



SYSTEM OPERATING PRACTICES

2018

# Metro North

## 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 January 4, 2017

1. What is a notice issued by authority of the Chief Transportation Officer that contains instructions that do not affect the movement or operation of trains? (Definitions)

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2. What is an order issued by authority of the Senior Vice President – Operations that contains temporary items affecting the movement of trains and is in effect until fulfilled or cancelled? (Definitions)

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3. What is a track designated in the Timetable where movements are authorized and controlled by a block signal system or interlocking rules? (Definitions)

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4. What is a segment of track within defined limits upon which trains may operate only as authorized by the designated employee-in-charge (Mobile Unit)? (Definitions)

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5. You are involved in an incident or accident on Metro-North and you want to leave the scene. But, you can only leave the scene when (A-7)

- Authorized by:
  
- Accompanied by:
  
- As directed by:

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6. Under what circumstances may a personal electronic device be used while on Metro North's property? (5-H [1,2])

7. An employee may challenge in good faith, rules found in the following books or instructions : (H)

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8. What is an order issued by authority of the Senior Vice President-Operations containing Working Limits Stop Sign locations, temporary speed restrictions, and other safety critical instructions and information? (Definitions)

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9. At your initial Job Briefing, you are asked if you have all of the documents required for operation on Metro-North in your possession. To answer "Yes", you would have to have the following documents: (1-F[3]; 1-G[3]; 3-B)

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10. Your duties involve the movement of trains. There are documents you must familiarize yourself with. What are they? (3-B)

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11. You are signing up at a location that is not a specified MetroNorth bulletin board location. Who must you call? (3-C)

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12. A train is travelling along and encounters a fusee burning along the right-of way. What actions must be taken? (4-D[2])

13. You are travelling in the cab of an engine that has a horn failure. The engineer starts slowing down because: (4-E[2])

- There is who/what on or near the tracks? \_\_\_\_\_  
\_\_\_\_\_
- To what speed will the engineer be slowing? \_\_\_\_\_

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14. An engineer is approaching some Roadway Workers and their equipment on or near the track. As the train passes this area, the engineer starts sounding the horn in the following pattern: (4-E[5,i])

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15. List the situations where the engine horn signal -- -- 0 – would be used. (4-E[5,c])

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16. A train is approaching an adjacent station platform. Is the engineer required to sound the horn? \_\_\_\_\_ (4-E[5,d])

- If so what pattern? \_\_\_\_\_
- What if it is between 2100 and 0600 hours? \_\_\_\_\_

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17. Which Key Words are to be used when communicating by radio? (5-E[3])

- For messages that are received and understood, or that the instructions have been repeated correctly \_\_\_\_\_
- At the end of a transmission for which a response is expected \_\_\_\_\_
- At the end of a transmission for which a response is not expected \_\_\_\_\_

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18. Under what conditions must a radio transmission be repeated? What is the proper procedure for repeating, and confirming understanding of the transmission? (5-E[5])

19. If an employee encounters a hazardous condition, authority is overrun or there is a stop signal violation, what word must be repeated three times over the radio to alert others of the condition? (5-E[4])

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20. The headlight has failed, but there is still one operational auxiliary (ditch) light. How far may the train proceed? (6-A [5]c)

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21. What type of lights must be working at all times on passenger equipment ? When must the condition of these lights be confirmed? (6-B[2-4])

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22. If required to provide flag protection on track where MAS is 65MPH, what is the minimum distance that the flag must go out? (7G)

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23. A train is travelling along at MAS and the RTC tells them that there is a train in emergency that they will be passing: (7-L[3])

At what speed will the train have to operate? \_\_\_\_\_

How far must the train travel at that speed? \_\_\_\_\_

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24. A PASSENGER train suddenly has an emergency application of the brakes. The crew did not call "Emergency" three times on the radio because: (7-L[5])

- They immediately determined that \_\_\_\_\_  
\_\_\_\_\_
- Whom must the crew promptly notify? \_\_\_\_\_
- What must the crew tell that person? \_\_\_\_\_  
\_\_\_\_\_
- What must the crew then do with their train? \_\_\_\_\_  
\_\_\_\_\_
- To whom does the crew then report results? \_\_\_\_\_

25. A train is operating at restricted speed. The crew knows from their training that the following are required: Operate at a speed that will permit stopping within \_\_\_\_\_, short of \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ improperly lined and not exceeding \_\_\_\_\_ mph for the entire movement. (7-M,1)

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26. You are operating on an other than main track. What is your maximum speed? (7-M[5,a])

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27. A train has to make a reverse move. An employee must be on the leading end. (7-O[1])

- What qualifications must this employee have?
- What information must be specified during the crew job safety briefing prior to movement?
- At what speed will this shoving move be made?
- Is the employee on the leading end required to initiate an emergency brake application prior to movement?

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28. While switching out passenger equipment, the conductor wants to ride on the outside of the coach. Can this move be made with the conductor in that position? (7-O[3,a])

29. You are the conductor on a work train (other than passenger equipment) and want to ride the side of the lead car. (7-O[4,b])

- Is this move permitted? \_\_\_\_\_
- If so, at what speed? \_\_\_\_\_

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30. An alerter/deadman failure occurs on the engine of your train: (7-T 3)

- Who must take position in the operating cab? \_\_\_\_\_

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31. The conductor is required to remind the engineer of certain types of restrictions issued by the RTC: (7-U)

What types of restrictions are included?

A.

\_\_\_\_\_

B.

\_\_\_\_\_

C.

\_\_\_\_\_

D.

\_\_\_\_\_

- When are the reminders and confirmations to be performed?

\_\_\_\_\_

- Where must the conductor be stationed, when practicable?

\_\_\_\_\_

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32. Is it ever permissible for a train to operate in advance of time shown in the Employee Operating Schedule? If so, When? (8-F[4])

33. If it becomes necessary to transfer passengers between two adjacent trains in Third Rail territory: (8-G,1)

- What must be de-energized? \_\_\_\_\_
- Who must confirm that both tracks are de-energized? \_\_\_\_\_
- What must not be restored until the transfer is complete? \_\_\_\_\_

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34. Your train has become disabled in AC (overhead catenary) territory and you will be transferring your passengers to an adjacent train. What action must be taken on both trains before beginning the transfer? (8-G,2)

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35. What is a mandatory directive issued by the RTC that contains essential information or instructions? (10-A)

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36. The RTC needs to issue a Form M. (10-[B,3] ; 10-B,4, 10-B[6]e)

- Employees with what qualifications are permitted to receive a Form M?
- Can a Form M be received by an employee at the controls of a moving train?
- What information will the RTC provide to the receiving employee once the Form M is repeated correctly?

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37. You have in your possession an effective Form M. The RTC contacts you and states that he would like to add some information to it. What information is he permitted to add to your Form M? (10-C)



38. The RTC contacts you and states that he will need to issue a Form M for your train.  
Who on the train must receive a copy of the Form M? (10-E[1]) (10-D [2]) (10-E[3]) (10-E[4])

- The Form M will remain in effect until \_\_\_\_\_ or \_\_\_\_\_?
- When the Form M is no longer in effect, what must you do with it?
- Finally, you are about to throw the Form M out because it is no longer effective, but you remember that you have to hang onto it for a while, but for how long?\_\_\_\_\_.

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39. You're in the cab of a passenger train and the cab signal is at Normal, what is your maximum numerical speed at which you can operate? (11-A, Definitions)

- It drops to Limited; now what is your maximum speed?
- It drops to Medium; now what is your maximum speed?
- And it drops to restricted; now what speed must you operate at?
- What if you are on a freight train? What are the numerical maximum speeds for each of the above cab signal indications?

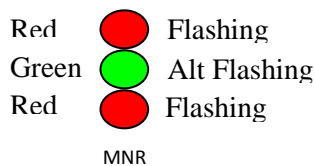
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40. What is the name and indication of this interlocking signal? (11-B[1])



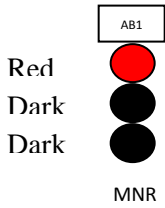
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41. What is the name and indication of this interlocking signal? (11-B[2])



42. What is the name and indication of this interlocking signal?

(11-B[3])



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43. What is the Name and Indication of this sign?

(11-E[1])

**YELLOW**  
background

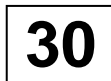


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44. What is the Name and Indication of this sign?

(11-E[2])

**WHITE**  
background



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45. What is the Name and Indication of this sign?

(11- E[3])

**YELLOW**  
background



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46. What is the Name and Indication of this sign?

(11-E[4])

**GREEN**  
background



47. What is the Name and Indication of this sign?

(11-E[5])

**YELLOW**  
background



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48. What is the Name and Indication of this sign?

(11-E[6])

**YELLOW**  
background

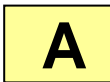


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49. What is the Name and Indication of this sign?

(11-F[1])

**YELLOW**  
background



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50. What is the Name and Indication of this sign?

(11-F[2])

**WHITE**  
background



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51. What is the Name and Indication of this sign?

(11-F[3]) and (22-A)

**RED**  
background



52. What is the Name, Indication, and location of this sign?

(11-F[4])



Green R on  
a white  
background

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53. When a train arrives at a signal that is imperfectly displayed, who must they contact and what must they do? (11-1)

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54. When operating under MBS rules, what is the authority for the movement of an extra train? (12-C)

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55. What can be established by bulletin order or Form M Line 10? (12-D[1])

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56. Describe the procedure for operating when MBS rules have been substituted for CTC/CSS rules: (12-L[6])

- At a road crossing:
  
- Approaching an interlocking signal:
  
- Train speed will not exceed \_\_\_\_\_

57. A train is operating under MBS rules and is approaching an interlocking that has been taken out-of-service under MBS rules. At what speed may the train operate through those limits? (12-L[7]b)

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58. The RTC contacts a train and instructs it to stop within an interlocking. The train must not move until when? (13-F[6])

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59. You are on a train that stops within an interlocking and you would like to reverse direction. There are two ways of doing this. What are they? (13-H)

1).\_\_\_\_\_ 2).\_\_\_\_\_

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60. What is required for movement if a train stops less than one engine length past an interlocking signal? (13-I)

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61. What is issued to ensure a disabled train awaiting a head-end rescue does not move? (14-D[a])

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62. What governs the movement of a train that is making an opposing movement to assist a disabled train? (14-D[b])

63. What is a train's authority to make a reverse move in CTC territory? (14-I)

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64. What must the engineer, conductor, or other designated employee do when a train has cleared the main track at a hand operated switch and returned the switch to the normal position? (14-G[2])

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65. A train travels through an interlocking and stops just past the opposing interlocking signal. The engineer changes ends and now wants to reverse direction and proceed past that signal back into the interlocking. What authority is needed? (14-I[2])

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66. When entering or leaving CSS territory, the Engineer and conductor are responsible for ensuring which switch is in the proper position ? (15-D[2])

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67. For a train to depart from a terminal or turnaround point, the cab signals must be tested no more than \_\_\_\_\_ hours prior to departure? (15-E[1])

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68. As a train is travelling, the cab signals change to a more favorable indication. When may the engineer increase speed? (15-G)

69. What circumstances constitute a train control apparatus failure? (15-I)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

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70. In addition to notifying the RTC of the nature of the failure, train crews operating with a failed train control apparatus must follow what procedures ? (15-I[3]), (15-J[1])

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71. What procedures must an engineer and conductor follow after their train has experienced a train control apparatus failure? (15-I[4])

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72. What is required of an engineer prior to entering MNRR territory with a cab signal apparatus failure. (15-I[5])

73. Can a failed train accept a “proceed cab” when the RTC cannot display an absolute block? (15-J[4])

- What is Required?

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74. While travelling on MetroNorth, you have a question about the Amtrak equipment you are operating. To what document will you refer? (17-A)

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75. How far may a train with a running gear defect operate after obtaining permission from the QMP to move? (17-D[1])

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76. What are classified as running gear defects? (17-D[1])

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77. What size flat spots are considered running gear defects? (17-D[2])

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78. When required to provide flag protection at a crossing, how far away from the crossing must the train stop? (18-D)



79. What is required before entering an out of service track? (21-A[2,3])

- RTC:
- CREW:
- Employee in Charge:

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80. At what speed can a train operate on an out of service track? (21-A)

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81. What remains in service when two or more consecutive controlled blocks are removed from service? (21-A[5])

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82. You are on a train, and you know you are approaching working limits because it was established by either \_\_\_\_\_ or \_\_\_\_\_ (22-A[1]) and you are also passing the \_\_\_\_\_ sign. (11-F[1])

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83. You have contacted the Mobile Unit and he gives you permission through the working limits. You were not given a speed, so when you arrive at the \_\_\_\_\_ sign (11-F[3]) at the beginning of the limits you proceed through those limits at \_\_\_\_\_ speed. (22-A[6]) You then increase speed when your head end passes the \_\_\_\_\_ sign. (11-F[4])

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84. What are the steps that must be taken in order for a train to be allowed to enter working limits at an interlocking located between working limits stop signs? (22 – A[4])

RTC:

Engineer:

85. Under what circumstances can a train pass a “Diverting Approach Sign” without having to comply with the indication of the sign? (22-A[7])

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86. A train is operating with both passenger and non-passenger equipment. What equipment speed will it operate at? (TTSI 7-D[1])

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87. When a conductor is leading a shoving move, what speed is allowed when operating on a “proceed cab” signal? (TTSI 11-A)

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88. You open your timetable to look up a Maximum Authorized Speed where where you find these speeds? (TTSI HUD 41, NHV 41)