



283 Air Weekly Routine Orders

Date: Wed. 14 Oct 26

RO No. 26-005

Revision: 001

CAF Member Dress:

CADPAT

Cadet Dress:

FTU

Duty Personnel:

Duty Officer: 2Lt Arthur Lewis

Training Night Routine:

(All times 24hr clock)

	Start	Finish
Arrival	1830	
Fall-In / Inspection / Opening	1845	1855
Period One	1900	1925
Break	1925	1930
Period Two	1930	2000
Break	2000	2015
Period Three	2020	2050
Fall-In / Closing	2055	2125
Dismissal Time	2130	

Duty NCO: Jain
Alternate Duty NCO: Grubb
Duty Flight: 5

Weekly Training

		Period 1 1900 to 1925		Period 2 1930 to 2000		Period 3 2020 to 2050	
Level One	PO/EO	M100		M100		M100	
	PO Title	PHASE - Healthy Relationship		PHASE - Conflict Resolution		PHASE - Bullying	
	Location	Cafeteria		Cafeteria		Cafeteria	
	Instructor	Liu, A. Zhang, A.		Bran, T. Tibet, D.		Medvedeva, A. Pradeepkumar D.	
Level Two	PO/EO	M100		M100		M100	
	PO Title	PHASE - Social Media		PHASE - Consent & Sexual Assault		PHASE-Substance Use & Addiction	
	Location	Room 212		Room 212		Room 212	
	Instructor	Javaid I Minhas, S		CV Raval & CI Grande		Bhandary I Minhas, K	
Level Three	PO/EO	M100		M100		M100	
	PO Title	PHASE - Substance Use & Addiction		PHASE - Social Media		PHASE - Consent & Sexual Assault	
	Location	Room 202 203		Room 202 203		Room 202 203	
	Instructor	Bhandary I Minhas, K		Javaid I Minhas, S		CV Bakhshi & CI Sampathkumar	
Level Four	PO/EO	M100		M100		M100	
	PO Title	PHASE - Communication		PHASE - Healthy Relationships		PHASE - Physical Assault	
	Location	Room 218 219		Room 218 219		Room 218 219	
	Instructor	Fu, J. Lau, R.		Wu, J. Liang, A.		Gobeil I Bedoev	