



**STATE OF WASHINGTON
BOARD OF PILOTAGE COMMISSIONERS**

STATEMENT OF POLICY

REGARDING: Fatigue Management

It is the policy of the Board that a pilot who has completed an assignment or assignments which are seven hours or longer in duration, or who has completed multiple harbor shifts which shall not exceed 13 hours in combination, shall be required to take a rest period of no less than ten hours in order to permit pilots an opportunity to obtain at least eight hours of sleep and thereby mitigate potential causes of fatigue. Further, pilots who refuse assignments due to physical or mental fatigue and who submit a written explanation to the Board within 48-hours, as required by RCW 88.16.103, will not be reprimanded or otherwise disciplined, absent good cause.