

153 RCSCC Woodstock
Weekly Routine Orders

Date: Tue 23-Sep-25

RO No. 25-039

CAF Member Dress: CIV

Duty Personnel:

Cadet Dress: CIV

Officer of the Watch:

Training Night Routine:
(All times 24hr clock)

Officer of the Day: Lt (N) Middleton

Petty Officer of the Day: MC Nicholson

| | Start | Finish |
|--------------------------------|-------|--------|
| Arrival Time | 18:30 | |
| Fall-In / Inspection / Colours | 18:35 | 18:45 |
| Period One | 18:50 | 19:20 |
| Stand Easy | 19:20 | 19:25 |
| Period Two | 19:30 | 19:55 |
| Stand Easy | 19:55 | 20:10 |
| Period Three | 20:10 | 20:40 |
| Fall-In / Sunset | 20:45 | 21:10 |
| Dismissal Time | 21:15 | |

Duty Division:

Mandatory Training

| | | Period 1 | | Period 2 | | Period 3 | |
|-------------|------------|--------------------------|----------|--------------------------|----------|--------------------------|----------|
| | | 18:50 | to 19:20 | 19:30 | to 19:55 | 20:10 | to 20:40 |
| Phase One | PO/EO | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO Title | Fitness & Health | | Fitness & Health | | Fitness & Health | |
| | Instructor | CV Fruin / PO1 Nicholson | | CV Fruin / PO1 Nicholson | | CV Fruin / PO1 Nicholson | |
| | Location | Deck | | Deck | | Deck | |
| Phase Two | PO/EO | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO Title | Fitness & Health | | Fitness & Health | | Fitness & Health | |
| | Instructor | CV DeSapio / CPO2 Ling | | CV DeSapio / CPO2 Ling | | CV DeSapio / CPO2 Ling | |
| | Location | Deck | | Deck | | Deck | |
| Phase Three | PO/EO | 100.00 | | 100.00 | | 100.00 | |
| | PO Title | PHASE | | PHASE | | PHASE | |
| | Instructor | TBD | | TBD | | TBD | |
| | Location | Deck | | Deck | | Deck | |
| Phase Four | PO/EO | 100.00 | | 100.00 | | 100.00 | |
| | PO Title | PHASE | | PHASE | | PHASE | |
| | Instructor | TBD | | TBD | | TBD | |
| | Location | Deck | | Deck | | Deck | |
| Phase Five | PO/EO | 100.00 | | 100.00 | | 100.00 | |
| | PO Title | Phase | | Phase | | Phase | |
| | Instructor | TBD | | TBD | | TBD | |
| | Location | Deck | | Deck | | Deck | |

Weekly Activities 24 Sep 25 to 30 Sep 25

| Date | Day | Start | Finish | Activity | Location | Dress | OPI |
|------|-----|-------|--------|----------|----------|-------|-----|
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Date:

Tue 23-Sep-25

RO No.

25-039

Upcoming Activities

| Activity Start | Activity End | Activity | Location | Dress | OPI |
|----------------|--------------|----------|----------|-------|-----|
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Notes

Middleton
Lt(N)
Commanding Officer