



## *Fit 4 Duty™*

### A Contemporary FRMS Solution

Convergent Performance has created the first FRMS program specifically for business aviation and charter operations. It is a deep content, low overhead model that leverages the unique aspects of these operational environments. This FRMS solution includes equal weight on personal accountability and systems reliability, and will allow you to customize your fatigue mitigation.

#### **The Contemporary *Fit 4 Duty™* program for Global Aerospace clients contains:**

- A simplified doctrine statement that keeps fatigue management top of mind by all
- Holistic physiological readiness assessment and webinar-style training (sleep, nutrition, hydration, stress, effects of aging, and fitness) with course completion certificates; delivered through pre-recorded webinars available at your convenience or in some cases delivered through live training at your site.
- Policy guidance and templates for *Fit 4 Duty™* FRMS implementation
- A gap analysis tool to determine your areas of immediate need
- Roles and responsibilities for key personnel within the fatigue risk management system
- Scheduling guidelines and recommended practices
- Bi-monthly fatigue mitigation “tips and tricks” newsletter
- Review from our experts of the industry’s currently available hardware and software technologies for personal sleep analysis and improvement in holistic physiological readiness

From our research and our experience in this industry, we know that too little time is devoted to helping individuals operate the most important system of all - themselves. *Fit 4 Duty™* solves this problem by addressing every critical component of the human system: sleep, nutrition/hydration, stress, aging, and fitness.

Sleep is just one of many elements that play into our performance levels, and the in-depth training and knowledge provided by the *Fit 4 Duty™* FRMS enables your team to account for all of these factors that will limit or help you reach your peak performance.



For more information on the *Fit 4 Duty™* fatigue risk management system, contact Kacy Schwartz at [kacy@convergentperformance.com](mailto:kacy@convergentperformance.com) | 719-481-0530 or your Global Aerospace representative.