**Example rota for a typical shift pattern**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **One** | **7am – 7pm** | **7am – 7pm** |  |  | **12pm – 12am** | **12pm – 12am** | **10am – 10pm** |
| **Two** |  |  | **7am – 7pm** | **7am – 7pm** |  |  |  |
| **Three** | **10am – 10pm** | **10am – 10pm** |  |  | **12pm – 12am** | **12pm – 12am** | **10am – 10pm** |
| **Four** |  |  | **10am – 10pm** | **10am – 10pm** |  |  |  |