The text of the amendment is arranged to show deleted, new or amended text as shown below:

(a) deleted text is struck through;
(b) new or amended text is highlighted in blue;
(c) an ellipsis ‘[…]’ indicates that the rest of the text is unchanged.
The Annex to Decision 2014/017/R of 24 April 2014 of the Executive Director of the Agency is amended as follows:

**AMC1 ORO.FTL.250 Fatigue management training**

**TRAINING SYLLABUS FATIGUE MANAGEMENT TRAINING**

The training syllabus should contain the following:

(a) applicable regulatory requirements for flight, duty and rest;
(b) the basics of fatigue including sleep fundamentals and the effects of disturbing the circadian rhythms;
(c) the causes of fatigue, including medical conditions that may lead to fatigue;
(d) the effect of fatigue on performance;
(e) fatigue countermeasures;
(f) the influence of lifestyle, including nutrition, exercise, and family life, on fatigue;
(g) familiarity with sleep disorders and their possible treatments;
(h) where applicable, the effects of long range operations and heavy short range schedules on individuals;
(i) the effect of operating through and within multiple time zones; **and**
(j) the crew member responsibility for ensuring adequate rest and fitness for flight duty; **and**
(k) the optimum use of sleep opportunities, in particular before crew reporting for night duties or late finish duties, and during an FDP with in-flight rest.