

How to use this guide

In this guide, certain words have been defined to avoid repetition and improve readability. The most important of these is *you*, which is used throughout the guide to refer to a pilot. Where we do not define a word here or in the regulations, you should consider its meaning to be that given in the Macquarie Dictionary.

For completeness, the plain English text is associated with the original text of the CAO by including the relevant subsection or paragraph number in brackets ().

For improved understanding, the guide includes **Notes** and **Comments**.

Notes – from the CAO are included in the PEG as applicable.

🗨️ **Comments** – certain subsections of this guide contain comments, which are not intended to introduce any new requirement, but to provide clarity.

The following terminology table has been created to improve readability.

Term	Meaning
appendix	refers to the appendices to CAO 48.1 Instrument 2021, which set out flight time limitations, sleep opportunity, extensions of duty periods and other factors relevant to fatigue management. Subpart 137.Q of CASR is also considered an appendix for the purposes of this guide.
operator	refers to an AOC holder or a certificate holder under Part 138 or Part 141
operations manual	means either operations manual or exposition
rostered	assigned
the CAO	CAO 48.1 Instrument 2021
unfit	a crew member is unfit when their ability to safely perform a duty is or is likely to be reduced or impaired (CASR 91.520).
you (your)	a pilot/an FCM (flight crew member)

Acronyms

AOC	Air Operator's Certificate
CAAP	Civil Aviation Advisory Publication
CAR	<i>Civil Aviation Regulations 1988</i>
CASA	Civil Aviation Safety Authority
CASR	Civil Aviation Safety Regulations 1998
FCM	flight crew member
FDP	flight duty period
FRMS	fatigue risk management system
ICAO	International Civil Aviation Organization
ODP	off-duty period
PIC	pilot in command
PICUS	pilot in command under supervision
SDRP	split-duty rest period
SMS	safety management system
WOCL	window of circadian low