

**Every Ham's Intro to ARES[®] and Emergency Communications
AK6QJ Palomar ARC Presentation Handout
July 6, 2004**

ARES[®] 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

Jerry AK6QJ at ak6qj@amsat.org

ARES[®] INFO

- San Diego ARES[®] 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
- 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

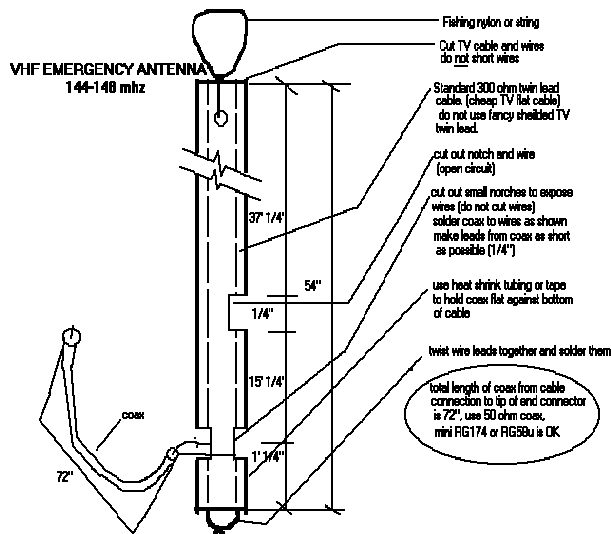
Training: CPR/AED/First Aid; wildland fire training

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**	W6NWX
147.075	+	147.675	107.2	W6NWX
147.130	+	147.730	107.2	W6NWX

* 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