



SYSTEM OPERATING PRACTICES

2017

NORAC

RAILROAD OPERATING RULES
STUDY GUIDE

This study guide is not the test. It is a guide to help you prepare for the test and should be used in conjunction with the operating rule book, timetable/special instructions and classroom instruction. If an employee has any doubt as to the meaning or application of any rule or special instruction, that employee should seek clarification from a member of the Operating Practices Department.

UPDATED December 28, 2017

DEFINITIONS

1. What is the block signal system called in which the use of each block is governed by an automatic block signal, cab signal or both?

2. What is the term for an uncoupled engine or engines, or the leading portion of a train that is directed back toward the remaining stationary portion of the same train?

3. What type of signal is used to govern the approach to a home signal?

4. The signal that governs the entrance to an interlocking is called what?

5. What is the name of a track that is designated by timetable upon which movements authorized by ABS, DCS, or interlocking rules?

6. What publication is used to inform employees of information affecting the movement of trains?

7. What publication is used to summarize changes to the timetable and other instruction manuals?

8. What publication is published periodically which contains instruction and information which do not affect the movement of trains?

9. What is the speed that does not exceed 15 MPH?

10. What is the speed that does not exceed 30 MPH?

11. What is the speed that does not exceed 45 MPH for passenger trains and 40 MPH for freight trains?

12. What is the term used for Maximum Authorized Speed?

13. What is the definition of a Fouling Point?

14. What is the indication of an Approach Signal? (285)

15. What is the indication of a Restricting Signal? (290)

General Rules

(A, B, Q, L)

16. Whom should an employee consult if in doubt as to the meaning or application of a rule or special instruction?

17. What required books must employees maintain and have with them while on duty?

18. When must a train crew notify the train dispatcher before the expiration of their legal on-duty period?

19. Where must employees keep their switch keys?

20. Why is unauthorized use of electronic devices prohibited?

General Rules

(C, D, F, H)

21. What unusual occurrences must be reported to the train dispatcher?

22. When is smoking prohibited?

23. Where must employees show their qualifications?

24. How must employees conduct themselves?

25. Rule G

(G)

- To Whom does rule G apply?

- What are the benefits of Operation Redblock?

- When employees have questions regarding adverse effects of prescribed medication who should they contact?

- Where can employees get help if they are impaired and cannot report for duty?

- Why does Amtrak require random drug and alcohol testing?

26. Job Briefings (4)

- Who must participate?
- What must be discussed?
- When is it required?
- Where must it be documented?
- Why is it required?

27. Hand Signals (13)

- Who can use them?
- What do you do when view of the hand signal is obstructed?
- When should they be used?
- From where should they be given?

- Why is it prohibited to use a combination of hand and radio signals to control movement?

28. When are fusees used? (12, 130, 137)

29. What are the requirements for a train that encounters an unattended fusee? (14)

30. Blue Signal Protection (16)

- Who can apply/remove the protection?
- In What position are blue flag derails kept when not in use?
- When can equipment that is blue flagged be coupled to or moved?
- Where are flags/lights displayed?
- Why must switches and derails used for providing protection be secured with an approved locking device?

31. Utility Employees (16)

- Who can be a utility employee?

- What work can they do?

- When can they foul equipment?

- How are they protected?

32. List all engine whistle or horn signals according to the NORAC Operating Rules: (19)

33. What is required if the horn or whistle on the lead engine or unit fails en route? (19)

34. What are the engine bell requirements? (20)

35. Communication Signal Appliance (21)

- Who can communicate signals?

- What signals can be used?

- When would you use this device to start or control the reverse move?

- Where is the button located?

- Why do we have a communicating appliance?

36. When must the headlight be displayed, when must it be dimmed, when may it be extinguished and what is required if there is an en route failure? (22)

37. What are the requirements for the auxiliary lights and actions required for an en route failure? (22)

38. When must a passenger train display an illuminated marking device and when must the proper functioning of the device be confirmed? (24)

39. What are the requirements for breaking seals or tampering with appliances and other equipment? (30)

40. Who must know that cars and engines have been inspected and that the required brake tests have been performed? (70)

41. If a flat spot on a wheel of a car or engine develops en route, a member of the crew must inspect it. Upon completion of inspection, the train will be governed as follows:
(71, AMT-3 P 6.2.2)

- When do you proceed at normal speed?
- When do you proceed at 10 MPH?
- When do you remain stopped?

42. What must employees observe passing trains for defects and who must they notify?
(72)

43. What actions must crews members take when a portion of the train is on a bridge or trestles without a walkway and a walking inspection is required?
(73)

44. What three requirements must a movement apply when operating at Restricted Speed?
(80)

45. Employees must not unnecessary delay trains. Who must they notify of any condition and the cause that will delay a train?
(90)

46. Yard Limits (93)

- How are yard limits designated?

- Who authorizes movement on a main track?

- How are movements made in non-signaled DCS territory?

- Who can authorize movement against the current of traffic?

- How will a train in ABS territory operate?

47. Employee Responsibilities

(94)

- Who must communicate signals affecting the movement of their train?

- What must be communicated?

- When must this be done?

- Why must signals be observed until passed?

48. Non-Main Tracks

(96, 97, 98, 99)

- Who authorizes movement on a running track or siding other than controlled sidings?

- What must a movement stop short of what things?

- When do you report clear of a running track?

- Where will excepted track be designated?
- Why is movement with occupied passenger cars prohibited on excepted track?
- What is the maximum authorized speed?

49. Handling Equipment

(100, 101, 102)

- Who is responsible for the movement of equipment?
- What must you do prior to coupling and what is the maximum speed can you couple to passenger equipment?
- When cars are placed for loading or unloading, what should you do?
- Where is it permitted to leave equipment in the foul of connecting tracks?
- Why is a safety stop required prior to coupling to passenger equipment?

50. Switches & Derails

(104)

- Who is responsible for the position of switches and derails?

- What federal regulation governs the use of hand operated switches and derails?
- What must employees do prior to and after operating a hand throw switch?
- When may switches be left in the reverse position?
- Where must a movement stop to operate a hand throw switch or cross over?
- Why are fixed derails used for blue signal protection stored in the non-derailing position when their use is not required?

51. What actions are required to operate a dual control switch by hand? (104)

52. Return Movement to a Portion of a Train that is Left on a Main Track (107)

- Who must be stationed on the leading end of a return movement?
- At What speed will the movement be made?
- How will the movement be authorized at an interlocking or control point?

53. Operating from Other Than the Leading End

(D.G.O.)

- Who can provide point protection for the leading end of a movement?
- What must the employee on the leading end do?
- When communication is lost, what actions must the employees take?
- Where must the employee directing the move be located?

54. Intervening Tracks at Station Platforms

(121)

- Who must confirm that protection for passengers being received or discharged has been provided?
- How (121b) can this protection be provided and are there any exceptions?
- How is protection provided at stations where scheduled trains normally receive and discharge passengers (Rule 121c)?
- Where will stations be designated if Rule 121c is applicable?

- How must trains operating on an out-of-service track that is adjacent to a station platform?
(121d)

55. When may a train make an unscheduled stop? (122)

56. What is required if the “Dead Man” or “Alerter” feature fails en-route on a passenger train in non-cab signal territory? (123)

57. Flag Protection (130)

- Who is responsible for protection of their train?
- What three steps must be followed to provide protection?
- When are you required to display lighted fuses?
- Where are fuses stored?
- Why does the distance required for protection vary?

58. What five actions must the qualified employee assigned to protect work locations take?
(131)

59. How will protection for a known condition that may interfere with safe passage be provided?
(132)

60. How will protection for unforeseen conditions that may interfere with safe passage be provided?
(132)

61. Removing a Track from Service (133,134)

- Who issues the Form D line 4 or 13 to remove a track from service?

- What actions are required prior to issuance?

- When can interlocked switches, derails, movable point frogs and movable bridges be operated within the limits?

- How will movements be made in the direction of the out of service track?

- Why could a track be removed from service?

62. Removing a Track from Service

(133,134)

- To whom is a Form D issued in order to remove a track from service?
- What happens to ABS, CSS, DCS, and Interlocking rules within the limits?
- When can additional equipment enter or leave the out of service limits?
- What actions are required prior to returning the track to service?
- How will movements be made within the limits?
- How will movements enter the in-service portion of track?

63. Stop Signs when a Track is Obstructed for Maintenance

(135)

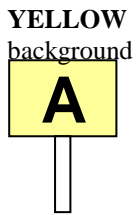
- Who is issued a Form D line 5?
- What signs will be displayed?

- When can movements pass the stop sign and what is the authorized speed?
- Where can the limits be designated?
- How will a train proceed that is within the limits at the effective time?
- Why are working limits used?

64. Approach Sign

(135, 278, 297)

- Who will post the signs?
- What is the indication of the approach sign?
- When can this sign be displayed?
- Where will the approach sign be displayed?



65. Stop Sign

(135, 278, 297a)

- Who gives permission to pass the stop sign?
- What must the permission include?



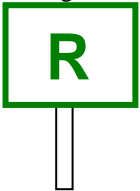
- When can permission from the foreman be acted upon?
- Where will the stop sign be displayed?

66. Working Limits Resume Speed Sign

(135, 278, 297c)

- Who may direct a train to operate at a speed other than 30 MPH?

WHITE
background



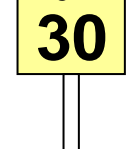
- What responsibility does the train dispatcher have?
- When can a train resume speed?
- Where will the working limits resume speed sign be displayed?

67. Approach Speed Limit Sign

(278, 296a)

- What is the indication of this sign?

YELLOW
background



- When this sign is missing what are you required to do?
- Where will this sign be displayed?

68. Diverging Approach Speed Limit Sign

(278, 296d)

WHITE
background

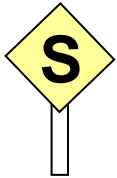


- What is the indication of this sign?
- Where will this sign be displayed?

69. Speed Limit Sign

(278, 296b)

YELLOW
background

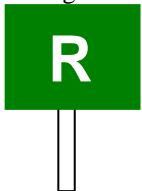


- What is the indication of this sign?
- When this sign is missing what are you required to do?
- Where will this sign be displayed?

70. Resume Speed Sign

(278, 296c)

GREEN
background



- What is the indication of this sign?
- When can a train resume speed?
- Where will the resume speed sign be displayed?

71. Emergency Stops

(136)

- Who is required to provide protection when a train is stopped by an emergency application of the brakes?
- What must be protected?

- When is a train relieved of the requirements of providing protection?
- Why must a walking inspection of the train in emergency be made?
- How will movements on adjacent tracks be governed?

72. Assisting a Disabled Train

(137)

- Who must provide flag protection?
- What action must the Dispatcher take before permitting an opposing movement to assist the disabled train?
- When can you assist a disabled train without the use of a Form D?
- Where are fusees stored?
- How will an opposing movement be authorized where Rule 261 is in effect?
- How will an opposing movement be authorized where Rule 251 is in effect?

- How will an opposing movement be authorized where DCS Rules are in effect for both directions?

- How will a following movement be authorized where non-signaled DCS Rules are in effect?

73. After receiving notification of an activation failure (Item 1) of an automatic highway crossing warning device, how must a train proceed if there are no flaggers providing warning at the crossing, but the warning devices are seen to be working? (138)

74. After receiving notification of a false activation or a partial activation (Item 2) of an automatic highway crossing warning device, how must a train proceed if there are no flaggers providing warning at the crossing, but the warning devices are seen to be working? (138)

75. After receiving notification of any type of failure of an automatic highway crossing warning device, how must a train proceed if there is a flagger present, but not one for each direction of traffic? (138)

76. How must a movement of cars not headed by an engine be made over a highway crossing at grade? (138)

77. When an employee is required to provide on-ground warning at a highway crossing, how must signals be given to pedestrian and highway traffic? (138)

78. Under what conditions must a train not foul a highway crossing equipped with automatic warning devices until it is ascertained that the warning devices have been operating at least 20 seconds, or the gates (if equipped) are in the horizontal position? (138)

79. What requirements must be met prior to leaving trains, car(s) or other on-track equipment unattended on mainline track or mainline siding? Are there any exceptions? (139-S1)

80. Foul Time (140)

- Who may issue foul time?

- What must permission to foul the track include?

- When does the foul time become effective?

- Where is foul time used?

- Why is foul time used?

- How will the dispatcher provide protection?

81. How is a track not controlled by the train dispatcher made inaccessible? (141)

82. Train Coordination (142)

- Who can establish train coordination?

- What must the train crew do when the dispatcher wants the train to relinquish its exclusive authority?

- When can train coordination be established?

- Where must the train be?

83. Form D (160, 161,162, 165, 167, 169)

- To whom may a Form D addressed?

- For what purposes are Form Ds used?
- When can the Form D be altered?
- Where must employees addressed (on a moving train) receive a copy of the Form D?
- Who can copy a Form D?
- What can be added to a Form D that is already in effect?
- What must you do if you have a radio failure before the time effective has been given to your Form D?

84. When a Form D is addressed to the Conductor and Engineer of a train, what effect does the Form D have on other employees on the train, such as an Assistant Conductor? (166)

85. How long are Form D's in effect and how long must they be retained? (176)

86. What are the requirements to pass a Stop Signal? (241)

87. If a fixed signal is absent from the place where it is usually shown, or is imperfectly displayed (unless governed by one of the exceptions applicable to color light, position light, or color position light signals), how must the absent or imperfectly displayed signal be regarded? (242)

88. If a color light, position light, or color position light signal is imperfectly displayed, how must the signal be regarded? (242)

89. When may a train operate according to the indication of the next fixed signal, when the train has not stopped and is not required by rule or the previous signal indication to operate at Restricted Speed? (243)

90. What rule indicates that signal indication will be the authority for a train to operate in either direction on the same track? (251, 261)

91. What rule indicates that signal indication will be the authority for a train to operate with the current of traffic? (251, 261)

92. Form D Control System (400)

- When can a train occupy or foul a main track in DCS territory? Are there any exceptions?

- Where will DCS territory be designated?

- How will the limits be designated?

93. What is the maximum authorized speed for trains operating in non-signaled DCS territory? (401)

94. How must you approach home signals, controlled point signals, and signals at the beginning of ABS territory? (401)

95. How will a train in Non-signaled DCS authorized by a Form D line 2 to operate in a specified direction make a reverse move? (402)

96. How will a train in signaled DCS authorized by a Form D line 2 to operate in a specified direction make a reverse move? (402)

97. When is a train operating in a specified direction clear of the limits? (402)

98. Reporting to the Dispatcher or Operator (405)

- Who can report trains clear of DCS territory or intermediate points?

- What must be observed?

- When must the train crew report to the dispatcher or operator?

99. ABS Failure: Non-Signaled DCS Substitution (406)

- Who must receive a copy of the Form D line 6 & line 2?

- What happens to interlocking rules?

- When is a train crew required to provide on ground warning at crossings?

- Why are trains required to approach non-interlocked facing point switches prepared to stop?

100. How may a train make a reverse movement within the limits of the same block and how may a train make a reverse movement beyond the limits of the same block?
(501, 502, 130)

101. How may a train make a movement against the current of traffic at an interlocking? (503)

102. How must a train proceed that has passed a block signal and stops for any reason other than a passenger train making a station stop? (504)

103. How must a push-pull train proceed that has passed a distant signal and makes a station stop, or reduces speed to less than 10 MPH? (504)

104. Clearing a block at a hand-operated switch (104, 505)

- What is required prior to operating a hand operated switch to clear the main track?

- Where should the employee stand after the switch is lined?

- Who can report clear?

- When can you report clear?

- You have not reported clear, but the switch has been restored to normal, what is required to reenter the block?

105. Testing the Cab Signal Apparatus (551)

- When must the cab signal apparatus be tested?
- Where will the results of the cab signal test be located?
- What is required if the cab signal apparatus was de-energized after the test was completed?
- Who is responsible for ensuring the cab signal test was performed after taking charge of an engine?
- How will a movement be governed if it is necessary to operate (en route) from a unit that had not been given a departure test?

106. Conformity between Cab Signals and Fixed Signals (552)

- When should cab signals conform to each fixed signal?
- If they do not conform, which signal governs?
- Who must notify the Dispatcher?
- If you encounter an absent or imperfectly displayed fixed signal and conformity cannot be determined, how do you proceed?

107. Movement with Inoperative Cab Signals, Speed Control, or Automatic Train Stop
(554)

- When is movement of a train with inoperative cab signal, speed control, or ATS permitted?
- What actions must the engineer take when there is a failure of CS, Speed Control, or ATS?
- What actions must the Dispatcher take when an engineer informs them of a failure?
- Why do you need authorization to pass signals displaying Stop and Proceed or Restricting?

108. Once authorized to operate according to Rule 556, how may a movement proceed?
(556)

109. What is a cab signal flip? (558)

110. Movements in Territory Where Cab Signals are Used Without Fixed Automatic Block
Signals (562)

- How will movement be governed within in Interlockings or through Control Points/

- How will movement be governed between fixed signals?
- When may a reverse movement be made in 562 territory?
- At what speed is the reverse move made?
- How will a movement with an en route failure proceed?
- If your ATS or Speed Control fails but your cab signals function, how will your movement proceed?

111. Form D Authorization for Movement in Rule 562 Territory (563)

- What line on a Form D is used to authorize a movement to proceed according to rule 563?
- How should you approach home signals, non-interlocked facing point switches and highway crossings?
- What is the maximum authorized speed under rule 563?

112. What must be done when a train is stopped less than one engine length beyond an interlocking signal? (611)

113. How are reverse movements made within the limits of an interlocking? (612)

114. Radios, Telephones and Electronic Devices (700, 701, 702, 703, 706)

- Who is responsible for portable radios?

- What are the requirements for trains, track cars and roadway workers?

- When must radio and other required communication devices be tested?

- Where will assigned radio channels be designated?

115. What information must be included by an employee who originates or is initially responding to a radio call? (708)

116. Radios, Telephones and Electronic Devices (705, 706)

- Who must repeat information transmitted by radio, when it involves movement or safety?

- What information does not need to be repeated?

- When must employees have their radio on and tuned to the proper channel?

- Where is short identification permitted?

117. How and when will radio key words be used? (708)

118. When radio communication is used instead of hand signals to control a shoving, backing or pushing movement, what must the employee directing the movement always specify? (711)

119. Who may a dispatcher or operator accept information from, regarding the movement of a train? (713)

120. Electronic Devices

(716)

- Who is subject to federal civil penalties?
- What federal regulation governs the use of electronic devices?
- When is the use of a personal electronic device authorized?
- Where must employees store their personal electronic devices when their use is not authorized?

121. Train Dispatcher:

(900 – 919)

- From whom does the dispatcher receive instructions?
- From whom does an operator receive instructions?
- What does the dispatcher do?
- What must the dispatcher do when blocking devices are required?
- When being relieved, what are the dispatcher's responsibilities?

- When assuming duty, what are the dispatcher's responsibilities?

122. Train Service Employees: (940 – 942)

- From whom does a train service employee receive their instructions?
- What should the conductor do when they witness a crew member performing their duties incorrectly?
- When must the conductor ride the lead unit? Why?
- When must a conductor be in possession of his or her certificate?
- Where must a conductor be qualified on the physical characteristics?

123. Engine Service Employees: (950 – 961)

- From whom does an engine service employee receive instructions?
- What are the responsibilities of an engine service employee?
- On what equipment must the engine service employee be qualified?

- When must an engine service employee be in possession of their certificate?

- Where must an engineer be qualified on the physical characteristics?