healthcare professional right away.

Although rare, there are some situations in which you may need to activate the Emergency Medical System or Call 9-1-1. The following circumstances are medical emergencies:

- Loss of consciousness (even if brief)
- Convulsions or seizures
- Headache that gets worse and does not go away
- Increasing drowsiness to the point where the cadet can't be woken up
- Weakness or numbness
- Decreased coordination
- Significant nausea or persistent vomiting.

Loss of consciousness, though rare, can occur with a concussion. In some cases, it may indicate an even more serious injury, such as bleeding or swelling in the brain.

**The CDC HEADS UP concussion recommendations include the following:**

- 1. Remove the student from play. When in doubt, sit them out!**
- 2. Keep a student with a possible concussion out of play the same day of the injury and until cleared by an appropriate healthcare professional.**
- 3. Inform the student's parent(s) about the possible concussion.**
- 4. If a cadet comes back to the event after being properly evaluated, be sure to ask for written instructions from the appropriate healthcare professional on return.**