#9 RCACC
Weekly Routine Orders

Date:	Monday	25-Sep-23	
RO No.	23-039	**Revision:**	A

CAF Member Dress: PT Gear/CADPAT

Cadet Dress: PT Gear

Duty Personnel:

Duty Officer:	Lt Lee
Duty Officer Phone:	#N/A
Duty Officer Email:	#N/A
Duty flight:	
Duty NCO:	
Alternate Duty NCO:	MWO Tony

Training Night Routine:
(All times 24hr clock)

	Start	Finish
Arrival	1830	
Fall-In / Inspection / Opening	1830	1840
Period One	1845	1915
Break	0:00	0:00
Period Two	1930	2000
Break	NA	NA
Period Three	2015	2045
Fall-In / Closing	2045	2100
Dismissal Time	2100	

Weekly Training

		Period 1 1845 to 1915	Period 2 1930 to 2000	Period 3 2015 to 2045
Green Star	PO/EO	ous Intensity Physical Activity (MVPA	n in Physical Activities and Participate	Participate in Physical Activities
	PO Title	MX04.01	MX04.02	MX05.01
	Location	Lee	Lee	Lee
	Instructor	WO/Sgt mess.	WO/Sgt mess.	WO/Sgt mess.
Red Star	PO/EO	ous Intensity Physical Activity (MVPA	n in Physical Activities and Participate	Participate in Physical Activities
	PO Title	MX04.01	MX04.02	MX05.01
	Instructor	Lee	Lee	Lee
	Location	WO/Sgt mess.	WO/Sgt mess.	WO/Sgt mess.
Silver Star	PO/EO	ous Intensity Physical Activity (MVPA	n in Physical Activities and Participate	Participate in Physical Activities
	PO Title	MX04 .01	MX04.02	MX05.01
	Location	Lee	Lee	Lee
	Instructor	WO/Sgt mess.	WO/Sgt mess.	WO/Sgt mess.
Gold Star	PO/EO	ous Intensity Physical Activity (MVPA	n in Physical Activities and Participate	Participate in Physical Activities
	PO Title	MX04 .01	MX04.02	MX05.01
	Location	Lee	Lee	Lee
	Instructor	WO/Sgt mess.	WO/Sgt mess.	WO/Sgt mess.

Weekly Activities 26 Sep 23 to 2 Oct 23

Upcoming Activities

Activity Start		Activity End		Activity	Location	Dress	OPI
0:00	23-Sep-23	0:00	24-Sept23	Movie in the park Summerside Bra	Summerside Park	Civilians	Capt Hastings

Notes

Nicole Hastings
Captain
Commanding Officer