

SECTION 38 - CREW REST

When time permits during a flight, provided all scheduled in-flight services are completed, passenger needs are met and all zones monitored, a Flight Attendant will be permitted to take in-flight rest in accordance with the following provisions.

A. GUIDELINES FOR USE OF PASSENGER SEAT(S) DURING IN-FLIGHT REST

Although in-flight rest periods will vary depending on the schedule flying time, a Flight Attendant will be permitted to take in-flight rest in a Flight Attendant or cockpit jumpseat, or, if available, a passenger seat, aisle side, in the last row of Coach class provided that there are no passengers seated in the row.

1. The following parameters shall apply to the use of a passenger seat(s) for in-flight rest when in-flight rest is available and appropriate. This includes, for example:
 - a. Occupying only one seat;
 - b. Remaining awake;
 - c. Refraining from enclosing seat(s) with blankets or similar items;
 - d. Using discretion while engaging in personal activities in order to remain accessible to the passengers and available to perform Flight Attendant duties;
 - e. Reflecting a professional and appropriate image to the passengers; and,
 - f. Eating, drinking or reading during the designated in-flight rest period. (See Paragraph B for exceptions)
2. The Purser/Lead Flight Attendant will be responsible for the coordination and scheduling of specific inflight rest periods for each working Flight Attendant. The Purser/Lead Flight Attendant will schedule in-flight rest periods taking into consideration the services scheduled.
3. On flights of less than seven (7) hours, if a passenger is either assigned or requests to move to a crew rest seat, prior to takeoff, the passenger's request will be accommodated. After takeoff, if a passenger requests to move to a crew rest seat, the passenger will be accommodated at the discretion of the Purser/Lead Flight Attendant.
4. It is understood that agents may not be requested to provide crew rest seats when these seats are otherwise available or needed for passengers.