



# Crew Rest

- Minimum 12 hours from the time you leave the squadron until the time you can return.
  - Coming into the squadron spaces *for official flight duties* constitutes a break in Crew Rest.
  - In other words, if you have a 0500 brief tomorrow, you must leave by 1700 today (better to leave by 1630 so you can arrive at the squadron slightly early to get NOTAMs, WX, etc.).

***IF YOU BREAK CREW REST, YOU WILL RECEIVE A READY ROOM UNSAT.***

- If you have a scheduling conflict, let the SDO know **IMMEDIATELY** so your brief can be rescheduled.