



APPENDIX 1 – BASIC LIMITS

This appendix sets basic limits for operations broadly outside the window of circadian low (a time when physiological sleepiness is greatest and performance capabilities are lowest). It would suit simple or non-complex operations.

This appendix provides prescriptive flight and duty time limitations without the need for risk management processes or fatigue training. These limitations are relatively restrictive.

▶TA/F1▶83
▶TR/01▶83

▶SEARCH▶FR/01▶83
▶SEARCH▶TR/01▶83

FATIGUE
GUIDELI

Planning/rostering

Limit on cumulative flight time (5)

An FDP must not cause you to exceed the following flight time limits.

	28 days	365 days
Maximum flight time	100 hours	1,000 hours

Sleep opportunity before an FDP (1)

You must have at least an 8-hour sleep opportunity when:

- › at home base – within 12 hours of commencing an FDP
- › away from home base – within 10 hours of commencing an FDP.

Note: Refer to the definition of sleep opportunity, as it occurs in an off-duty period.

Off-duty periods (4)

Time period	Off-duty period minima
1 day	12 hours
7 days	Minimum of 36 hours off duty over 2 local nights before the projected end of an FDP
28 days	Minimum of 6 days (cumulatively) off duty before commencing the FDP

If you move to a new appendix, you must have at least 12 hours off duty before commencing a new FDP, even if the off-duty period under the new appendix is less restrictive.

FDP and flight time limits (2)

You may only be assigned an FDP between the earlier of the hours 0700 (or the beginning of morning civil twilight (MCT)) and 0100 the next day (local time in the place where the FDP commenced).



The beginning of MCT may also be referred to as first light.



In this period, you may be assigned a 9-hour (cumulative) FDP. However, an FDP commenced before 0600 or after 1400 must be no longer than 8 hours.

You may only be assigned 3 late FDPs in any 7 days. A late FDP is one that finishes after 2200.

Flight training (2)

You must only conduct flight training within the first 7 flight hours of an FDP.

Variations

FDP and flight time extension (3)

Any FDP and flight time limit may be extended by up to 1 hour if:

- › unforeseen operational circumstances arise
- › an extension of the FDP is operationally necessary to complete the duty
- › you consider yourself fit to undertake the extension.

You must not exceed the cumulative flight time limits.

Flight training extension (3)

Flight training for up to 30 minutes may be conducted after the first 7 flight hours of an FDP if unforeseen operational circumstances arise, it is operationally necessary to complete the duty, and you consider yourself fit for the extension.

Discretion of PIC (3)

If unforeseen operational circumstances arise after take-off on the final sector of an FDP that will cause a pilot to exceed any limit in this appendix, then the flight may continue to the planned destination or alternate at the discretion of the pilot in command.

Use sample [operations manual supplements](#) as a starting point to develop processes, procedures and limits to manage fatigue.



Image | CASA

Appendix 1 – Summary

Sleep/off duty	Max FDP/flight time			Off duty after FDP
	1 Day	28 Day	365 Day	
8-hr sleep opportunity within: <ul style="list-style-type: none"> › 12 hrs of commencing FDP/standby at home base › 10 hrs of commencing FDP/standby away from home base 	9 hr FDP Except 8 hr maximum if your FDP commenced before 0600 or after 1400	100 hrs flight time	1,000 hrs flight time	<ul style="list-style-type: none"> › in any 24 hrs, at least 12 hrs › in any 7 days, at least 36 hrs (2 local nights) before projected end of FDP › in any 28 days, at least 6 days
	<p>You may only be assigned an FDP between the earlier of the hours 0700 (or beginning of MCT) and 0100 the next day (local time in the place where the FDP commenced).</p> <p>You must not conduct flight training after the first 7 flight hours of an FDP.</p> <p>You may only be assigned for an FDP that finishes after 2200 (a late FDP) if fewer than 3 late FDPs have been rostered in any 7 days.</p>			
<h3>Variations</h3>				
<h4>Extensions</h4> <p>At your discretion, a flight time and FDP limit can be extended by 1 hour, provided you consider yourself fit for the extension, if unforeseen operational circumstances arise and an extension of the FDP is operationally necessary to complete the duty.</p> <p>You must not extend if you will exceed the 28-day or 365-day cumulative flight time limits.</p> <p>If unforeseen operational circumstances arise and it is operationally necessary to complete the duty and you consider yourself fit, flight training for up to 30 minutes may be conducted after the first 7 flight hours of the FDP.</p> <p>The pilot in command may use discretion in unforeseen operational circumstances to exceed limits in this appendix to continue on the final sector to the destination.</p>				