

## It's a Fact – Meals, Rest and Routine Stops

A recent interpretation by the Department of Transportation outlines the circumstances under which meal, coffee and other routine stops by a driver while he is en-route to a destination may be logged off-duty (this does not cover fuel stops). Accordingly, a driver may log duration of a routine en-route stop as off-duty time under the following conditions:

1. During the routine stop you are relieved of all duty and all responsibility for the care and custody of the vehicle, its accessories and cargo. You are not, however, relieved of the responsibility of utilizing safe and proper parking procedures before leaving your unit to avoid any possible theft or unintentional rolling away of your unit.
2. The duration of your routine en-route stop is limited to one hour for each tour of duty (rest periods of less than 10 minutes duration are considered insufficient to achieve a substantial reduction in your fatigue, therefore must be logged on-duty).
3. During the stop and for the duration of the stop, you are at liberty to pursue activities of your own choosing.

The interpretation deals solely with the characterization of meal stops or other routine stops while en-route. It does not deal with the characterization of stops at a carrier's terminal or a shipper's/consignee's premises.

In connection with the latter, time spent at any of your terminals, shipper's or consignee's premises waiting to be dispatched may also be logged off-duty provided:

- A. You have been relieved of duty by your dispatcher.
- B. You enter on your log above the off-duty line the initials of the dispatcher authorizing the off-duty period.

Every driver is reminded that the relief from duty is intended solely to provide an opportunity to rest and relax from the rigors connected with the operation of a motor vehicle. If our experience indicates the intended purpose is not being served, it may be withdrawn.

Driver's Signature: \_\_\_\_\_

Date: \_\_\_\_\_