

NOTICE

U.S. DEPARTMENT OF TRANSPORTATION FEDERAL AVIATION ADMINISTRATION

N JO 7210.975

Air Traffic Organization Policy

Effective Date:
August 6, 2026

Cancellation Date:
December 24, 2026

SUBJ: Relief Periods

1. Purpose of this Notice. This notice amends FAA Order JO 7210.3, Facility Operations and Administration, paragraphs 2–5–4 and 2–6–6 regarding Relief Periods.

2. Audience. This notice applies to the following Air Traffic Organization (ATO) service units: Air Traffic Services, Mission Support Services, System Operations Services, Safety and Technical Training, and all associated air traffic facilities.

3. Where can I Find This Notice? This notice is available on the MyFAA employee website at https://employees.faa.gov/tools_resources/orders_notices/ and on the Air Traffic Plans and Publications website at https://www.faa.gov/air_traffic/publications/.

4. Background. In July 2024, the FAA and National Air Traffic Controllers Association (NATCA) agreed to develop a policy that specifies a minimum duration for recuperative rest breaks for day, evening, and midnight shifts so that controllers can obtain a rest duration that also allows time for recovery. This will include permitting employees to nap during the recuperative rest break, staffing and workload permitting, and providing education on ensuring full alertness prior to returning to duty.

5. Action. Amend FAA Order JO 7210.3 by changing the following paragraphs to read as follows:

2–5–4. RELIEF PERIODS

Title through Subparagraph c, No Change

d. Personnel performing watch supervision duties must not condone or permit individuals to sleep within operational areas where the control and separation of aircraft occurs. Any such instance must be handled in accordance with applicable Agency policy and the applicable collective bargaining agreement, or applicable corporate policy (for FCFSS contract facilities).

No further changes to paragraph

2–6–6. RELIEF PERIODS

Title through Subparagraph b, No Change

c. Personnel performing watch supervision duties must not condone or permit individuals to sleep within operational areas where the control and separation of aircraft occurs. Any such instance must be handled in accordance with applicable Agency policy and the applicable collective bargaining agreement.

No further changes to paragraph

6. Distribution. This notice is distributed to the following ATO service units: Air Traffic Services, Mission Support Services, and System Operations, and Safety and Technical Training; the Air Traffic Safety Oversight Service; the William J. Hughes Technical Center; and the Mike Monroney Aeronautical Center.

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