

# WEEKLY REST ALTERNATIVE OPTIONS

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Most FTL regulations contain a requirement for scheduling an extended recovery recurrent rest period once every few days, usually called a **weekly rest**. For example:

*"(...) minimum 36 continuous hours, including two consecutive recovery nights, in a seven-day period."*

or, more precisely:

*(...) weekly rest period, being a 36-hour period including two local nights, such that there shall never be more than 168 hours between the end of one weekly rest period and the start of the next.*

It is reflected in Leon's FTL Settings by `weekly_rest_min_length` (in this case, 36 hours) and `weekly_rest_max_separation` (in this case, 168 hours). Other settings can be used to specify whether the weekly rest should include local nights, or whether it can be reduced, or performed outside the crew member's home base.

However, this is rarely that simple. Some regulations allow for an alternative rest instead of the regular one, for example:

*(...) rest periods will be extended at least:*

- *to the **36 hours** uninterrupted rest period including **2 local nights** in the course of **7 consecutive days**, or*
- *to the **60 hours** uninterrupted rest period including **3 local nights** in the course of **10 consecutive days***

which often leads to some confusion, especially in the case of alternating 36/60 "weekly" rest patterns.

So far this has been implemented in Leon in a way that FTL would require the basic (36-hour) rest to happen within the first 7 days following the previous weekly rest. If such rest is not scheduled in that period, FTL starts to require the alternative (longer) extended rest period. It can be illustrated with the following example:

Bart Simpson - BAS, homebase at WAW, 01-12-2020 - 17-12-2020

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Date	Duty Type	AOC	FTL day off	Duty Start	Duty End	Split off	Split on	Time zone	Rest facility	Rest before duty		Block hours	Sectors	Duty time	FDP			Rest	
										Actual	Min				Actual	Max	CD	36 h	60 h
																		132 h MAX	180 h MAX
01-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	40:00	12:00	00:00	0	08:00	00:00	-	-	08:00	
02-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	32:00	
03-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	56:00	
04-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	80:00	
05-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	104:00	
06-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	128:00	
07-12-2020		MAN	✓															00:00	
08-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	40:00	12:00	00:00	0	08:00	00:00	-	-	08:00	
09-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	32:00	
10-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	56:00	
11-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	80:00	
12-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	104:00	
13-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	128:00	
14-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-		152:00
15-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-		176:00
16-12-2020		MAN	✓															00:00	
17-12-2020		MAN	✓															00:00	

This default behaviour can be summarised as follows: the more duty days are scheduled, the longer the following extended rest has to be.

Recently, we encountered a **different phrasing of the weekly rest regulations**, suggesting that the opposite interpretation may actually be more appropriate:

Before beginning an FDP or standby, an FCM must have had at least 1 of the following:

- in any consecutive 7-day period before the projected end of the assigned FDP or standby: 1 off-duty period of at least 36 consecutive hours, including 2 local nights; **or**
- in any consecutive 10-day period before the projected end of the assigned FDP or assigned standby: 1 off-duty period of at least 60 consecutive hours, including 3 local nights.

From the previous example, one can infer that the FDPs on 14-DEC and 15-DEC are actually not permitted, since there is neither a 36-hour rest in the previous 7 days (08-DEC–14-DEC) nor a 72-hours in the previous 10 days (05-DEC–14-DEC). The correct illustration would be as follows:

**Bart Simpson - BAS, homebase at WAW, 01-12-2020 - 26-12-2020**

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Date	Duty Type	AOC	FTL day off	Duty Start	Duty End	Split off	Split on	Time zone[?]	Rest facility	Rest before duty		Block hours	Sectors	Duty time[?]	FDP			Rest	
										Actual	Min[?]				Actual	Max[?]	CD[?]	36 h	60 h
01-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	40:00	12:00	00:00	0	08:00	00:00	-	-	08:00	
02-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	32:00	
03-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	56:00	
04-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	80:00	
05-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	104:00	
06-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	128:00	
07-12-2020		MAN	✓															00:00	
08-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	40:00	12:00	00:00	0	08:00	00:00	-	-	08:00	
09-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	32:00	
10-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	56:00	
11-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	80:00	
12-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	104:00	
13-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	128:00	
14-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	152:00	
15-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	176:00	
16-12-2020		MAN	✓															00:00	
17-12-2020		MAN	✓															00:00	
18-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	64:00	12:00	00:00	0	08:00	00:00	-	-	08:00	
19-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	32:00	
20-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	56:00	
21-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	80:00	
22-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	104:00	
23-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	128:00	
24-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	152:00	
25-12-2020	WAW (Training)	MAN		08:00	16:00	-	-	+01:00	None	16:00	12:00	00:00	0	08:00	00:00	-	-	176:00	
26-12-2020		MAN	✓															00:00	

The new behaviour can be summarised as follows: the longer the weekly rest, the more duty days can be scheduled to follow it.

This new “**forward**” mode of calculating weekly rest can be enabled by setting **weekly\_rest\_alternative\_forward**. This will only affect the regulations with an additional “**alternative**” definition of a weekly rest. Please contact customer support for more information.

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