



TECHNICAL CIRCULAR No. 057 of 24th May 2012

To:	All Surveyors/Auditor
Applicable to flag:	All Flags
Subject:	Guidance Notes for Auditors-Hours of Rest Criteria as per STCW 95 (2010 Manila Amendments)
Reference:	STCW

The 2010 Amendments to the STCW Convention, more commonly known as the Manila Amendments, entered into force on 1st January 2012.

This Guidance Note addresses the hours of rest criteria pertaining to Section A-VIII/1 Fitness for Duty to assist CONARINA auditors understand and effectively audit these new requirements.

1. The amended Fitness for duty - Hours of rest criteria applies to all persons who are assigned watch keeping duties and also to those whose duties involve designated safety, prevention of pollution and security duties. This extended scope of application will encompass the entire crew, including the Master on most cargo vessels.
2. Watch schedules are to be posted where these are easily accessible. These should be in a standardized format, in the working language of the crew and in English.
3. Records of daily hours of rest of seafarers are to be maintained in the standardized format (The IMO/ILO Guidelines for the development of tables of seafarers' shipboard working arrangements and formats of records of seafarers' hours of work or hours of rest may be used.) in the working language(s) of the ship and in English. Seafarers shall receive a copy of the records pertaining to them, which shall be endorsed by the master or by a person authorized by the master and by the seafarer.
4. Normal Hours of Rest Requirements
 - a. 7-Day Period
 - 1) Not less than 77 hours of rest in any 7-day period [A-VIII/1.2.2]
 - b. 24-Hour Period
 - 1) Minimum 10 hours of rest in any 24-hour period [A-VIII/1.2.1]
 - 2) Hours of rest may be divided into not more than two periods in any 24-hour cycle [A-VIII/1.2.2]
 - 3) One period of rest not less than 6 hours in length during any 24-hour period [A-VIII/1.3]
 - 4) Maximum length of time between any two periods of rest to be Not Less Than 14 hours within any 24-hour period [A-VIII/1.3]
5. Permissible Exceptions

Customer Service Center
5201 Blue Lagoon Drive, 9TH. Floor,
Miami, Fl., 33126
Tel: 1 (305) 716 4116,
Fax: 1 (305) 716 4117,
E-Mail:

joel@conarinagroup.com

Technical Head Office
7111 Dekadine Ct.
Spring, Tx., 77379
Tel: 1 (281) 370 9363,
1 (713) 204 6380

E-Mail: tho@conarinagroup.com,
houston@conarinagroup.com

a. 7 Day exception:

Total hours of rest in any 7-day period maybe reduced to 70 hours (in lieu of “normal” 77 hours) provided:

- 1) Maximum continuous period of exception does not exceed two consecutive weeks.
- 2) If this exception is made, it is to be followed by a “normal” period that must be twice the duration of the preceding exception period. For example, if there are 2 consecutive 7 day periods where hours of rest were less than 77 hours in each 7 day period, then each the next four 7-day periods must allow for at least 77 hours of rest.

b. Example 1: Exception for 7-Day Period Criteria:

EXCEPTION	EXCEPTION	NORMAL	NORMAL	NORMAL	NORMAL
7 DAY Period	7 DAY Period	7 DAY Period	7 DAY Period	7 DAY Period	7 DAY Period
Maximum Exception Two Consecutive 7 Day Periods Minimum HoR-70 Hours/Period		MINIMUM INTERVAL BEFORE NEXT EXCEPTION 2X Duration of Preceding Exception Period Minimum HoR - 77 Hours / Period			

Example 2: Exception for 7-Day Period Criteria:

EXCEPTION	NORMAL	NORMAL	7 DAY Period
7 DAY Period	7 DAY Period	7 DAY Period	
Exception Period Minimum Hours of Rest 70 Hours Each 7 day period	MINIMUM INTERVAL BEFORE NEXT EXCEPTION PERIOD 2X Duration of Preceding Exception Period Minimum HoR - 77 Hours / Period		MAY BE PERMITTED

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b. 24 Hour Exception:

The minimum 10 hours of rest in any 24 hour period must still be maintained at all times. However, the 10 hour rest period that can normally only be split into two periods, can now be split into not more than three periods, provided that:

- a) one period of rest shall not be less than 6 hours; and
- b) the other 2 periods of rest to be not less than 1 hour in length each; and
- c) the interval between 2 consecutive periods of rest do not to exceed 14 hours (Note: short breaks during work not be considered as periods of rest)
- d) This exception shall not extend beyond two 24-hour periods in any 7 day period. (Note: This exception may be repeated at any time provided it is used only in 2 separate 24 hour periods in any 7 day period.)

Example 3: Exception 24-Hour Period Criteria: Not to Extend Beyond any two 24-Hour Periods in any 7 day period:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 HoR	10 HoR	EXCEPTION		10 HoR	10 HoR	10 HoR
2 Periods	2 Periods	3 Periods	3 Periods	2 Periods	2 Periods	2 Periods

6. In all cases, both daily and weekly criteria must be met simultaneously.

For detailed text of the requirements, the auditors should refer to the STCW 95 (2010 Amendments).

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REFERENCES:

STCW - 2010 Amendments

ATTACHMENTS: No.

Kindest Regards,
Cosmin Bozenovici
Naval Architect – Conarina Technical Head Office

Customer Service Center
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Miami, Fl., 33126
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