

## **201. AIRCREW REST/SCHEDULING REQUIREMENTS**

b. Student Crew Day. The crew day begins with the first scheduled ground event or 30 minutes prior to brief.

c. Crew Rest. Twelve hours of continuous crew rest shall be afforded prior to commencement of crew day. The squadron CO may waive an instructor's crew rest down to ten hours on a case-by-case basis due to operational necessity.

COMTRAWINGSIXINST 3710.1R pg 2-2

207. CREW REST POLICY. Aircrews shall be familiar with the policies outlined in the CTW- 6 SOP. Breaches in crew rest by a student shall result in a Ready Room UNSAT (RRU).

TRARONTENINST 3710.1Y pg 2-3

- **Coming into the squadron spaces for official flight duties constitutes a break in Crew Rest**
- **If you have a scheduling conflict, let the SDO know IMMEDIATELY so your brief can be rescheduled.**

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