

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 / CPO2 Nicholson		CV Fruin / CPO2 Nicholson		CV Fruin / CPO2 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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Upcoming Activities

Activity Start	Activity End	Activity	Location	Dress	OPI

Notes

Middleton
Lt(N)
Commanding Officer