Example Shift Pattern – Full Time 37 Hours (**Winfrith**)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | REST DAY | 0830-1730 | 0830-1730 | 1530-0030 | 1430-0030 | 1530-0030 | 1530-0030 |
| 2 | REST DAY | REST DAY | REST DAY | Training Day | 0830-1830 | 0830-1830 | 0830-1730 |
| 3 | 0830-1730 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY |
| 4 | 0830-1730 | 0830-1730 | 1530-0030 | 1530-0030 | 1530-0030 | 1530-0030 | REST DAY |
| 5 | REST DAY | REST DAY | REST DAY | 0830-1730 | 0830-1830 | 0830-1830 | 0830-1730 |
| 6 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY | 0830-1730 |
| 7 | 0830-1730 | 1530-0030 | 1530-0030 | 1530-0030 | 1530-0030 | REST DAY | REST DAY |
| 8 | REST DAY | REST DAY | 0830-1730 | 0830-1730 | 0830-1830 | 0830-1830 | 1530-0030 |
| 9 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY | 0830-1830 | 0830-1730 |
| 10 | 1530-0030 | 1530-0030 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY |
| 11 | REST DAY | 0830-1730 | 0830-1730 | 0830-1830 | 0830-1830 | 1430-0030 | 1530-0030 |
| 12 | REST DAY | REST DAY | REST DAY | Training Day | 0830-1830 | 0830-1830 | 1530-0030 |
| 13 | 1530-0030 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY |
| 14 | 0830-1730 | 0830-1730 | 0830-1730 | 0830-1730 | 1530-0030 | 1530-0030 | REST DAY |
| 15 | REST DAY | REST DAY | REST DAY | 0830-1730 | 0830-1830 | 1430-0030 | 1530-0030 |
| 16 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY | 0830-1730 |
| 17 | 0830-1730 | 0830-1730 | 0830-1730 | 1530-0030 | 1530-0030 | REST DAY | REST DAY |
| 18 | REST DAY | REST DAY | 0830-1730 | 0830-1730 | 1430-0030 | 1430-0030 | 1530-0030 |
| 19 | 1530-0030 | REST DAY | REST DAY | REST DAY | REST DAY | 0830-1830 | 0830-1730 |
| 20 | 0830-1730 | 0830-1730 | 1530-0030 | 1530-0030 | REST DAY | REST DAY | REST DAY |

RD – Rest Day

FD – Free Day

TRNG – Training