



2332 Maj EJG Holland V.C. RCACC
Weekly Routine Orders



| | |
|-------|---------------|
| Date: | Wed 25 Oct 23 |
|-------|---------------|

CAF Member Dress: PT

| | |
|--------|--------|
| RO No. | 23-043 |
|--------|--------|

Cadet Dress: PT

Training Night Routine

DUTY PERSONNEL

(All times use 24hr clock)

| | Start | Finish |
|-------------------|-------|--------|
| Arrival / Sign-In | 18:00 | 18:15 |
| Opening Parade | 18:20 | 18:40 |
| Period 1 | 18:45 | 19:15 |
| Break | 19:15 | 19:20 |
| Period 2 | 19:20 | 19:50 |
| Break | 19:50 | 20:05 |
| Period 3 | 20:05 | 20:35 |
| Closing Parade | 20:40 | 21:00 |
| Dismissal | 21:00 | |

Primary Duty Officer: 2Lt Watt, A.

Secondary Duty Officer: MWO Boivin, A.

Duty NCO: MWO Diaz-Guerrero, G.

Duty Cadet: 0

Duty Cadet: 0

MANDATORY TRAINING

| | | Period 1 18:45 to 19:15 | | Period 2 19:20 to 19:50 | | Period 3 20:05 to 20:35 | |
|-------------------------|-------------|--|--|--|--|--|--|
| GREEN STAR | PO/EO # | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO/EO Title | 60 Mins Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical Activities | | 60 Mins Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical Activities | | 60 Mins Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical Activities | |
| | Instructor | All Staff | | All Staff | | All Staff | |
| | Location | Parade Square | | Parade Square | | Parade Square | |
| RED STAR | PO/EO # | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO/EO Title | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | |
| | Instructor | All Staff | | All Staff | | All Staff | |
| | Location | Parade Square | | Parade Square | | Parade Square | |
| SILVER STAR | PO/EO # | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO/EO Title | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | |
| | Instructor | All Staff | | All Staff | | All Staff | |
| | Location | Parade Square | | Parade Square | | Parade Square | |
| GOLD STAR | PO/EO # | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO/EO Title | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | |
| | Instructor | All Staff | | All Staff | | All Staff | |
| | Location | Parade Square | | Parade Square | | Parade Square | |
| MASTER CADET | PO/EO # | MX04.01 | | MX04.01 | | MX04.01 | |
| | PO/EO Title | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | | Participate in 60 Minutes of Moderate to Vigorous Intensity Physical Activity (MVPA) and Track Participation in Physical | |
| | Instructor | All Staff | | All Staff | | All Staff | |
| | Location | Parade Square | | Parade Square | | Parade Square | |

Patricia Bonacci
Major
Commanding Officer