ST1-3 Sample Rota FT (100%)

Sample 40 hours’ week

OOH if worked requires equivalent time off in lieu from clinical sessions

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 | Admin |  | Admin |  |  |  |  |  | Admin |  |
| 8.30 | Surgery |  | Urgent care |  |  |  |  |  | Surgery |  |
| 9.00 | Surgery |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 9.30 | Surgery |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 10.00 | Surgery |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 10.30 | Debrief |  | Break |  | Personal Study |  |  |  | Debrief |  |
| 11.00 | Break |  | Urgent care |  | Personal Study |  |  |  | Break |  |
| 11.30 | Visit |  | Urgent Care |  | Personal Study |  |  |  | Visit |  |
| 12.00 | Visit |  | Urgent care |  | Personal Study |  |  |  | Visit |  |
| 12.30 | Visit |  | Debrief |  | Personal Study |  |  |  | Visit |  |
| 13.00 | Visit |  | Meeting |  | Break |  |  |  | Visit |  |
| 13.30 | Break |  | Meeting |  | Break |  |  |  | Break |  |
| 14.00 | Admin |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 14.30 | Admin |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 15.00 | Surgery |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 15.30 | Surgery |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 16.00 | Surgery |  | Break |  | Half day release |  |  |  | Surgery |  |
| 16.30 | Surgery |  | Admin |  | Half day release |  |  |  | Surgery |  |
| 17.00 | Surgery |  | Admin |  | Half day release |  |  |  | Debrief |  |
| 17.30 | Admin |  | Admin |  | Half day release |  |  |  | Admin |  |
| 18.00 | Debrief |  |  |  |  |  |  |  | Admin |  |
| 18.30 |  |  |  |  |  |  |  |  | Admin |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Clinical | 7.5 |  | 4 |  | 0 |  | 0 |  | 7 | 18.5 |
| Admin | 2 |  | 2 |  | 0 |  | 0 |  | 2.5 | 6.5 |
| Break | 1 |  | 1 |  | 1 |  | 0 |  | 1 | 4 |
| Educatio n | 0 |  | 3 |  | 8 |  | 0 |  | 0 | 11 |
|  |  |  |  |  |  |  |  |  |  |  |
| Total | 10.5 |  | 10 |  | 9 |  | 0 |  | 10.5 | 40 |

ST1-3 Sample Rota FT (100%)

Sample 38.5 hours’ week

OOH has been taken from overall weekly working - so no extra time off in lieu

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 |  |  |  |  |  |  |  |  | Admin |  |
| 8.30 |  |  | Admin |  |  |  |  |  | Surgery |  |
| 9.00 |  |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 9.30 | Admin |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 10.00 | Surgery |  | Urgent care |  | Personal Study |  |  |  | Surgery |  |
| 10.30 | Surgery |  | Break |  | Personal Study |  |  |  | Debrief |  |
| 11.00 | Surgery |  | Urgent care |  | Personal Study |  |  |  | Break |  |
| 11.30 | Surgery |  | Urgent Care |  | Personal Study |  |  |  | Visit |  |
| 12.00 | Debrief |  | Urgent care |  | Personal Study |  |  |  | Visit |  |
| 12.30 | Visit |  | Debrief |  | Personal Study |  |  |  | Visit |  |
| 13.00 | Break |  | Meeting |  | Break |  |  |  | Visit |  |
| 13.30 | Break |  | Meeting |  | Break |  |  |  | Break |  |
| 14.00 | Admin |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 14.30 | Admin |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 15.00 | Surgery |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 15.30 | Surgery |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 16.00 | Surgery |  | Break |  | Half day release |  |  |  | Surgery |  |
| 16.30 | Surgery |  | Admin |  | Half day release |  |  |  | Surgery |  |
| 17.00 | Surgery |  | Admin |  | Half day release |  |  |  | Debrief |  |
| 17.30 | Admin |  | Admin |  | Half day release |  |  |  | Admin |  |
| 18.00 | Debrief |  |  |  |  |  |  |  | Admin |  |
| 18.30 |  |  |  |  |  |  |  |  | Admin |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Clinical | 6.5 |  | 3.5 |  | 0 |  | 0 |  | 7 | 17 |
| Admin | 2 |  | 2 |  | 0 |  | 0 |  | 2.5 | 6.5 |
| Break | 1 |  | 1 |  | 1 |  | 0 |  | 1 | 4 |
| Educatio n | 0 |  | 3 |  | 8 |  | 0 |  | 0 | 11 |
|  |  |  |  |  |  |  |  |  |  |  |
| Total | 9.5 |  | 9.5 |  | 9 |  | 0 |  | 10.5 | 38.5 |

ST1-3 Sample Rota LTFT (80%)

Sample 40 hours’ week - pro rata - 32 hours

OOH if worked requires equivalent time off in lieu from clinical sessions

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 |  |  |  |  | Admin |  |  |  | Admin |  |
| 8.30 |  |  | Admin |  | Surgery |  |  |  | Surgery |  |
| 9.00 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 9.30 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 10.00 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 10.30 |  |  | Break |  | Debrief |  |  |  | Debrief |  |
| 11.00 |  |  | Urgent care |  | Admin |  |  |  | Break |  |
| 11.30 |  |  | Urgent Care |  | Personal Study |  |  |  | Urgent Care |  |
| 12.00 |  |  | Visit |  | Personal Study |  |  |  | Urgent Care |  |
| 12.30 |  |  | Visit |  | Personal Study |  |  |  | Visit |  |
| 13.00 |  |  | Admin |  | Break |  |  |  | Meeting |  |
| 13.30 |  |  | Break |  | Break |  |  |  | Meeting |  |
| 14.00 |  |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 14.30 |  |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 15.00 |  |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 15.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 16.00 |  |  | Surgery |  | Half day release |  |  |  | Break |  |
| 16.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 17.00 |  |  | Break |  | Half day release |  |  |  | Surgery |  |
| 17.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 18.00 |  |  | Surgery |  | Personal Study |  |  |  | Admin |  |
| 18.30 |  |  | Debrief |  | Personal Study |  |  |  | Debrief |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Clinical |  |  | 6.5 |  | 2 |  | 0 |  | 7 | 15.5 |
| Admin |  |  | 1 |  | 1 |  | 0 |  | 2 | 4 |
| Break |  |  | 1.5 |  | 1 |  | 0 |  | 1 | 3.5 |
| Educatio n |  |  | 1.5 |  | 6.5 |  | 0 |  | 1 | 9 |
|  |  |  |  |  |  |  |  |  |  |  |
| Total |  |  | 10.5 |  | 10.5 |  | 0 |  | 11 | 32 |

ST1-3 Sample Rota LTFT (80%)

Sample 38.5 hours’ week - pro rata 31 hours

OOH has been taken from overall weekly working - so no extra time off in lieu

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 |  |  |  |  | Admin |  |  |  | Admin |  |
| 8.30 |  |  | Admin |  | Surgery |  |  |  | Surgery |  |
| 9.00 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 9.30 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 10.00 |  |  | Surgery |  | Surgery |  |  |  | Surgery |  |
| 10.30 |  |  | Break |  | Debrief |  |  |  | Debrief |  |
| 11.00 |  |  | Urgent care |  | Admin |  |  |  | Break |  |
| 11.30 |  |  | Urgent Care |  | Personal Study |  |  |  | Urgent Care |  |
| 12.00 |  |  | Visit |  | Personal Study |  |  |  | Urgent Care |  |
| 12.30 |  |  | Visit |  | Personal Study |  |  |  | Visit |  |
| 13.00 |  |  | Admin |  | Break |  |  |  | Meeting |  |
| 13.30 |  |  | Break |  | Break |  |  |  | Meeting |  |
| 14.00 |  |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 14.30 |  |  | Tutorial |  | Half day release |  |  |  | Admin |  |
| 15.00 |  |  | Tutorial |  | Half day release |  |  |  | Surgery |  |
| 15.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 16.00 |  |  | Surgery |  | Half day release |  |  |  | Break |  |
| 16.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 17.00 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 17.30 |  |  | Debrief |  | Half day release |  |  |  | Surgery |  |
| 18.00 |  |  |  |  | Personal Study |  |  |  | Admin |  |
| 18.30 |  |  |  |  | Personal Study |  |  |  | Debrief |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Clinical |  |  | 6 |  | 2 |  | 0 |  | 7 | 15 |
| Admin |  |  | 1 |  | 1 |  | 0 |  | 2 | 4 |
| Break |  |  | 1 |  | 1 |  | 0 |  | 1 | 3 |
| Educatio n |  |  | 1.5 |  | 6.5 |  | 0 |  | 1 | 9 |
|  |  |  |  |  |  |  |  |  |  |  |
| Total |  |  | 9.5 |  | 10.5 |  | 0 |  | 11 | 31 |

ST1-3 Sample Rota LTFT (60%)

Sample 40 hours’ week - pro rata - 24 hours

OOH if worked requires equivalent time off in lieu from clinical sessions

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| 8.00 |  |  |  |  |  |  |  |  |  |  |
| 8.30 |  |  | Admin |  |  |  |  |  | Admin |  |
| 9.00 |  |  | Surgery |  | Half day release |  |  |  | Admin |  |
| 9.30 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 10.00 |  |  | Surgery |  | Half day release |  |  |  | Surgery |  |
| 10.30 |  |  | Break |  | Half day release |  |  |  | Surgery |  |
| 11.00 |  |  | Urgent care |  | Half day release |  |  |  | Surgery |  |
| 11.30 |  |  | Urgent Care |  | Half day release |  |  |  | Debrief |  |
| 12.00 |  |  | Visit |  | Half day release |  |  |  | Break |  |
| 12.30 |  |  | Visit |  | Half day release |  |  |  | Visit |  |
| 13.00 |  |  | Admin |  | Break |  |  |  | Meeting |  |
| 13.30 |  |  | Break |  | Break |  |  |  | Meeting |  |
| 14.00 |  |  | Tutorial |  |  |  |  |  | Admin |  |
| 14.30 |  |  | Tutorial |  |  |  |  |  | Admin |  |
| 15.00 |  |  | Tutorial |  |  |  |  |  | Surgery |  |
| 15.30 |  |  | Surgery |  |  |  |  |  | Surgery |  |
| 16.00 |  |  | Surgery |  |  |  |  |  | Surgery |  |
| 16.30 |  |  | Surgery |  |  |  |  |  | Debrief |  |
| 17.00 |  |  | Surgery |  |  |  |  |  |  |  |
| 17.30 |  |  | Debrief |  |  |  |  |  |  |  |
| 18.00 |  |  | Admin |  |  |  |  |  |  |  |
| 18.30 |  |  | Admin |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| Clinical |  |  | 6 |  | 0 |  | 0 |  | 5 | 11 |
| Admin |  |  | 2 |  | 0 |  | 0 |  | 2 | 4 |
| Break |  |  | 1 |  | 1 |  | 0 |  | 0.5 | 2.5 |
| Educatio n |  |  | 1.5 |  | 4 |  | 0 |  | 1 | 6.5 |
|  |  |  |  |  |  |  |  |  |  |  |
| Total |  |  | 10.5 |  | 5 |  | 0 |  | 8.5 | 24 |

N.b As 60% is pro rata the sessions have been rounded up or down (by 0.1 hours) for ease of tablature.

Sample Rota Full time (100%) but with allowance for OOH built in

Jonathan Rial 100% (40 hour) trainee Rota

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Total |
| AM | Surgery  8:30-10:00  Coffee:  10:00-10:20  Surgery:  10:20-11:00  Paperwork  11:00-12:00  Lunch  12:00-12:40  Visits  12:40-13:40  Paperwork  13:40-14:00 | Surgery  8:30-10:00  Coffee:  10:00-10:20  Surgery:  10:20-11:00  Paperwork  11:00-12:00  Lunch  12:00-12:40  Visits  12:40-13:40  Paperwork  13:40-14:00 | Day Release course (or surgery if not on)  9:00-13:00 | Surgery  8:30-10:00  Coffee:  10:00-10:20  Surgery:  10:20-11:00  Paperwork  11:00-12:00  Lunch  12:00-12:40  Visits  12:40-13:40  Paperwork  13:40-14:00 | Surgery  8:30-10:00  Coffee:  10:00-10:20  Surgery:  10:20-11:00  Paperwork  11:00-12:00  Visit  12:00-13:00 |  |
| PM | Tutorial  14:00 – 17:00 | Surgery  14:00 – 17:00  Paperwork:  17:00 – 18:00 | OFF | Surgery  14:00 – 17:00 | CPD  13:00-17:00 |  |
| Total | 8.5 hours | 9 hours | 4 Hours | 8.5 hours | 8.5 hours | 38.5hours |