



PANAMA MARITIME AUTHORITY
Directorate General of Seafarers

Merchant Marine Circular No. 189
Circular DGGM No.027-08

To: Masters of Panamanian Flagged Vessels, Owners, Legal Representatives, Operators, Recognized Organizations

Subject: Notice of the Rest Periods

Reference: Code on Standards of Training, Certification and Watchkeeping for Seafarers, Section A-VIII/1.

The purpose of this Circular is to inform that a schedule indicating how the work and the rest periods are organized onboard, written in the English language, or the common language of work, must be kept at an accessible place and available for the competent authorities in order to guarantee safe watchkeeping at all times, according to the provisions of Section A-VIII/1 of the Code on Standards of Training, Certification and Watchkeeping for Seafarers.

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