

## APPENDIX 6 – FLIGHT TRAINING

This appendix sets out the requirements for flight training. This appendix does not apply to flight training in a flight training device.

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FATIGUE  
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# Planning/rostering

## Limits on cumulative duty and flight time (8) (9)

	7 days	14 days	28 days	365 days
<b>Maximum duty</b>	60 hours	100 hours		
<b>Maximum flight time</b>			100 hours	1,000 hours

## Sleep opportunity before an FDP or standby (1)

You must have an 8-hour sleep opportunity within the 12 hours immediately before commencing an FDP or a standby.

**Note:** See definition of sleep opportunity as it occurs in an off-duty period.

## Off-duty periods (7)

### Off-duty period following an FDP

You must have at least 12 hours off after completing your duty.

If your duty period exceeds 12 hours, the time in excess of 12 hours must be multiplied by 1.5 and then added to 12 to obtain the subsequent minimum off-duty period.



*In practice to exceed a duty period of 12 hours in this appendix you would need to perform duty before and/or after your FDP or make use of the FDP increases permitted by the use of a SDRP as shown in the following example.*

### Example

An FDP commencing at 0900 allows a maximum FDP of 11 hours. This may be extended by 4 hours (to 15 hours) by use of an SDRP (in sleeping accommodation) of 4 hours.

The first 4 hours of the SDRP can be reduced to 2 hours for the purpose of the ODP calculation. The 15 hour duty period is therefore deemed to be 13 hours (which is 1 hour in excess of 12).

The subsequent minimum ODP required is 12 hours plus  $(1.5 * 1) = 13.5$  hours.

## Off-duty periods for cumulative fatigue recovery

Time period	Off-duty period minima
<b>7 days</b>	Minimum of 36 hours off duty over 2 local nights before the projected end of the FDP or standby
<b>28 days</b>	Minimum of 6 days (cumulatively) off duty before commencing the FDP or standby

## WOCL infringement and early start limits (10)

### Early starts (0500–0659)

You may be assigned up to 5 consecutive duty periods with early starts (0500–0659) provided:

- > the FDP limit on the 4th day is reduced by 2 hours
- > the FDP limit on the 5th day is reduced by 4 hours.

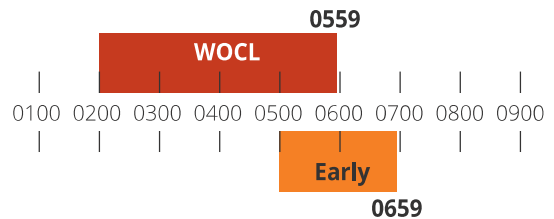
### WOCL infringement (0200–0559)

After 3 consecutive WOCL infringements, you must have an off-duty period over a local night. You are permitted to infringe the WOCL more than 3 times only in accordance with the early start provisions above.



*A duty that falls within any part of the WOCL means the WOCL is infringed.*

**Figure 14: WOCL and early start periods**



## FDP limits including flight time (2)

You must not be assigned a flight time of more than 7 hours in any FDP and an FDP must not exceed the following limits.

Local time at start of FDP	Maximum FDP
0500–0559	9
0600–0759	10
0800–1059	11
1100–1359	10
1400–2259	9
2300–0459	8

## Increase in FDP limits by split duty (3)

### Access to suitable sleeping accommodation

You may increase an FDP that has a split-duty rest period of at least 4 hours by up to 4 hours. However, the first 4 hours of the split-duty rest period may be reduced by 2 hours when determining the subsequent off-duty period or cumulative duty time.

A split-duty rest period between 2300 and 0529 hours local time which includes any period of at least 7 hours will allow the FDP to be increased to 15 hours but the first 4 hours of the SDRP may not be reduced by 2 hours for the purpose of determining the subsequent off duty period or the cumulative duty time.

### Access to suitable resting accommodation

Where an FDP has a split-duty rest period, the FDP limit may only be increased by half the time of the split-duty rest period but in any case, not more than 2 hours.

### Resting or sleeping accommodation

Unless an FDP is extended under the reassignment and extension provisions, the portion of a split FDP that follows a split-duty rest period, must be no longer than 5 hours.

## Standby limits and standby-like arrangements (5)

### Access to suitable sleeping accommodation

You must not be assigned a continuous standby of more than 14 hours.

After a call out from standby, the FDP must be decreased by the number of hours the standby exceeded 4 hours.

A standby that is completed without a call out must be followed by an off-duty period of at least 10 hours.

## No access to suitable sleeping accommodation

The time in which you are held in a standby-like arrangement must be treated as a duty period.

**Note:** For example, the period spent in a standby-like arrangement must be included as part of a subsequent FDP assigned to the pilot or added to the preceding FDP when determining minimum off-duty periods.

## Positioning (6)

On completion of an FDP, an operator can position you to a suitable location. However, the time spent positioning is to be added to your FDP when calculating subsequent off-duty periods.

## Variations

### Reassignment and extension (4)

You must not be reassigned or extended if it would cause you to exceed the cumulative flight or duty time limits.

After an FDP commences, you may be reassigned to a modified FDP, provided it does not exceed the applicable limits in the operations manual and you have confirmed that you are fit for the reassignment.

In unforeseen operational circumstances, at the PIC's discretion, an FDP limit may be extended by up to 1 hour if the PIC is satisfied that all FCM are fit for the extension.

In unforeseen operational circumstances, the flight time limit for an FDP may be extended by up to 30 minutes provided:

- > it is operationally necessary to complete the duty
- > you consider yourself fit for the extension.

### Discretion of PIC (4)

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 PIC.



To comply with the **general** and the **enhanced AOC obligations** to manage fatigue (see pages **11** and **12**) an operator may have to reduce the FDP and flight time limits permitted in an appendix.

Use sample **operations manual supplements** as a starting point to develop processes, procedures and limits to manage fatigue.