

## 2007 MteC Communications Guide

MTEC Race October 28th, 2006  
Race Participants Guide-in progress

All the information listed here is as of the revision date - changes will be announced at race time.

Everyone is asked to program all frequencies in their radios, as this will make it easier than doing it on the event day!

NOTE: Any complaints or concerns from local officials (such as Fish and Game or DNR) about any of our operations (antennas/masts/equipment) should be directed to the race officials. Race officials are prepared to handle any problems that may occur so please do not argue or dispute with the local officials. If local officials ask you to secure your station, please do so, and notify Net Control as soon as possible.

### >> **General Information:**

The MTeC planners have informed us that the road to the Lone Pine Reservoir boat launch area will allow race participants only. We will have a communicator with an updated communications plan, maps, and duty assignments at the intersection of boat launch access road and Milesburn Road. This is where you should proceed to when you arrive at the event. Be aware that we will be sharing this intersection with everyone else, so be careful (also note that this area of Route 233 and Milesburn Road are part of the race's course).

Please arrive at the intersection of Route 233 and Milesburn Road by 8am Sunday. Talk in will be on 146.415 simplex.

We will need four or five Hams to be on scene around 5-6 am for the early events as well. 146.415 can be used for these early events. These communicators should report directly to the boat launch area off of Milesburn Road.

### >> **Positions:**

A separate handout, along with maps of the area, will be given out to everyone. 4 positions will require hiking or walking, the rest should be accessible by vehicle.

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### >> Frequencies:

146.415	MAIN NET	primary
146.535	MAIN NET	backup frequency
146.505	NORTH RELAY	alternate
147.420	WEST RELAY	alternate
446.025	NORTH RELAY	alternate
446.100	WEST RELAY	alternate

MAIN NET: 146.415 simplex

ALTERNATE VOICE BACKUP: 146.535 simplex

This year we will use a single Net, and have two relay stations to the North and West. All stations should be monitoring the MAIN NET frequency as much as possible.

NORTH RELAY: 146.505 or 446.025 simplex

WEST RELAY: 147.420 or 446.100 simplex

One position to the North and one position to the West will act as relays this year. Specific information will be given on a separate handout.

FRS CHANNEL: To be decided, and will be announced by the Net Controls at race time.

CROSS BAND: Please feel free to use a cross band radio. Please notify Net Control of the UHF crossband frequency and PL tone you are using.

### >> Net Operations:

This is a **simplex** operation, and a **directed Net!!** All stations may not be able to hear each other. Please contact Net Control **\*\* BEFORE \*\*** any communications are made (except for emergencies) for permission to transmit. Net Control should be able to hear all stations in the Net.

Hiking stations may need relays: if the Net Control cannot hear the hiking station, they will ask for a relay. Please let Net Control know you can hear them, but don't begin relaying unless directed by Net Control.

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During this Net, please keep traffic to a minimum. Accuracy is important, however. If you give data to the NCS, and there is a mistake, please let the NCS know as soon as possible.

Also, remember that we are working with race volunteers (who are not familiar with "emergency communications"). Please be patient with them, and remember that we are working for them, providing communications. They are in charge of the race, and they need to make the decisions for the race. Any help you give them will be appreciated.

### >> Polling / Status Update:

Net Controls will be polling each station regularly for a status update every 20 minutes. If you have no traffic for the Net, please say "No Traffic" or "I have no traffic".

Examples:

NCS: "Checkpoint 1 from Net Control, your status?"

Checkpoint 1: "No Traffic for the Net, Checkpoint 1, N3AAA, out"

NCS: "Checkpoint 2 from Net Control, your status?"

Checkpoint 2: "No Traffic, Checkpoint 2, K3AAA, out"

If you have to leave the Net for any reason, please let the Net Control know. If you are in an emergency situation, move to a safe place, and then notify the Net Control of any changes...remember, your personal safety, and the safety of those around you ALWAYS comes first!!

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### >> Emergencies:

At any time, any station may break in with emergency traffic. Net Control may ask you to go to the alternate voice backup frequency if the Net frequency is busy with traffic. Any station may also use one of the RELAY frequencies if necessary with emergency traffic.

Example:

Position 6: "Net Control from Position 6, emergency"  
NCS: "Net stand by...Position 6 from Net Control, go ahead"  
Position 6: "We need an EMT at this location now"  
NCS: "Position 6, the doctor is being sent now"  
Position 6: "I copy. This is Position 6, N3AAA, standing by"

### >> Tactical Calls:

Position #            where '#' is the number of each checkpoint;  
                          # is between 1 and 12  
HQ                    headquarters  
Med Team            mobile medical team or doctor  
Net Control        NORTH or SOUTH  
Race Leader #      the race leader # and comm person who are  
                          traveling together; #=1, 2, or 3

We will be using tactical call signs for this event. You can use tactical call signs, provided you still ID with your call at the end of a transmission, and every 10 minutes. Here is how you end a transmission with a tactical call sign:

> Tactical Call, Your Call, "Out" <

Example:

"This is Position 3, W3AAA, out"

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### >> Race Status Reports:

Positions 3, 5, 11, and 13 will need to provide team position reports to the HQ during the event. The reports should be given to the Net Control (or a station designated by Net Control) in the following format:

> POSITION #, TEAM #, RACE TIME (or local time) <

Example:

W3AAA: "Position 3 to Net Control"

N3AAA: "This is Net Control, go ahead"

W3AAA: "I have a position report for you."

N3AAA: "Net stand by. Position 3, go ahead with your report"

W3AAA: "Position report as follows: Position 3, Team 6, 12:26 local, over"

N3AAA: "Net Control copies"

W3AAA: "This is Position 3, W3AAA, out"

N3AAA: "This is Net Control, N3AAA, standing by"

### >> Break Tags:

Instead of saying 'break' in between transmissions during the net you can use a single-word Break Tag without your call sign. Please use them wisely, as Net Control is directed to stop and turn over the net to the breaking station. The message that follows a break should be as short as possible. Here are their intended uses:

**Emergency:** Only to be used to report an ongoing life or property threatening or damaging incident.

**Priority:** To be used to report an important but non-life threatening situation such as a fender-bender that just happened.

**Medical:** To be used to report a minor medical incident that affects the operator in some way, like having to leave their post for a few minutes to walk someone with a minor cut over to a med team.

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**Answer:** To be used when you have the answer to a question currently being discussed on the air.

**Question:** To be used when the answer of a question can't wait, for instance when a race official is standing next to you and has requested you to get some info using your radio.

**Info:** To be used when information needs to be transmitted rapidly but is not related to what is being said on the air. For instance if something that net control needs to know about is going to happen in the next few seconds or if waiting for the end of an exchange will negate the value of the information.

**"Your Call Sign/Tactical Call sign":** An indication that you have traffic that can wait and does not require the stoppage of the ongoing exchange. This tag is an expectation to be put on hold and in queue for your transmission.

### >> What to bring (equipment list):

REMEMBER: This is an event that lasts from 8am until 4pm (and there will be an early leg of the race from 5am to 8am)! And it is late October in the mountains—dress safely.

You should provision yourself just as you would for any emergency situation. However, here is a basic list of equipment:

HT	Comfortable shoes
Spare batteries	First aid kit
Mobile rig in vehicle	Pad
Gain antennas (for HT)	Pencil
Headphones/speaker mic (for HT)	* Food * (it will be a long day!!)
Water	A copy of the MTeC Map, and a copy of this Race Guide
Drinks	Compass or GPS (especially if you are hiking)
Any medicine you need to take	
Raincoat	

Those who are hiking should take supplies with them to last several hours, due to the distance involved.