

THE ASSOCIATION OF AVIATION MEDICAL EXAMINERS



30th ANNUAL SCIENTIFIC MEETING, SAVILL COURT, WINDSOR 13th March 2010

GENERAL INFORMATION GUIDE

Date: Saturday 13th March 2010

Venue: Savill Court Hotel & Spa
Bishopsgate,
Great Windsor Park,
Surrey, UK, TW20 0XN

Telephone: 00 44 (0)1784 472000
Fax: 00 44 (0) 1784 472200
Website: www.macdonaldhotels.co.uk/savillcourt

NB To request & book accommodation directly with Savill Court, see *Accommodation* page (pg 6) for details.

SCIENTIFIC PROGRAMME - Morning Session

08:30 - 09:00	Registration	
09:00 - 09:05	AAME Chairman's Welcome	Dr Martin Hudson
09:05 - 09:10	AAME President's Welcome	Professor Anthony Batchelor
09:10 - 09:15	Introduction to the Morning's Scientific Programme: 'Hearts and Minds'	Chair: Dr Adrian Baker
09:15 - 09:45	The Importance of Early Diagnosis and Treatment Dr Baxter will consider the best methods of detection and current advances in treatment	Dr Baxter Consultant Diabetologist
09:45 - 10:30	Early Intervention Cardiology with Angioplasty: The impact on commercial and private pilots will be considered	Dr Andrew Hannah Consultant Cardiologist
10:30 - 11:00	Tea and Coffee	
11:00 - 11:30	Reducing a Pilot's Risk of Ischaemic Heart Disease: Professor Law will consider the risk assessment in relation to blood pressure and other risk factors in a pilot who for the next year will be responsible for 400 passengers	Professor Law Professor of Epidemiology and Preventive Medicine
11:30 - 12:30	Brugade-Evolving Knowledge and Changing Guidelines Dr Paul Collins Howgill will discuss the development and importance of the guidelines	Dr Paul Collins Howgill Head of Aviation Medical Training CAA
12:30 - 12:45	Panel Discussion	
12:45 - 14:00	Lunch	

14:00 - 14:30	Recent Regulatory Changes and European proposals affecting Aviation Medicine.	Dr Sally Evans Chief Medical Officer CAA
14:30 - 15:15	Chronic Hypoxia whilst ascending Everest; A Personal Experience. Lt Col Challinor will also advise how jet lagged pilots can keep fit in a hotel bedroom but using minimal equipment	Lt Col Challinor Senior Master at Arms Army Physical Training Corps.
15:15 - 15:45	Tea and Coffee	
15:45 - 16:30	The Mental Health Assessment of those who are in Command Roles. How to keep "calm in a crisis"	Surgeon Commander Sharpley, RN Consultant Psychiatrist
16:30 - 17:15	'Burnout' in Professionals How can doctors and pilots recognise and cope with burnout?	Dr Kenn, Consultant Psychiatrist;
17:15 - 17:20	Summary & Close	

REGISTRATION METHODS: There are three ways to register for the 2010 meeting;

ONLINE

To register online and pay by credit card please visit: www.aame.co.uk and click onto Scientific Meeting before following the on screen instructions.

NB The online registration system is not compatible with versions of Safari earlier than 2.04

To enter the online registration form you will be prompted for a membership number and password. Please enter the following information:

Registration Type	Membership Number	Password
Members	Please enter your four digit AAME membership no e.g. 0001	Please enter your last name
Members of SAAME	Please enter the code: SAAME	Please enter your last name
Complimentary Members	Please enter your membership no including the complimentary prefix e.g. C1001	Please enter your last name
Non members	Please enter the code: AAME	Please enter the code: AAME

BY POST

To register by post, please download and print out the appropriate registration form by visiting: www.aame.co.uk and clicking on [Scientific Meeting](#). Alternatively you can fax your full name and a return fax number to 00 44 1534 631272 requesting a registration form.

If you are a member, please also include your membership number. Requests made without a membership number will be sent a non-member registration form.

After completing your form please post to:

AAME Administration
3D Performance
PO Box 9
26-32 King Street
St Helier
Jersey
JE4 8NF

Please ensure that you enclose a signed cheque (*payable to AAME Symposium Account*) for full payment or complete the credit card information and sign the form before returning.

BY FAX

If paying by credit card you can also fax your completed form to 00 44 1534 631272 (please ensure you send both sides of your form).

Please note that registrations paid for by cheque will not be accepted by fax.

PAYMENT NOTES

Please take care when filling out a manual form to calculate the cost of each programme element and transfer this to the total column correctly, as errors could delay confirmation of your place. The processing of additional payments may incur an administration fee of £15.00.

REGISTRATION CONFIRMATION

Pre-registration will end at 5pm on Wednesday 10th March 2010. Registration forms or online payments received after this date will not be processed.

Registrations of attendance at the venue can only be made after prior agreement with the administration team (via aame@3dperformance.co.uk or fax 00 44 1534 631272).

In order to minimise administrative costs, confirmation of registration will be sent by email (or by fax where email is not available). Please, therefore, provide a valid email address and/or fax number on your registration form. If you require **confirmation by post** please provide a **self-addressed envelope** when returning your form.

REGISTRATION FEES

RATE	EARLY	STANDARD
Form Received:	Before 5pm Friday 15 th January 2010	After 5pm Friday 15 th January 2010
AAME / SAAME / CAA MEMBERS	£ 249.50 inc VAT per person	£ 270.00 inc VAT per person
NON MEMBER	£ 324.50 inc VAT per person	£ 345.00 inc VAT per person

To qualify for the early rate, registration forms and payment must have been **received** no later than **5pm on Friday 15th January 2010**. If you are registering by post please allow three working days for postal delivery.

Please note: back-dated cheques do not qualify for early registration fees.

The registration fee for delegates includes:

- Full conference programme
- Your conference badge
- Conference booklet: itinerary, speakers' profiles and delegate list
- Car parking
- AGM on Sunday 14th March

Food and Beverage

- Tea, coffee and biscuits on arrival
- Mid morning coffee and biscuits
- Hot and cold buffet lunch
- Afternoon tea and biscuits
- Mineral water
- Complimentary tea, coffee and biscuits for the AGM

AAME MEMBERSHIP

To qualify for the membership rate you must have paid your annual subscription fee of £75.00 valid for the period 1st June 2009 - 31st May 2010.

For membership details see www.aame.co.uk and click on Join/signup; click on Downloads for an application form.

For membership enquiries or to check your membership number please contact: membership@aame.org.uk

PAYMENT

3D Performance is the official event organiser of the 30th Annual Scientific Meeting. All administration including payment transactions will be managed by 3D Performance which is located in Jersey, Channel Islands.

Please note it is **3D Performance Jersey** that will appear on your bank or credit card statements and not AAME.

PAYMENT METHODS

Please note that payment will be accepted in Pound Sterling only (GBP).

- Online:** Payments can be made by credit or debit card only
By Post: Payment can be made by cheque or credit and debit card
By Fax: Payment can be made by credit or debit card only

MAKING A CREDIT OR DEBIT CARD PAYMENT

Payment can be made via one of the following cards:

Visa // MasterCard // Visa Delta // Maestro // Solo

If paying from overseas, please be aware that your card will be debited in Pound Sterling (GBP). AAME can not be held responsible for any fluctuations in the rate of exchange or charges made for the transaction.

PAYING BY CHEQUE

For cheque payments, please make sure that you have correctly calculated the total and make your cheque payable to 'AAME Symposium Account'.

Please clearly mark the name of the delegate on the back of the cheque (and member number if a member) and post with your registration form.

CANCELLATION POLICY

Please refer to the terms and conditions of booking by visiting: www.aame.co.uk and click on Scientific Meeting to download the terms and conditions of booking.

For online bookings, the terms and conditions are available on the form.

Please ensure that you have adequate insurance cover.

ACCOMMODATION

This year all delegates are responsible for booking and paying for their own accommodation directly with Savill Court Hotel or at the hotel of your choice.

Please ensure you request your accommodation as early as possible as bedrooms are subject to availability at the time of booking and the hotels in this area can be busy at Easter.

SAVILL COURT HOTEL ACCOMMODATION

All rooms have been refurbished to mirror the opulence of the hotel facade. Savill Court provides classic, executive, four poster bedrooms and executive suites which all have free broadband access. Many rooms have views over the hotel's gardens and wooded parkland.

All rooms have:

- Full en-suite facilities
- Satellite television/ LCD televisions
- ISDN Lines
- Direct-dial telephone
- Trouser press
- Iron and ironing board
- Tea and coffee-making facilities
- Hospitality tray
- Hairdryer
- Mini Bars

Available on request are:

- Accessible bedrooms for guests with disabilities
- 24-hour room service
- Early morning calls
- Newspaper delivery
- Dry-cleaning service
- Concierge services

All rooms are subject to availability.

Bookings should be made directly with the hotel (see contact details below) and all usual cancellation policies will apply.

For details of the leisure facilities please visit www.macdonaldhotels.co.uk/savillcourt

SAVILL COURT ROOM RATES: AVAILABLE 12th to the 14th MARCH 2010

A special conference rate has been negotiated on your behalf. **You must state that you are an AAME delegate in order to receive your preferential accommodation rate.**

Room Type	AAME Delegate B&B Rate per room per night
Single room for sole occupancy (standard rate: £ 210.00)	£ 90.00
Double room for sole occupancy	£110.00
Classic twin/double for double occupancy (standard rate: £ 230.00)	£ 120.00
Executive room for double occupancy (standard rate: £ 250.00)	£ 140.00
Four Poster bedroom for double occupancy (standard rate £ 320.00)	£ 160.00

SAVILL COURT HOTEL CONTACT DETAILS

To book accommodation, delegates should contact **Reservations** by the following methods:

Email

1. Compose your email to general.savillcourt@macdonald-hotels.co.uk with 'AAME Scientific Meeting Delegate' in the subject line
2. Detail your exact accommodation requirement and leave your contact details
3. Savill Court will then contact you to secure your booking and collect credit card details
4. Once the payment is confirmed, Savill Court will send a confirmation email to you

Telephone

Contact the Reservations Department directly on **01784 485826**, stating that you are an AAME Delegate attending the AAME Scientific Meeting in March 2010 (to receive your preferential accommodation rate).

Should you experience any difficulty please telephone Kate Witcomb, Events Office Manager, direct on 00 44 (0) 1784 4858813 or by direct fax 00 44 (0) 1784 472100

General Information

Savill Court Hotel & Spa
Bishopsgate
Great Windsor Park
Surrey
UK
TW20 0XN

Telephone: 00 44 (0) 1784 472000

Fax: 00 44 (0) 1784 472200

Website: <http://www.macdonaldhotels.co.uk/savillcourt>

OTHER ACCOMMODATION LOCALLY

Alternatively there are a number of other hotels available in the local area for you to book directly; below is a small selection. (Please note that all hotels are subject to availability at the time of booking. Hotels listed below are a guide only and AAME accept no responsibility for the booking or provision of services.)

FIVE & FOUR STAR HOTELS				
NAME	LOCATION	ROOMS	APPROX. DISTANCE FROM SAVILL COURT HOTEL	CONTACT DETAILS
Cliveden House (5 Star)	Taplow, Berkshire	39	12 miles	01628 668561 www.clivedenhouse.co.uk
Pennyhill Park Hotel & The Spa (5 Star)	Bagshot, Surrey	123	10 miles	01276 471774 www.pennyhillpark.co.uk
Harte and Garter Hotel and Spa (4 Star)	Windsor	79	4 miles	08446 008731 www.foliohotels.com/harteandgarter
Mercure Castle Windsor Hotel (4 Star)	Windsor	108	4 miles	01753 851577 www.mercure.com/gb/hotel-6618-mercure-castle-windsor/index.shtml

THREE STAR HOTELS				
NAME	LOCATION	ROOMS	APPROX. DISTANCE FROM SAVILL COURT HOTEL	CONTACT DETAILS
Beaumont House	Old Windsor	330	2 Miles	01753 640000 www.principal-hayley.com/windsor/beaumont-house/index.asp
Great Fosters Hotel	Egham	33	3 miles	01784 433822 www.greatfosters.co.uk
Sir Christopher Wren's House	Windsor	96	5 miles	01753 861354 www.sirchristopherwren.co.uk
Thames Riviera Hotel	Maidenhead	52	11 miles	0844 8559117 www.foliohotels.com/thamesriviera

GETTING TO SAVILL COURT HOTEL

Savill Court is only 35 minutes from central London, only 7 miles from London's Heathrow Airport, within easy reach of both Gatwick and Luton Airport Terminals and easily accessible from the motorway network. There is ample complimentary car parking on site.

For further directions please visit:

www.macdonaldhotels.co.uk/savillcourt/location/index.htm

Directions From the M4

Exit at J6, signposted for Slough.

Join the A355 Windsor.

Continue on the dual carriageway for about 2 miles. At the roundabout take the exit for A308, signed for Staines. Drive on for 3 miles, passing through Windsor. Pass a BP garage on your left and a Harvester on your right. At the next roundabout, turn right onto the A328 (Priest Hill) heading towards Englefield Green.

From the top of Priest Hill turn right into Castle Hill Road then turn right into Bishopsgate Road.

Savill Court is approximately half a mile down the road, on the left.

From the M25

Exit at J13 onto the A30, signed for Egham.

Turn right onto the A328, signed for Englefield Green. Drive through the village, going straight on at 2 mini-roundabouts.

Continue to the third mini-roundabout, go straight on, and immediately turn left into Bishopsgate Road.

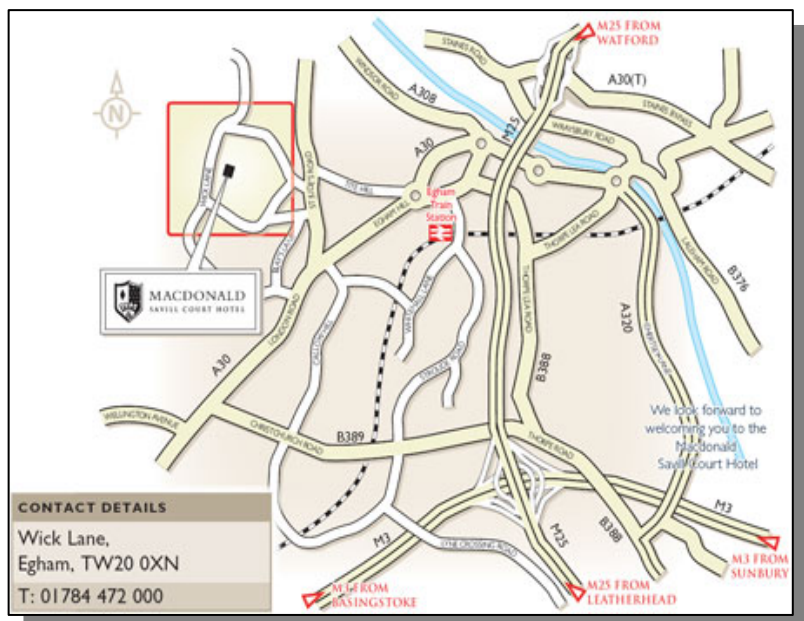
Savill Court is half a mile down the road, on the left.

From the A30, travelling East

At the Englefield Green traffic-lights (between Sunningdale and Egham), turn left onto the A328, signed for Englefield Green. Drive through the village, going straight on at 2 mini-roundabouts.

Continue to the third mini-roundabout, go straight on, and immediately turn left into Bishopsgate Road.

Savill Court is half a mile down the road, on the left.



To plan your personal journey by **car** why not visit: <http://rp.rac.co.uk/routeplanner>

To plan your personal journey by **train** why not visit: www.nationalrail.co.uk/planmyjourney

Nearest main airport: London Heathrow. Approx 10 miles.
(By car, Junction 13 from the North and Junction 12 from the South)

Nearest private airfield: Fairoaks Airport (01276 857700), approx 10 miles.

Nearest helicopter landing: Fairoaks Airport (01276 857700), approx 10 miles.

Nearest mainline train station: Egham, approx 2.5 miles. National Rail Enquiries: 08457 48 49 50

THE LOCAL AREA

There's no shortage of things to see and do around Savill Court Hotel:

The hotel is only 35 minutes from central London, and 20 minutes from Windsor and Eton. The River Thames and Hampton Court are close by.

Windsor - Steeped in 1,000 years of history, the famous town of Windsor combines shopping, fine dining and leisure activities. Not forgetting Windsor Castle, which is the oldest and largest occupied castle in the world and Official Residence of Her Majesty The Queen. The Changing of the Guard is viewed as a highlight to any Windsor trip, departing from the high street on a daily basis.

Eton (our 2010 Partner Trip excursion) - Guided tours of the College are a fascinating experience and include the Cloisters, the College Chapel, the oldest classroom in the College and the Museum of Eton Life. Guided tours take place daily at 2.00pm and 3.15pm for individuals.

River Thames - You can take a leisurely cruise on a luxury passenger boat based on the River Thames with public trips from Windsor, Runnymede and Maidenhead. Choose from a short return trip or a full-day cruise.

Hampton Court - From Henry VIII's Great Hall to the World Famous Maze, Hampton Court can offer something for everyone. With guided costume tours and exhibitions, the Palace is open daily to visitors.

The Savill Garden - Within Windsor Great Park, Savill Garden covers some 35 acres and was formalised in 1932 by Sir Eric Savill. Today the garden is well established and is considered to be the finest of its type in the northern temperate region of the world, with the newly re-opened New Zealand Garden.

Sunningdale Golf Club - ranking as one of the premier clubs of England, it has never stooped to tricking up the course for major competition. Sunningdale is open to visitors all year round, however early booking is advisable. Please check the Club's website: www.sunningdale-golfclub.co.uk.

Ideas for Families:

Legoland

The UK's no.1 family attraction is within 20 minutes drive from the hotel (on the B3022 Windsor/Ascot road just 2 miles from Windsor town centre, SL4 4AY).

- Further information: www.legoland.co.uk or Tel 0871 2222001

Thorpe Park

Thorpe Park is within 20 minutes drive from Savill Court Hotel (situated between junctions 11 and 13 of the M25, although access from Junction 12 of the M25 is not possible. Thorpe Park, Staines Road, Chertsey, Surrey, KT16 8PN).

- Further information - www.thorpepark.com or Tel 0870 444466

Chessington World of Adventures & Zoo

Chessington is just 2 miles from the A3 and M25 (junction 9 or 10). From the South, take M25 junction 9. From the North, take M25 junction 10. From London, take the A3 to Hook - Chessington is sign posted on the A243.

- Further information- www.chessington.com or Tel 0870 444777

NB Multi-park Tickets are also available offering admission to two of the three above listed theme parks at a reduced rate. For more information, check out any of the above theme-parks' websites.

SOCIAL PROGRAMME

FRIDAY 12th March 2010

The committee would be pleased to see you and your partner at the pre-meeting networking supper.

This year we have reserved an area of the main restaurant in Savill Court Hotel but are asking you to book your own table directly with the hotel. Please be advised that space will be limited so we advise you to book early to avoid disappointment.

To book a table and time for dinner, delegates should email Kate Witcomb on:
eventsmgr.savillcourt@macdonald-hotels.co.uk

SATURDAY 13th March 2010

Following the meeting there will be the 30th anniversary gala dinner which will be held in the Orangery at Savill Court. The evening provides a great opportunity to catch up with friends and colleagues. This year, Polly Vacher, who is renowned for her solo round the world flights, will be the guest after-dinner speaker, which we hope you will appreciate. Dr Victor Maxwell will also speak on the history of the Association. The committee looks forward to welcoming as many of you as possible.

Dress code for the evening will be Black Tie or national costume.

To book your places at a cost of £69.50 per person, please complete the number of places required on your registration form.

ACCOMPANYING PERSONS TRIP



During the day on Saturday, a guided tour of Eton and Eton College. (Founded in 1440 by Henry VI), where Princes William and Harry were educated as well as 19 British Prime Ministers, has been arranged for any accompanying persons to join. The trip includes coach transfers, entrance fees and a Blue Badge guided tour, followed by free time to lunch and shop around Windsor and Eton. Although lunch is not included in this day trip, Windsor and Eton have a wealth of good eateries: please find below a selection of recommended cafés and restaurants for you to pre-book should you so wish:

- **Brown's Bar & Brasserie:** high standard of classic & modern dishes; main courses from around £9.50
www.browns-restaurants.com/menu-windsor.php
- **Café Rouge:** classic French cuisine of a good standard for good value; 2 courses from £8.95
www.caferouge.co.uk/locations_restaurant.php?id=68
- **Carluccio's Caffe:** authentic Italian food at sensible prices; paninis from £5.50, main dishes from £6.85
www.carluccios.com
- **Gilbey's Bar & Restaurant:** classic dishes with a contemporary twist; mains from £13.00, 2 courses from £14.75 <http://www.gilbeygroup.com>
- **River House Restaurant & Bar:** good contemporary pub food with riverside views; sandwiches & paninis from £7.95, main dishes from £11.95 www.windsorpubco.co.uk/riverhouse.html
- **Windsor Grill, (Anthony Worrall-Thompson):** simple, honest food; main courses from £12.95
www.awtrestaurants.com/windsor
- **The Fat Duck, (Heston Blumenthal):** outside Windsor, (The High Street, Bray); a highly acclaimed restaurant, voted 2nd best restaurant in the world 2007. 3 course menus start at £94.00: www.fatduck.co.uk

The day finishes back at Savill Court Hotel for 4.30pm where tea will be served.

The cost of the trip is £59.50 per person. Please complete the number of places required on your registration form.

QUESTIONS

Questions regarding logistics, administration of the meeting or the online system please:
email Andrew Thomas on aame@3dperformance.co.uk or fax your queries to **00 44 1534 631272**.

(Please note that responses to your emails or faxes will be made during normal office hours, Monday - Friday, 0900 - 1700 hours).

For urgent matters only please phone the 3D Performance office on 0044 1534 505926.

Questions about the scientific meeting programme please: visit the [scientific meeting](#) pages at the AAME website: www.aame.co.uk or email: scientificmeeting@aame.org.uk