



DAILY ROUTINE

- 7.30 am Wake up - Wash - Tidy Room
- 8.15 am Breakfast
- 8.45 am Plas Staff Daily Meeting
- 8.50 am Make Packed Lunch - Full Staff Meeting
- 9 am Duties in Activity Groups (Supervised by Instructors)
- 9.10 am Activity Briefing by Instructor - Prepare for Activities
- 10 am - 4.30 pm OUTDOOR ACTIVITIES
- 4.15 pm on Return to Centre/Clean & Return Kit/Shower & Change
- 5 pm Hot Drink/Full Staff Meeting - Daily Review
- 5.15 pm End of Working Day for Centre Staff except Duty Instructor & Assistant
- 5.30 pm Records of Achievement
- 6 pm Evening Meal
- 7 pm - 9 pm EVENING ACTIVITIES
- 9 pm on Free Time? Tuck Shop?
- 9.15 pm Duty Instructor Leaves
- 9.30 pm Cocoa and Story from Teacher
- 10 - 10.30 pm Bed Time?
- 10.30 - 11 pm LIGHTS OUT (Quiet)