

**Every Ham's Intro to ARES<sup>®</sup> and Emergency Communications**  
**AK6QJ Palomar ARC Presentation Handout**  
**July 6, 2004**

ARES<sup>®</sup> MEETINGS  
 2nd Saturday, 8:00AM  
 Giovanni's Restaurant  
 SW corner Claremont Mesa Blvd  
 & Ruffin Rd

San Diego Section Net  
 Sundays @ 7:00PM  
 147.195 + PL 114

TRAINING - 10:00AM  
 Kearny Mesa Rec Center  
 3170 Armstrong St, SD

**GENERAL QUESTIONS ON THIS PRESENTATION**

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**ARES<sup>®</sup> INFO**

- San Diego ARES<sup>®</sup> homepage at <http://www.qsl.net/sdgarrr/ares.htm>
- ARRL <http://www.arrl.org/FandES/field/pscm/sec1-ch1.html>
- ARRL public service resources (including ARES Field Manual) at <http://www.arrl.org/FandES/field/pubservice.html#resources>

**SAN DIEGO PREPAREDNESS WEB SITES**

- San Diego American Red Cross <http://www.sdarc.org> (select Disaster Preparedness)
- FEMA "Are You Ready?" <http://www.fema.gov/areyouready/>
- San Diego County Office of Emergency Services [http://www.sdcounty.ca.gov/oes/oes\\_home.html](http://www.sdcounty.ca.gov/oes/oes_home.html)
- Carlsbad CEMAT (Carlsbad Emergency Management Administrative Team) <http://www.ci.carlsbad.ca.us/publicsafety/cemat.html> (see City of Carlsbad Emergency Operations Plan under "Brochures" section)
- Rod AC6V's San Diego EmCom page at <http://ac6v.com/EP.htm>

**RADIO OPERATING INSTRUCTIONS (alternatives to hieroglyphics supplied by the radio manufacturer)**

Nifty Ham Accessories <http://www.niftyaccessories.com/>

**EMERGENCY COMMUNICATIONS BASICS**

EmCom basics from WOIPL <http://www.w0ipl.com/ECom/EComBas.htm> (excellent introduction to the basics of amateur radio emergency communication)

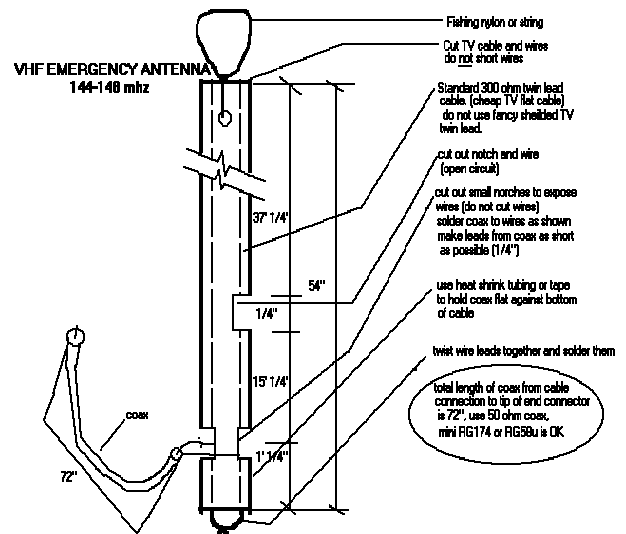
**PREPAREDNESS CHECKLIST**

Response plans: hazards, safe places, evacuation routes; out-of-state contact person; 72-hour kit

Training: CPR/AED/First Aid; wildland fire training

Equipment: radio, plus...

- Operating instructions: ON/OFF; VOLUME/SQUELCH; Set BAND, Set FREQUENCY; Set OFFSET; Set TONE; keyboard or transceiver LOCK
- Spare charged battery; gain antenna
- Notebook & pencil



**North County PARC 2 Meter Repeaters**

Repeater Output (Your Radio RX)	Offset Direction	Repeater Input (Your Radio TX)	Tone	Call Sign
146.730*	-	146.130	107.2**	W6NWG
147.075	+	147.675	107.2	W6NWG
147.130	+	147.730	107.2	W6NWG

\* PARC/North District ARES Net, Sundays at 8:30AM

\*\* PL Tone not usually needed to access

## EMERGENCY CALL CHECKLIST

**Safety First!** Don't call unless you are in a safe place.

**Stay Calm** – take a deep breath – count slowly to 10.

**What to say...** short, simple plain language phrases - WRITE IT OUT, if possible.

- **WHO?** Identify who you are – name & callsign
- **WHERE?** Location – cross streets, road/mile marker, GPS coordinates, landmarks, Thomas Guide
- **WHAT HAPPENED?** Describe situation, injuries, damage
- **WHEN?** What time did injuries/damage occur?

### Make the call...

- Compose yourself – calm, slow, normal voice; speak across mic
- Listen before transmitting – avoid interruptions unless necessary.
- Push PPT button, count “1-2”, then talk - “**Net Control, this is \_\_\_\_\_ (your callsign)**”
- When acknowledged by Net Control Station (NCS), transmit your message, end with “OVER”. Release PTT. Follow further NCS instructions.

### After the initial call...

- Monitor the NCS for further instructions & requests. Acknowledge all transmissions sent to you. Write down messages sent to you. Remember to ID after each exchange.
- Don't leave the net until authorized by the NCS.

**If competent authority on scene tells you to shut off your radio, do so immediately!**

Please...

- Keep frequencies clear
  - Don't spread rumors or unverified info
  - Don't volunteer unless requested.
- AMATEUR RADIO COMMUNICATIONS  
IS NOT SECURE! (people are listening...)

Use of  
“EMERGENCY” or “MAYDAY”  
are for  
critical situations only!

## ITU STANDARD PHONETIC ALPHABET

Alpha	Bravo	Charlie	Delta	Echo
Foxtrot	Golf	Hotel	India	Juliet
Kilo	Lima	Mike	November	Oscar
Papa	Quebec	Romeo	Sierra	Tango
Uniform	Victor	Whiskey	Xray	Yankee
		Zulu		

## HINTS FOR MAKING YOURSELF UNDERSTOOD

- Use the ITU alphabet to spell out critical information such as streets and names that are not easily understood.
- When transmitting numbers, pronounce each numeral separately, i.e. for 60, use “SIX” and “ZERO” instead of “SIXTY”.
- Expect to repeat critical information when requested. Repeat back such information when transmitted to you.

## SELECTED PROWORDS

Proword	Definition
THIS IS	I am
OVER	I am finished for now - your turn
GO AHEAD	I am ready to receive
OUT	I am finished - no reply expected
AFFIRMATIVE	Yes
NEGATIVE	No
SAY AGAIN	Please repeat
WAIT	I am not ready to receive at this time
ROGER	I hear and understand