



April 24, 2025

To: **REGIONAL VICE PRESIDENTS**
BRANCHES & FACILITIES

ATC Fatigue Survey

We are reaching out to invite you to take part in an important **ATC Fatigue Survey** — a collaborative initiative between Transport Canada Civil Aviation, CATCA, and NAV CANADA.

This short survey will take 4-5 minutes to complete and is a vital step in developing new regulations aimed at mitigating fatigue-related risks for air traffic controllers across Canada. Your experiences and insights will directly inform the research being used to shape these future regulatory requirements.

Why it matters:

As controllers, we know that fatigue management is critical to safety. This is your opportunity to have a say in the development of standards that reflect the realities of our work, across both tower and ACC environments, day and night shifts, and the varied patterns of duty we face.

Your voice is essential.

The process is anonymous, and your honest responses will play a key role in shaping a work system that enhances both performance and well-being and supports us all.

The survey includes questions about:

- Your work setting and schedule
- Preferred break patterns
- Extended shifts and recovery time
- Midnight shift fatigue levels
- Operational workload and area of responsibility
- Sleep patterns and alternative break structures

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[TAKE THE FATIGUE SURVEY NOW](#)

Deadline to complete: **April 30, 2025**

We thank you for taking a few minutes to contribute to this meaningful work. By completing the survey, you're helping ensure that any new regulations are grounded in your real-world experience.

If you have any questions, please don't hesitate to contact your RVP.

Thank you for helping ensure our members' voices are heard in this important initiative.

On behalf of the CATCA Executive Board,

Nick von Schoenberg
President

Scott Loder
Executive Vice-President

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