



**PANAMA MARITIME AUTHORITY**  
**Directorate General of Seafarers**

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

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

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**Subject: Notice of the Rest Periods**

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

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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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