

# EASA Flight Time Limitations (FTL)

## Guidance on acclimatisation

This document provides clarity around the acclimatisation rules in Subpart FTL by giving some working examples. It is not designed to cover every part of the regulations.

The following information is for guidance only and should not be used in place of the regulations.

This guide is based on current time zones which refer to UTC.

For reference, please find Table 1 for ORO.FTL.105(1) below:

**Table 1**

Time difference (h) between reference time and local time where the crew member starts the next duty	Time elapsed since reporting at reference time				
	< 48	48 - 71:59	72 - 95:59	96 - 119:59	≥ 120
< 4	B	D	D	D	D
≥ 4 and ≤ 6	B	X	D	D	D
> 6 and ≤ 9	B	X	X	D	D
> 9 and ≤ 12	B	X	X	X	D

**B** acclimatised to the local time of the departure zone

**D** acclimatised to the local time where the crew member starts their next duty

**X** the crew member is in an unknown state of acclimatisation

- 'Reference time' means the local time at the place where the crew member last reported and was acclimatised.
- If after starting a duty acclimatised you then travel through a two hour time zone (+/-2) (but not beyond), are subject to a rest period, and then travel through another two hour time zone (+/-2), when you arrive at the second destination you will always be acclimatised. This is true if both journeys are in the same direction, as in two positive time zone changes of two hours.
- As long as you do not 'jump' more than two time zones and have a rest period in between each 'jump' then you will always remain acclimatised.

## Example one

If you were to:

- Depart from London acclimatised
- Arrive in Athens (+2) and have a rest period
- Depart Athens and arrive in Karachi (+4)

When you depart from Karachi you will be acclimatised as you have not jumped more than two time zones in-between rest periods. Your reference time will be Karachi. Each time you rest you are still acclimatised and the local time in the place in which you report is your reference time.

If you now depart Karachi after a rest period and report for a flight to Perth (+7). Once you arrive in Perth, Karachi is the last place in which you were acclimatised as the time zone change is now over two hours, therefore Karachi is still your reference time. Referring to Table 1 - when you next report for duty to depart from Perth, you must calculate the time difference between Perth and the last place that you were acclimatised to 'reference time' (Karachi) which is 3 hours, for example. Take that information and enter it in the left column of Table 1.

You now need to calculate the right hand side of the table which is the time elapsed since reporting at reference time (Karachi).

- If it is less than 48 hours then you are still acclimatised to Karachi
- If it is 48 hours or more then you are acclimatised to Perth.

## Example two

If you were to

- Depart London acclimatised
- Arrive in New York (-5)

Your reference time is still London as that is the last place that you were acclimatised. When you next report for duty to depart you must calculate if you are acclimatised to New York.

Enter Table 1 with a difference in time of 5 hours. Then follow the table to the right.

If the time elapsed since reporting in London is:

- Less than 48 hours then you are still acclimatised to London
- 48-71:59 then you are in an unknown state of acclimatisation
- 72 hours or more then you are acclimatised to New York and the local time there is now your reference time.

Imagine that you have had minimum rest in New York and then depart (un-acclimatised) to Honolulu (-11 from London).

When you arrive in Honolulu your reference time is still London as that was the last place in which you were acclimatised.

Now enter Table 1, the time difference between London (reference time) and Honolulu is 11 hours. Follow the table to the right. You can see that when you next report to depart Honolulu, if time elapsed since reporting in London is between 48-119:59 hours then you are still in an unknown state of acclimatisation. If it has been 120 hours or more then you would be considered acclimatised to Honolulu.

For more information and guidance on FTL regulations visit [www.caa.co.uk/FTL](http://www.caa.co.uk/FTL)