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Crew Rest Guide - December 2017
November 15, 2017



A MESSAGE FROM YOUR COMPONENT CREW REST COMMITTEE

Component Crew Rest Committee

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CREW REST GUIDE - DECEMBER 2017

Here is a quick crew rest guide that tells you the flight category, maximum duty period, onboard rest times, and minimum scheduled layover rest times. For specific flights that fall under each long range flying category, please refer to the monthly duty summary in Aeronet.

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Flight leg 11:30 or more	Two hours onboard crew rest	Minimum scheduled rest L/O: 12 hours
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Category LOU 18 – Maximum Duty Period 16h15

Duty period under 15 hours	Minimum of 2.5 hours on board crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 15 hours or more	4 hours on board crew rest	

Category LOU 22A – Duty Scheduled Period 16h16 to 18 hours

Duty period 16h16 to 17h10	4 hours onboard crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 17h11 to 1800 hours	4.5 hours on board crew rest	

Category LOU 22B - Duty Scheduled Period 18h01 to 19h30

Duty period 18h01 to 18h45	5 hours onboard crew rest	Minimum scheduled rest L/O: 24 hours
Duty period 18h46 to 19h30	5.5 hours on board crew rest	

[CLICK HERE](#) for a PDF version of this chart.

Note 1: Meals breaks are separate from rest period. Also, the LOU under which the flight has been designated cannot be changed to a different LOU once cabin personnel have been scheduled to operate (L22.01).

Note 2: Crew members are entitled to take their full contractual crew rest as per the Collective Agreement. If the service is to be modified for crew rest purposes, the operating SD(s) must do the following:

- Write to the company and report it to your local
- If there is an OBSM onboard, report this service modification to them

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- If you are told anything different in respects to contractual crew rest by an Air Canada manager, please share this information with your local

Below are the local email addresses:

YYZ - office@local4092.ca

YUL - info@local4091.ca

YYC - office@local4095.ca

YVR - officers@local4094.ca

In Solidarity,

Your Component Crew Rest Committee

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