



283 Air Weekly Routine Orders

Date: Wed 30-Sept-26

RO No. 26-003

Revision:

CAF Member Dress:

CADPAT

Cadet Dress:

FTU

Duty Personnel:

Duty Officer: CI Priya Sampathkumar

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: FSgt Hu

Alternate Duty NCO: FSgt Kim

Duty Flight: 3

Weekly Training

		Period 1		Period 2		Period 3	
		1900	to 1925	1930	to 2000	2020	to 2050
Level One	PO/EO	Recruiting		Recruiting		Recruiting	
	PO Title	Presentation		Presentation		Presentation	
	Location	Cafeteria		Cafeteria		Cafeteria	
	Instructor	Captain Yeremian		Captain Yeremian		Captain Yeremian	
Level Two	PO/EO	M100		M100		M100	
	PO Title	PHASE-Lesson1-HealthyRelationships		PHASE-Lesson3-ConflictResolution		PHASE-Lesson6-Bullying	
	Location	Room 212		Room 212		Room 212	
	Instructor	Liu. A Zhang. A		Bran. T Tibet. D		Medvedeva. A Pradeepkumar. D	
Level Three	PO/EO	M100		M100		M100	
	PO Title	PHASE-Lesson1-HealthyRelationships		PHASE-Lesson3-Communication		PHASE-Lesson6-PhysicalAssault	
	Location	Room 202 Room 203		Room 202 Room 203		Room 202 Room 203	
	Instructor	Wu. J Liang. A		Fu. J Lau. R		Gobeil. J Bedoev. D	
Level Four	PO/EO	C407.01		M407.01		M408.01	
	PO Title	Prepare for a Selection Board		Proficiency Level 4 Training Opps		Commanding a Flight on Parade	
	Location	Room 218 Room 219		Room 218 Room 219		Room 218 Room 219	
	Instructor	Li. C		Tkachenko. M		Minhas. K	