



**#9 RCACC  
Weekly Routine Orders**

Date: Mon 30 Sep 2024

RO No. 24-040

Revision: A

CAF Member Dress: PT/Fitness

**Duty Personnel:**

Cadet Dress: PT/Fitness

**Duty Officer:** Capt Coulter

**Duty Officer Phone:**

**Duty Officer Email:** amy.coulter@cadets.gc.ca

**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	2005	2035
Fall-In / Closing	2040	2055
Dismissal Time	2100	

**Duty NCO:** MCpl Hastie

**Alternate Duty NCO:**

**Duty Flight:**

**Weekly Training**

		Period 1 1845 to 1915	Period 2 1930 to 2000	Period 3 2015 to 2045
Green Star	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness training	Fitness training	Fitness training
	Location	Parking lot	Parking lot	Parking lot
	Instructor	Capt Hastings	Capt Hastings	Capt Hastings
Red Star	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness training	Fitness training	Fitness training
	Location	Parking lot	Parking lot	Parking lot
	Instructor	Capt Hastings	Capt Hastings	Capt Hastings
Silver Star	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness training	Fitness training	Fitness training
	Location	Parking lot	Parking lot	Parking lot
	Instructor	Capt Hastings	Capt Hastings	Capt Hastings
Gold Star	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness training	Fitness training	Fitness training
	Location	Parking lot	Parking lot	Parking lot
	Instructor	Capt Hastings	Capt Hastings	Capt Hastings

**Weekly Activities 1 Oct 24 to 7 Oct 24**


**Upcoming Activities**

Activity Start	Activity End	Activity	Location	Dress	OPI
-	11-Oct-24	-	11-Oct-24	PA day	-
-	14-Oct-24	-	14-Oct-24	Thanksgiving holiday	-
TBD	19-Oct-24	TBD	19-Oct-24	Absailing	FTU Capt Mazur
TBD	20-Oct-24	TBD	20-Oct-24	Sr. Leadership day	- Legion
1200	25-Oct-24	1600	27-Oct-24	Tag/Poppy day (weekend)	C1A Capt Hastings
TBD	3-Nov-24	TBD	3-Nov-24	Holy Roller	C1A Capt Hastings

**Notes**

Nicole Hastings  
Captain  
Commanding Officer