HOWICK VOLUNTEER COASTGUARD

“FITNESS FOR DUTY AND FATIGUE GUIDELINES”

The Howick Volunteer Coastguard adopts these guidelines

The Howick Volunteer Coastguard as owner of the vessels Howick Rescue 1 and Howick Rescue 2 are required to establish and implement procedures to ensure that both skippers and crew are fit for duty, equally both skippers and crew need to consider if they are fit for duty. Although it is hard to prescribe the actual hours of work and rest the adopted approach to the management of “Fitness for Duty and Fatigue” will be by the following best practice guidelines.

The Howick Volunteer Coastguard endorse the 2:1 work to rest ratio over a 24 hour period. This is for any 2 hrs worked there will be at least one hour of rest, this will be taken over a 24 hour period, this allows for a minimum of an 8 hour rest period before starting the next shift.

The following table has been taken from the Maritime Rules and gives some guidance on the effects of fatigue and associated signs and symptoms.

Other requirements are that no operational skippers or crew members shall be over the legal limit for alcohol and/or drugs.
<table>
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<th>Performance Impairment</th>
<th>Signs and Symptoms</th>
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| Impaired attention, Loss of concentration and diminished decision making power | • Overlook or incorrectly order sequential tasks  
• Preoccupation with single tasks or elements  
• Exhibit a lack of awareness or poor performance  
• Failure to appreciate the gravity of the situation  
• Failure to anticipate danger  
• Failure to observe and obey warning signs |
| Diminished memory | • Overlook a task or elements of a task  
• Fail to remember the sequence of task or task elements  
• Inaccurate recall of operational events |
| Delayed reaction time | • Respond slowly or fail to respond altogether to normal, abnormal or emergency stimuli.  
• Reduced attention span |
| Diminished problem solving ability | • Display poor judgement of distance, speed, and/or time  
• Inaccurate interpretation of a situation  
• Display such things as arithmetic or geometry |
| Mood change | • Less conversant than normal  
• Irritability, tiredness, depression  
• Distracted by discomfort |
| Attitude change | • Display a willingness to take risks  
• Ignore normal checks and procedures  
• Display a “don’t care” attitude |
| Adverse physiological effects | • Exhibit speech effect-slur, rate, content  
• Impaired co-ordination of controls |
| Impaired alertness | • Succumb to uncontrollable sleep-nap, long sleep episodes  
• Display automatic behaviour syndrome |

As mentioned previously while it is a requirement for the Howick Volunteer Coastguard to establish and implement procedures to ensure that both skippers and crew are fit for duty, this unit reiterates that, both skippers and crew need to consider if they are fit for duty at the time of any call and advise accordingly.

**Adopted by this unit 14th March 2004**