Shift Pattern Example

We have looked at tpyical weekdays, typical weekends, and an overview of an entire student programme, let's conclude with an example of a weekly rota for an ANGLO Leader.

Day	B	Morning	L	Afternoon	D	Evening
Saturday	Packed	FD				Activity
Sunday					D Duty	
Monday	DAY OFF					
Tuesday				HD + MO		
Wednesday	B Duty	Misc 2	L Duty			Activity
Thursday				HD + MO		
Friday	B Duty	Workshop	Packed		D Duty	Activity

> The schedule above equates to approximately 44 hours of work. Note that the real working times will differ due to a variety of factors, for example a change in the programme, a transport delay, or an activity finishing early.

Key:

B = Breakfast, L = Lunch, D = Dinner

Duty	Abbr
Breakfast duty	B Duty
Lunch duty	L Duty
Dinner duty	D Duty
Workshop session	Workshop
HD excursion	HD
HD excursion & meal out	HD + MO
Activity session	Activity

Duty	Abbr
Disco session	Disco
FD excursion	FD
Arrivals duty	Arrivals
Departures duty	Departures
Packed Meal Prep	Packed
Training	Training
Miscellaneous 1	Misc 1
Miscellaneous 2	Misc 2
Miscellaneous 3	Misc 3

Revision #3
Created 2025-12-11 16:24:26 UTC by ANGLO
Updated 2025-12-14 15:37:39 UTC by ANGLO