

What about my entitlement to a meal break?

In Police Regulations the normal daily period of duty (including refreshments) is 8 hours. As far as the exigencies of duty permit the normal daily period of duty shall be performed in one tour, with an interval of 45 minutes for refreshments.

Police Regulations also provide for variable shift arrangements, such as the common shift cycle (VSA99) currently in operation in the majority of areas with Northern Constabulary.

Where an officer who works in accordance with variable shift arrangement is on duty for a continuous period of 5 hours or more, time for refreshments shall as far as exigencies of duty permit be allowed as follows:

Number of Hours	Refreshment Time
Less than 6	30 minutes
6 ~ 7 hours	35 minutes
7 ~ 8 hours	40 minutes
8 ~ 9 hours	45 minutes
9 ~ 10 hours	50 minutes
10 hours or more	60 minutes