

This is an example rota. The pattern may change monthly; however, the shift times will remain consistent.

| |
|---|
| Week 1 |
| Fri: 3-9pm (6hrs) |
| Sat: 7am - 7pm (12hrs) |
| Sun: 9am - 9pm (12hrs) |
| TOTAL = 30hrs |
| |
| Week 2 |
| Fri: 3-10pm 7hrs + On-Call Sleep (8hrs) |
| Sat: 6am - 11am (5hrs) |
| Sun: 1am - 9pm (10hrs) |
| TOTAL = 30hrs |
| |
| Week 3 |
| Sat: 3-10pm (7hrs) |
| Sat On-Call Sleep (8hrs) |
| Sun: 6pm - 10pm (4hrs) + Sun On-Call Sleep (8hrs) |
| Mon: 6am - 9am (3hrs) |
| TOTAL = 30hrs |
| |
| Week 4 – Non-working weekend |