

Syllabus

FLIGHT & DUTY TIME LIMITATIONS AND REST REQUIREMENTS

Initial / Recurrent

(F&DTL&RR-I/R)

Revision (Date)	02 (08.02.2016)	
Content of Training		
Module	Initial	Recurrent
Scope, Terms and Definitions	X	
Operator and Crew Member Responsibilities	X	X
Flight Time and Duty Time Limitations - Block Time - Duty Time	X	X
Local Days (Ortstage) / Vacancy (Urlaub) - Regulations	X	X
Flight Time Calculations - Difference between Duty Time and Flight Time - Restrictions for multiple Sectors - Restrictions due to "Window Of Circadian Low" (WOCL) - Criteria for Acclimatization	X	X
Flight Time Extensions - Possibilities - Special Cases - Rest Time Requirements	X	X
Split Duty - Required Criteria - Consideration of multiple Sectors/WOCL	X	X
Commander's Discretion (Kommandantenentscheid) - Requirements - Reduction of Rest Period	X	X
Provisions for Positioning - Positioning before Flight Duty - Positioning after Flight Duty	X	X
Duty Time Calculations - Possibilities - Ground Events and Office Duty Times	X	X
Rest Time - Home Base - Calculations - Requirements - Consideration of Time Zones	X	X
Standby and Duties at the Airport - Requirements	X	X
Nutrition - Requirements	X	X
Examples - Guideline for Flight Requests - Duty Time and Flight Duty Time Calculations - Rest Time Calculations	X	X
Test	X	X
Fatigue Management - Overview - Training Requirements - Incidents & Accidents - Introduction of Fatigue Management (FM)	X	X