



ASRC FTM Commo

Field Communications

- a. Describe the use and dangers of these signaling devices:
- (1) Aerial flares;
- (2) Smoke;
- (3) Signal mirrors;
- (4) Fires;
- (5) Panels and paulins; and
- (6) Hand and body signals.
- b. Define problems associated with the following aspects of field use of portable radios and possible solutions:
- (1) Batteries;
- (2) Cold temperatures;
- (3) Speakers/microphones
- c. Briefly describe basic radio procedures including courtesy, security, brevity and the use of the phonetic alphabet and 10 codes.



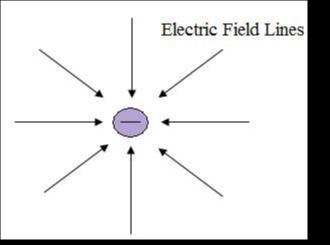
ASRC FTM Commo

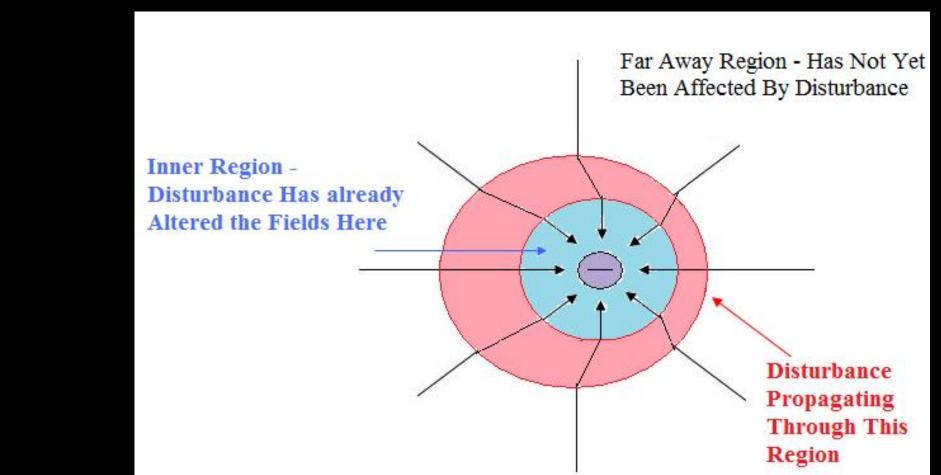
d. Demonstrate use of all group-owned base and hand-held radios, to communicate effectively,

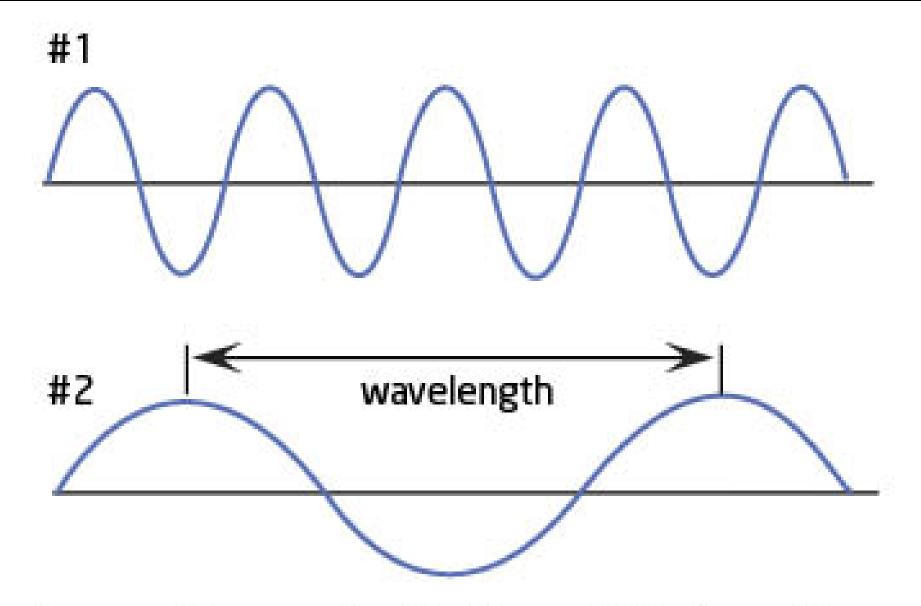
including

- (1) Adjusting of channel, volume, squelch and PL (CTCSS) controls;
- (2) Operating the radios in compliance with FCC regulations and the ASRC radio SOP;
- (3) Identify indications of a low battery and demonstrate the technique for changing radio batteries; and
- (4) Demonstrate two techniques for improving marginal communications encountered while using VHF-FM hand-held radios.
- e. Define the ASRC status codes.
- f. Demonstrate effective ways of using non-radio communications with audible and visual signals such as: whistle or loud noise maker; signal mirror, fire & smoke and lights.

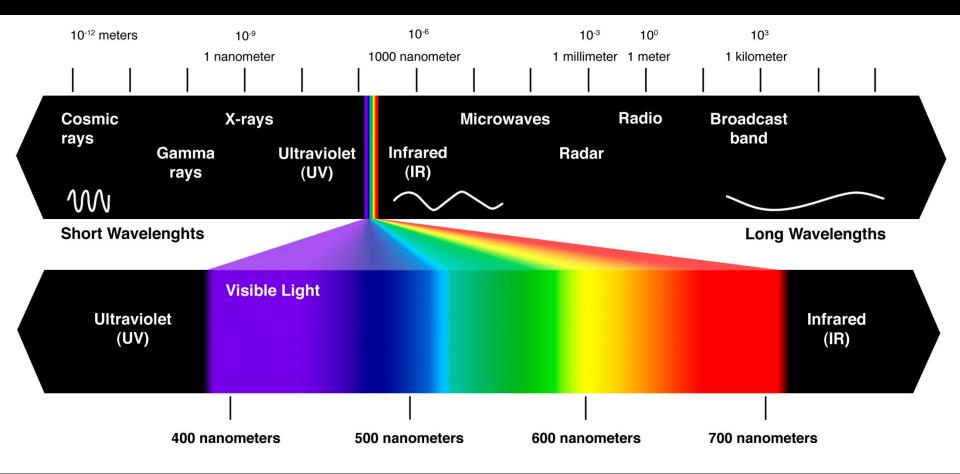






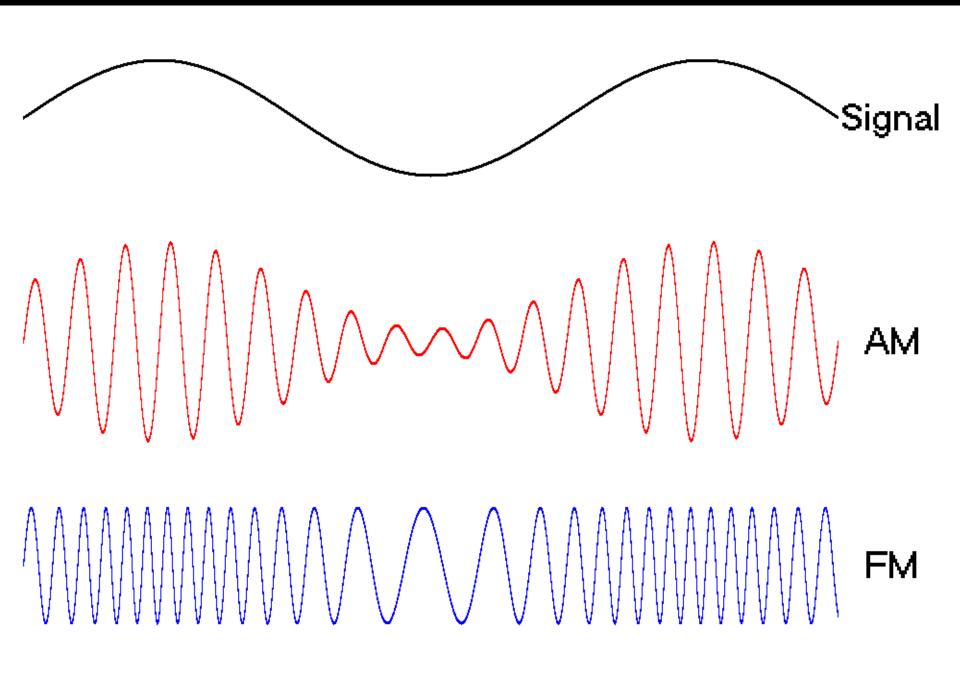


because the wavelength of wave #2 is longer than that of wave #1, wave #2's frequency is lower



Band name	Abbr	ITU band	Frequency and wavelength in air	Example uses
subHertz	subHz	0	< 3 Hz > 100,000 km	Natural and man-made electromagnetic waves (millihertz, microhertz, nanohertz) from earth, ionosphere, sun, planets, etc ^[citation needed]
Extremely low frequency	ELF	1	3–30 Hz 100,000 km – 10,000 km	Communication with submarines
Super low frequency	SLF	2	30–300 Hz 10,000 km – 1000 km	Communication with submarines
Ultra low frequency	ULF	3	300–3000 Hz 1000 km – 100 km	Communication within mines
Very low frequency	VLF	4	3–30 kHz 100 km – 10 km	Submarine communication, avalanche beacons, wireless heart rate monitors, geophysics
Low frequency	LF	5	30–300 kHz 10 km – 1 km	Navigation, time signals, AM longwave broadcasting, RFID
Medium frequency	MF	6	300–3000 kHz 1 km – 100 m	AM (medium-wave) broadcasts
High frequency	HF	7	3–30 MHz 100 m – 10 m	Shortwave broadcasts, amateur radio and over-the-horizon aviation communications, RFID
Very high frequency	VHF	8	30–300 MHz 10 m – 1 m	FM, television broadcasts and line-of-sight ground-to-aircraft and aircraft-to-aircraft communications. Land Mobile and Maritime Mobile communications
Ultra high frequency	UHF	9	300–3000 MHz 1 m – 100 mm	Television broadcasts, microwave ovens, mobile phones, wireless LAN, Bluetooth, GPS and two-way radios such as Land Mobile, FRS and GMRS radios
Super high frequency	SHF	10	3–30 GHz 100 mm – 10 mm	Microwave devices, wireless LAN, most modern radars
Extremely high frequency	EHF	11	30–300 GHz 10 mm – 1 mm	Radio astronomy, high-frequency microwave radio relay
Terahertz	THz	12	300–3,000 GHz 1 mm – 100 μm	Terahertz imaging – a potential replacement for X-rays in some medical applications, ultrafast molecular dynamics, condensed-matter physics, terahertz time-domain spectroscopy, terahertz computing/communications

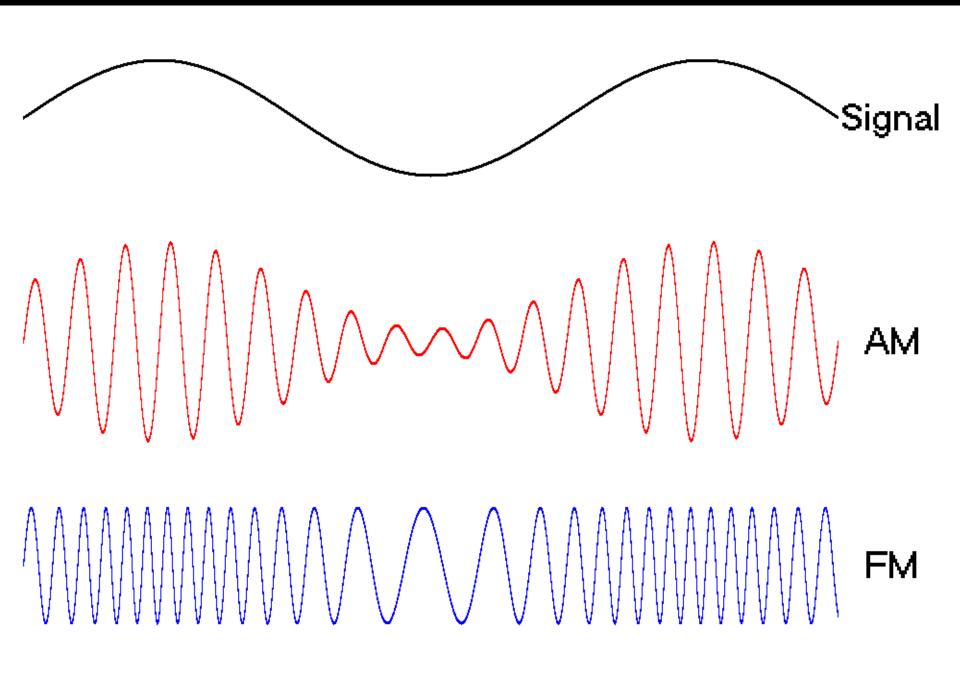
NAME Amateur 80-meter band Amateur 40-meter band Civil Air Patrol HF "4585 & 4582" etc.		MODES CW & SSB CW & SSB SSB	NOTES - useful distances several hundred miles " & longer (3000 mi) " & longer (1000 mi)
Amateur 20-meter band	7.0 - 7.15 MHz	CW & SSB	long distance
Amateur 15-meter band	approx. 14 MHz	CW & SSB	long distance
CB "11-meter" band	approx. 27 MHz		local, some "skip"
Amateur 10-meter band	approx. 28 MHz	CW, SSB, FM	local, some "skip"
Sheriff "Lo Band" "39-5"	approx. 39.5 MHz	FM	local
Fire Service "Lo Band"	approx. 44 MHz	FM	local
Amateur 6-meter band	approx. 50 MHz	SSB, FM	local
Aircraft VHF	100 - 130 MHz	AM	line-of-sight
Amateur 2-meter band	144 - 148 MHz	FM	line-of-sight
CAP VHF	approx. 148 MHz	FM	line-of-sight
Hi-Band VHF Public Service	150 - 170 MHz	FM	line-of-sight
ASRC/MRA	155.160 MHz	FM	line-of-sight
Amateur 70cm "220" band	220 MHz	FM	line-of-sight
"Med 1-8" UHF medical		FM	line-of-sight
telemetry. Amateur UHF "450"	approx. 450 MHz	FM	line-of-sight

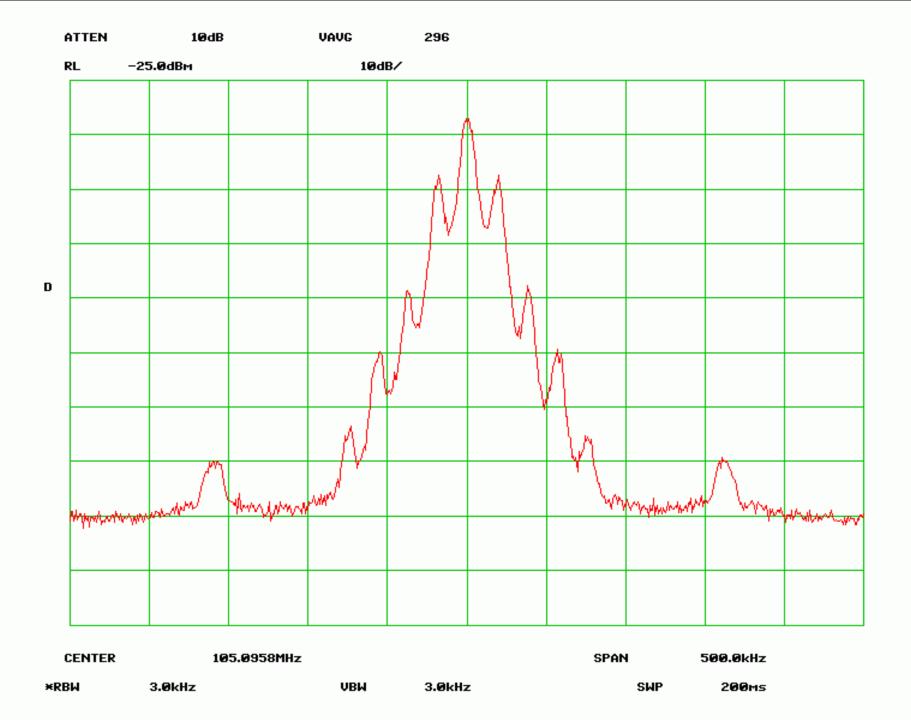




FM Paradox: "speak softly and carry a big antenna"

Talking more loudly decreases FM signal strength.



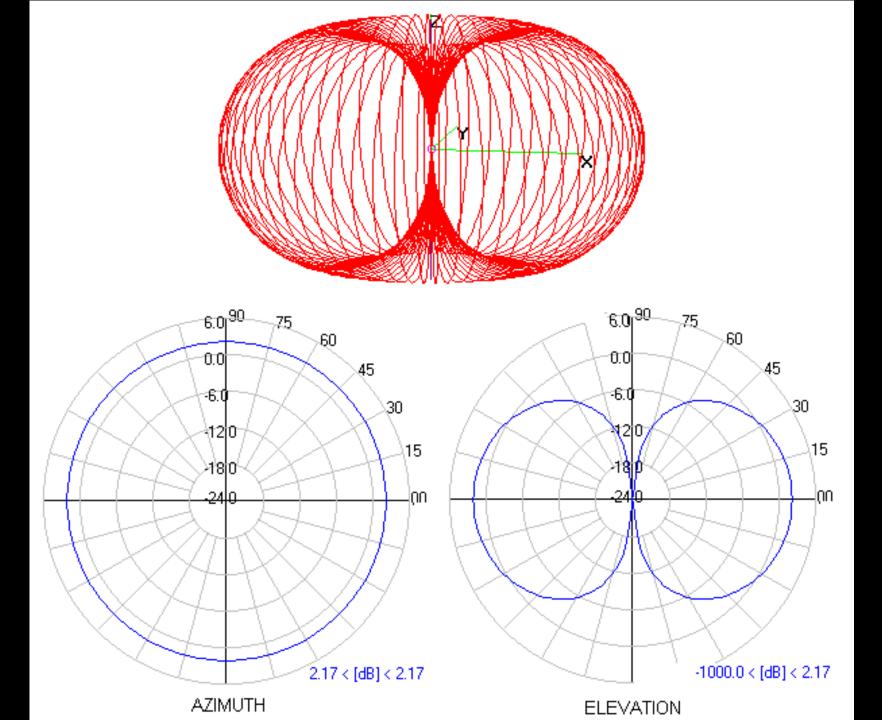


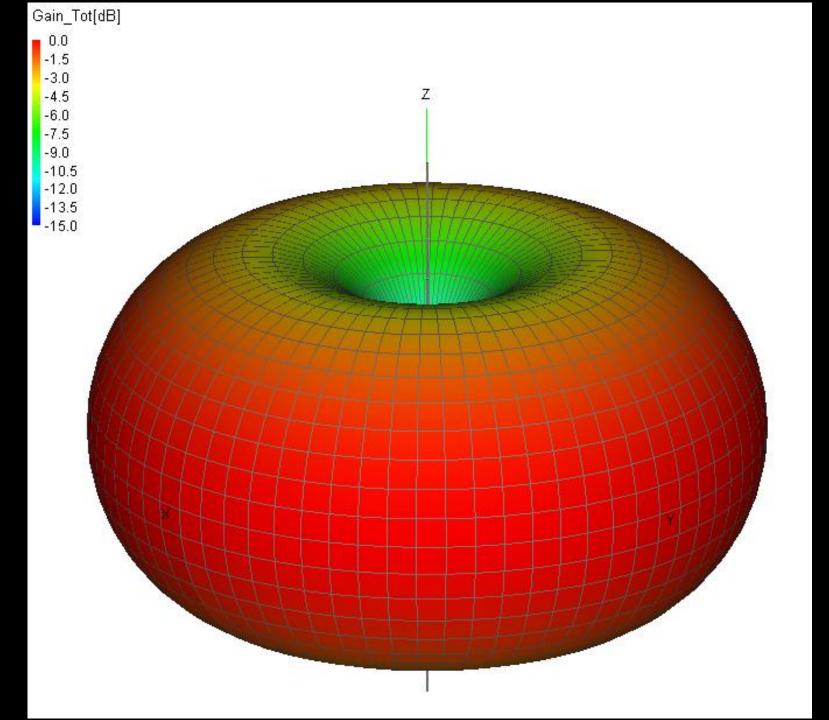


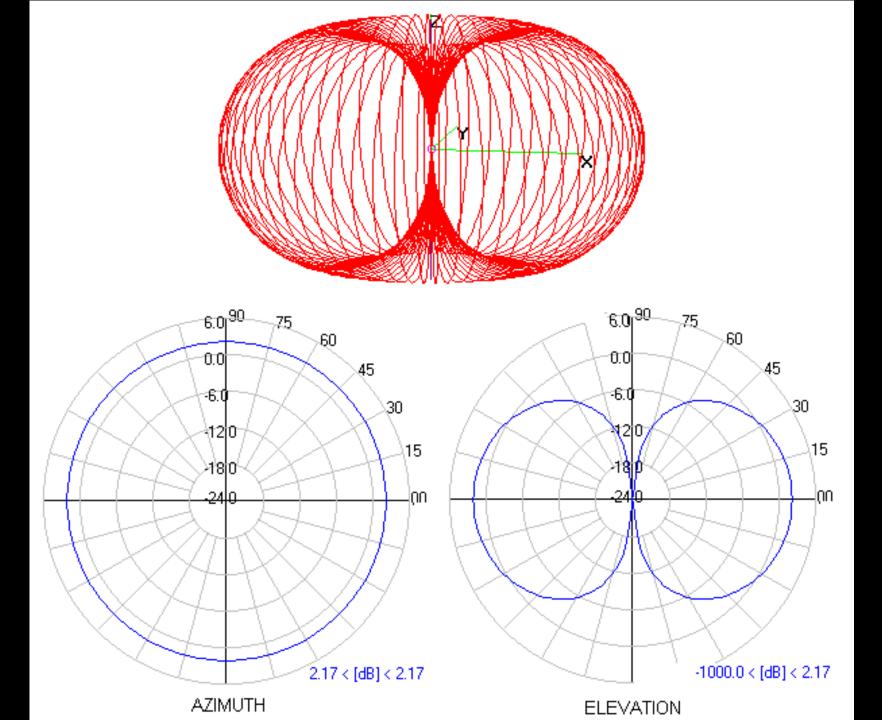
Simplex

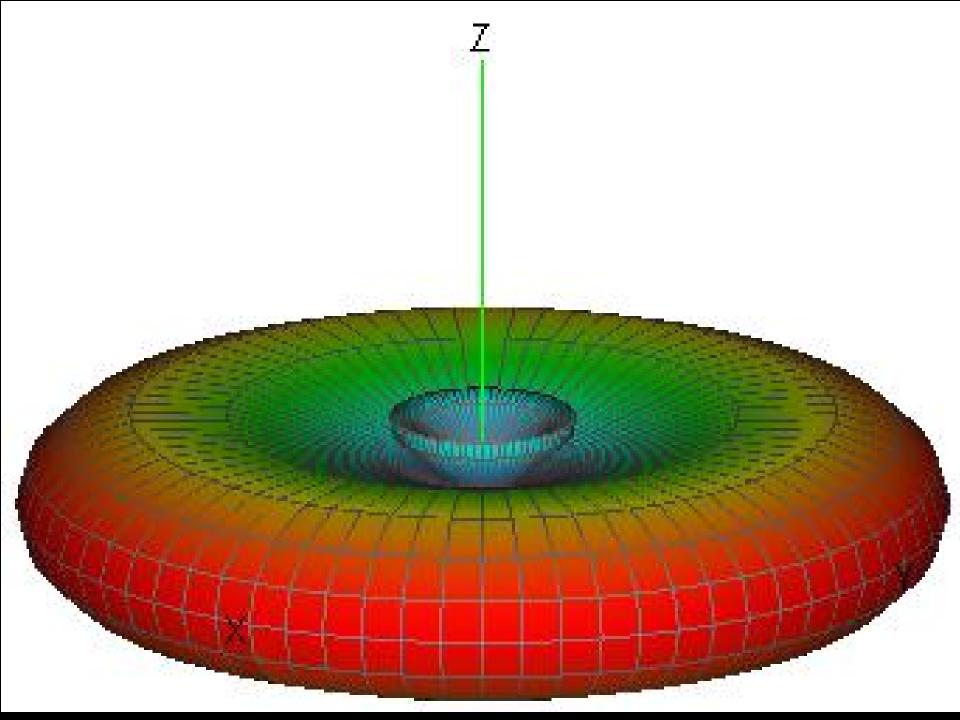
Phones are duplex Radios are simplex





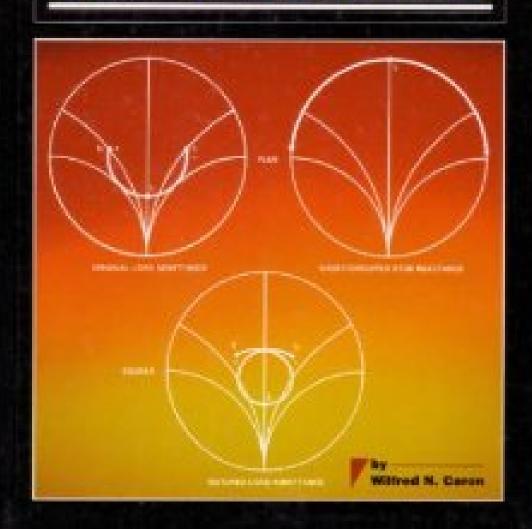






918.00

ANTENNA MATCHING

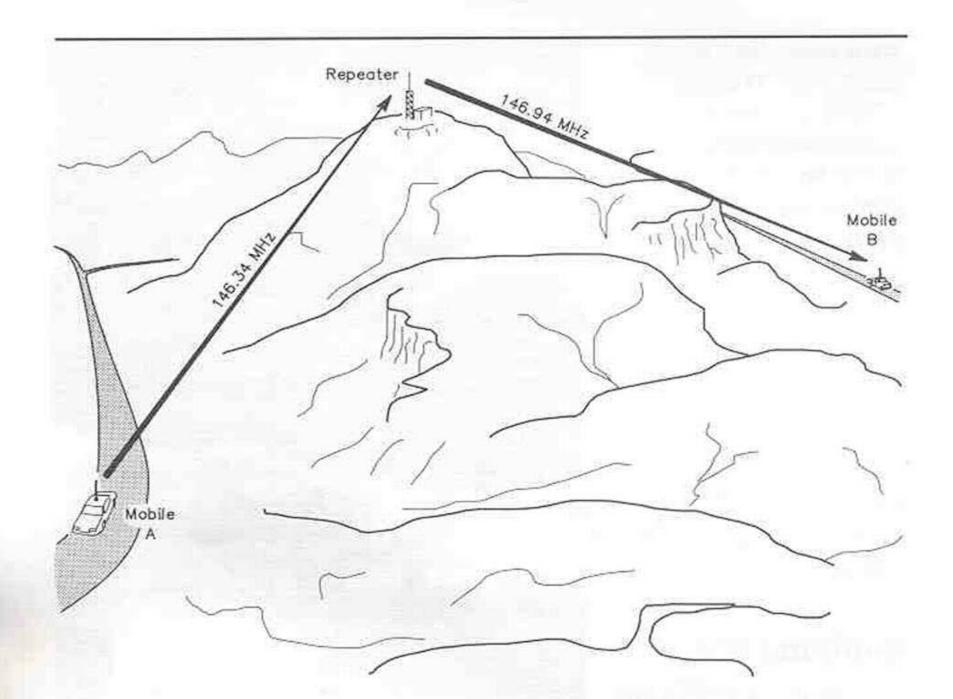


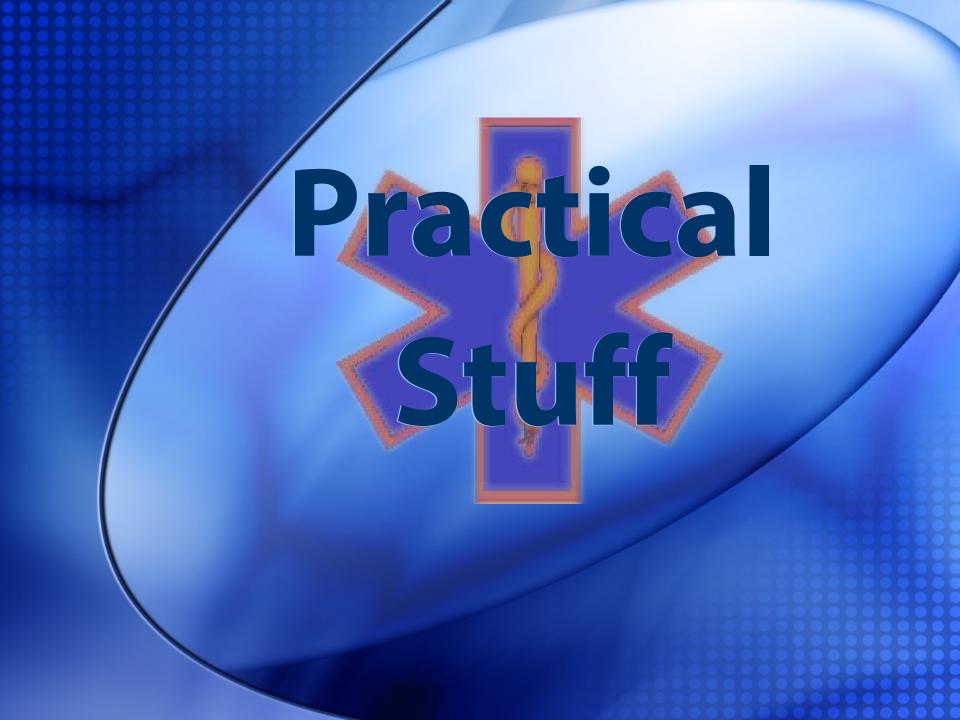


Antenna Tricks?

Two antennas met on a roof, fell in love and got married. The wedding wasn't great but the reception was excellent.









ICS Communications

- · Plain English
- · No 10-codes or similar
- Use functional titles ("Ops"
 "Plans" "Team Bravo") or last
 names



Status Codes

- · Status One: alive and well
- Status Two: needs evac and/or medical care
- Status Three: dead



Prowords

Roger Wilco Over and Out

Commonly Used Prowords and Standard Phrases

THIS IS	Precedes identification.	PREPARE TO COPY	Write this down. (Wait for GO AHEAD before sending message.)
OVER	It is your turn to transmit, I am listening.	READ BACK	For verification, read the message I just sent you.
GO AHEAD	I am ready to receive your message.	I READ BACK	I am reading back your message for verification.
ROGER	I have satisfactorily received your message. DOES NOT mean <u>yes</u> .	THAT IS CORRECT	I verify that you have received or relayed my message correctly.
AFFIRMATIVE	Yes.	SPELL	Spell out your message with phonetics.
NEGATIVE	No.	SPELL	Spell phonetically the indicated specific information.
STAND BY	Wait a moment (other stations keep out).	I SPELL	A phonetic spelling follows.
CLEAR*	I have no more traffic, but I will be listening.	FIGURE(S)	Numerals and letters follow which do not spell words.
OUT*	I am turning off my radio.	SECURE THE NET	Protect following radio traffic. Sensitive information to follow.
SAY AGAIN	Repeat your last transmission. DO NOT say repeat.	CLEAR THE NET	All stations cease transmission. Priority traffic to follow.
I SAY AGAIN	I will repeat what I have just said (or last transmission).	STATUS ONE	Subject found; alive and well.
SAY AGAIN	Asking last station to repeat the indicated specific information.	STATUS TWO	Subject found; alive, needs evacuation.
CORRECTION	I have made an error; what follows is correct.	STATUS THREE	Subject found; dead.

^{*} NATO/Military and many dispatchers use OUT for same function as CLEAR is used in the ASRC.



You and Me

Which is better:

"Me to You" or

"You, this is Me"?

A	ALPHA	AL-F	AH		N	NOVEN	MBER	NO- <u>VEM</u> -BER
В	BRAVO	BRAH	I-VOH	-	0	OSCAR	<u> </u>	OSS-CAH
С	CHARL		R-LEE	•	P	PAPA		PAH-PAH
D	DELTA	DELL	-TAH		Q	QUEBE	EC .	KEH-BECK
E	ECHO	ECK-	OH		R	ROME	0	ROW-ME-OH
F	FOXTR	OT <u>FOX</u> -	TROT		S	SIERRA	A	SEE- <u>AIR</u> -RAH
G	GOLF	GOLI	7		Т	TANGO)	TANG-GO
H	HOTEL	HOH-	-TELL		U	UNIFO:	RM	YOU-NEE-FORM
I	INDIA	<u>IN</u> -DI	EE-AH		V	VICTO	R	<u>VIK</u> -TAH
J	JULIET	JEW-J	LEE-ETT		W	WHISK	EY	WISS-KEY
K	KILO	<u>KEY</u> -1	LOH		X	XRAY		ECKS-RAY
L	LIMA	<u>LEE</u> -1	MAH		Y	YANKI	Œ	YANG-KEY
M	MIKE	MIKE			Z	ZULU		<u>ZOO</u> -LOO
Numeral		Pronunciation			Nume	ral	P	ronunciation
0		ZE-RO			5		FIFE	

Numeral	Pronunciation	Numeral	Pronunciation
0	ZE-RO	5	<u>FIFE</u>
1	<u>WUN</u>	6	<u>SIX</u>
2	<u>TOO</u>	7	<u>SEV</u> -EN
3	THU-REE	8	<u>AIT</u>
4	FOW-ER	9	<u>NIN</u> -ER





CHAN	NAME	Rx Freq
1	ALFA	155.160
2	CHARLIE	155.280
3	ECHO	155.205
4	FOXTROT	155.220
5	GOLF	155.175
6	HOTEL	155.235
7	INDIA	155.265
8	JULIET	155.295
ഗ	LIMA-1	151.625
10	ROMEO	150.775
11	SIERRA	150.790
12	SNP-1	166.900
13	SNP-2	166.900
14	CHARLIE /ROMEO	155.280





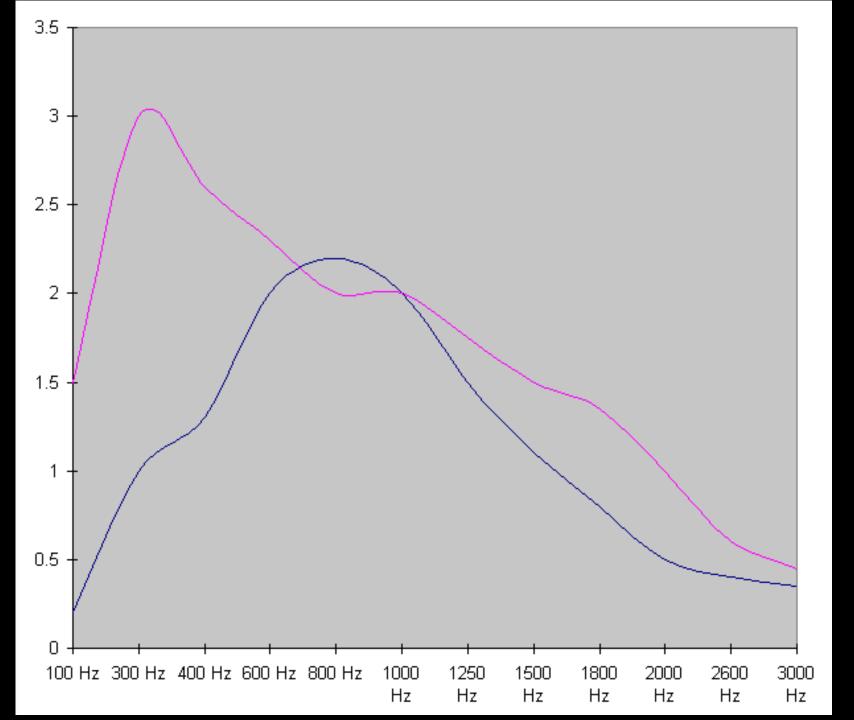
CTCSS

Continuous Tone-Coded Squelch System

- = "PL" (Private Line; Motorola trademark)
- = "CG" (Channel Guard; Bendix-King trademark)
- = "tone" "subudible tone" "PL tone" (hams, etc.)
- = IFRS "subchannel"

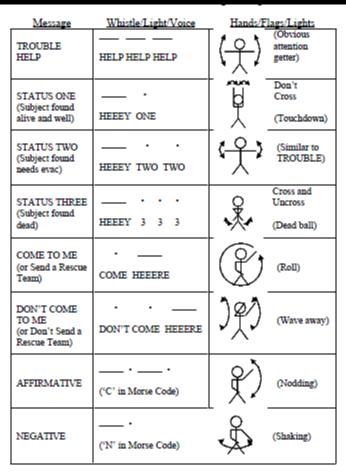
DCS (digital) versions available, less-common

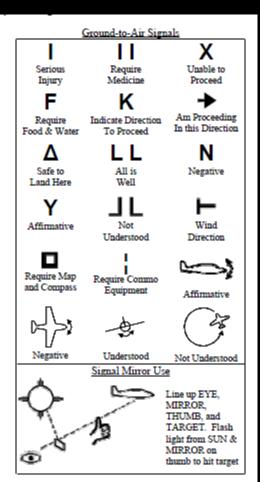
≠ encryption



Code	Tone Freq.	Code	Tone Freq.	Code	Tone Freq.
XZ	67.0	1B	107.2	6A	173.8
WZ	69.3	2Z	110.9	6B	179.9
XA	71.9	2A	114.8	7Z	186.2
WA	74.4	2B	118.8	7A	192.8
XB	77.0	3Z	123.0	M1	203.5
WB	79.7	ЗА	127.3	8Z	206.5
YZ	82.5	3B	131.8	M2	210.7
YA	85.4	4Z	136.5	M3	218.1
YB	88.5	4A	141.3	M4	225.7
ZZ	91.5	4B	146.2	9Z	229.1
ZA	94.8	5Z	151.4	M5	233.6
ZB	97.4	5A	156.7	M6	241.8
1Z	100.0	5B	162.2	M7	250.3
1A	103.5	6Z	167.9	0Z	254.1





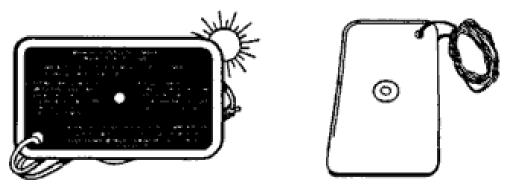


Morse Code

Morse Code									
• —	ALFA	•	JULIETT	•••	SIERRA	•	1		
-•••	BRAVO	-•-	KILO	_	TANGO	• •	2		
-•-•	CHARLIE	•-••	LIMA	• • -	UNIFORM	•••	3		
-••	DELTA		MIKE	•••	VICTOR	••••	4		
•	ECHO	-·	NOVEMBER	•	WHISKEY	• • • • •	5		
• • - •	FOXTROT		OSCAR		X-RAY		6		
•	GOLF	••	PAPA	-•	YANKEE	••	7		
••••	HOTEL	•-	QUEBEC	••	ZULU	•	8		
••	INDIA	•-•	ROMEO		0	•	9		

Light Signals: Use a hand over the source as a shutter; short burst of light is a dot, long burst of light is a dash.

Wigwag (Flags): A flag to the SENDER'S right is a dot, to the left is a dash.



HOW TO USE THE MK-3 SIGNAL MIRROR

- 1 Reflect sunlight from mirror onto a nearby surface (raft, hand, etc.).
- 2 Slowly bring up to eye level and look through sighting hole. You will see a bright spot or light. This is the aim indicator.
- 3 Hold mirror near the eye and slowly turn and manipulate it so that the bright spot of light is on the target.
- 4 In friendly areas where only rescue by friendly forces is anticipated, free use of the mirror is recommended. Even though no aircraft or ships are in sight, continue to sweep the horizon. Mirror flashes may be seen for many miles, even in hazy weather. In hostile areas, the signal mirror must be used as an aimed signal only.

Figure 19-3. Signal mirror.





_	Date /Time #	(TAF Back: Debri	, , , , , , , , , , , , , , , , , , ,	
	Date/Time 40 Prepared:	Wind:		Other:
nfo.	Task Length:	Temperature: 45		Adequate equipment? Y N N N N N N N N N N N N N N N N N N
E .	Search 42 Technique:	Precipitation:*		Problem-free task? Y N
5-	Debriefer:43	Cloud Cover: ⁶⁷		Able to search again? Y N N 2
	Describe 2			
	areas			
	searched:			
	Describe			
	areas not searched:			
	searched.			
	Searched			
	how:			
	Describe 54			
	dues,			
	tracks, alerts.			
	hazards			
	(record on			
t,	map):			
Ē				
S				
œ				
⊻				
rask Results				
F				
	FTL/ [©]			
	debriefer			
	follow-up recommen-			
	dations:			
			(signed) FTL:	
	Debriefing Checklist	(debrief all, check when done)		Routing Checklist
	Map used	⁶³ Weather/terrrain		(check to route,
	Map attached	64 Others in search area		initial when reviewed)
	⁵⁷ Hazards ⁶⁰ Areas not searched	65 Other:		74 Oceantions
	Map feature update			"L Operations
	Communications prob			Plans
	Task Summary	POD		⁷⁶ Investigation
	Task completed	(number or range)	FTL Deb	riefer "□IC
	Task partly complete	Unresponsive/Clues:70	% 2	% PB Documentation
	fill in tabs on front	Responsive:71	~ Z	2 70
		responsive.	<u>%</u>	

NEW

STRUNKJR. E.B. WILLIAM STRUNKJR.

"...still a little book, small enough and important enough to carry in your pocket, as I carry mine."

- Charles Osgood

ELEMENTS STYLE

FOURTH EDITION

FOREWORD BY ROGER ANGELL



DEM ORDER SHEET

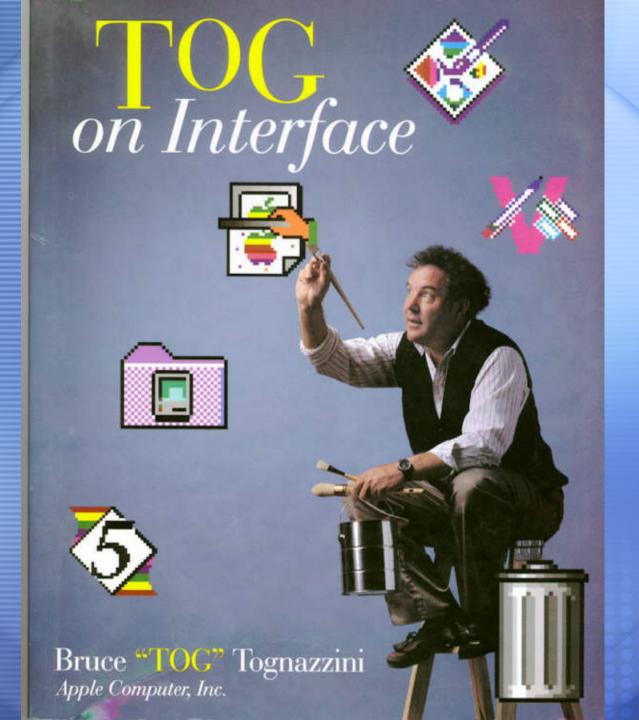


	Physician Orders	Time Comp'd/ Initials	Physician Orders	Time Comp'd/ Initials	TIME	Lab Tests Resi		e Comp'd/ Initials	TIME	Lab Tests
	Old Records					☐ Routine Order Set ☐ CBC/Chem 7				☐ Bedside Tests
	Old X-Rays					☐ Low Risk Cardiac Profile(☐ High Risk Cardiac Profile)	2			☐ Glucose ☐ Urinalysis ☐ UCG
0	Heparin Lock					☐ Troponin ☐				Strep Screen
0	IV					D. Dimer (8
+						□ Hgb/HCT [3			
+						PT/INR	5			<u> </u>
						I □ ABG	- I			
						Chem 7	3			
	02					☐ Ionized CA++ ☐	- I			
Ö	Monitor					□ PO4+ □	3			
	Pulse Ox DONT.					CA++ CA++ CA++ CA++++++++++++++++++++++	3			
+	CHECK					I LFT's	3 I			
10	Foley					□ ETOH □ Digoxin □ ETOilantin □ □				
	Straight Cath					☐ Monospot ☐	5			
	Nasogastric Tube					Type & Cross	1			
	Visual Acuity		- 1 - 1			☐ Type & Screen ☐ Serum Quant.	,			
	Orthostatic V.S.			7		Gyne Set				
N	Td					☐ Chlamydia ☐ Gram Stain ☐				
+						☐ G.C. Culture				
+						☐ Culture	.			
			· Tetanna	Boshe	t	□R&M □				
		-				☐ Throat Culture ☐ Blood Culture				
+	1,1,2,1	,				□x1 □x2				
\perp						Sputum Culture				
						☐ Routine Culture ☐				
\top						Cell Count/Diff	3			
+						☐ Glucose CSF ☐ Viral Culture CSF ☐	3			
						E viia contre coi E	1			
	Radiology/Cardiol Studies	logy	Clinical Impres	sion			DEM W	let Read	ing	
	CXR				☐ See d	ictated Radiography R	eport			Marie Ma
	C-Spine									
	ABD OBS Series								7.77	
	Venous Dopler									
	CT Scan Head								1147	
	CT Scan ABD									
							349237		1931	
	EKG		7.882.11		□ See d	lictated EKG report				
RNP SIC	NATYOR			INITIALS	RN SIGNATU					INTIALS
	G. Va			INITIALS						
	SNATURE			INITIALS						INTIALS

	la .	☐ CA++ ☐ Amylase		
		☐ Lipase ☐ LFT's		
		☐ ETOH ☐ Digoxin		
		☐ Monospot ☐ Sed rate		-
		☐ Type & Cross # units		
		☐ Type & Screen ☐ Serum Quant.		
	•	Gyne Set Trich Prep		
		☐ Chlamydia ☐ Gram Stain ☐ G.C. Culture		
1 21 2		Ulrino		









Tognazzini's Paradox

Tognazzini, B ("Tog").
TOG on Interface.1992;
Reading, MA: AddisonWesley.

Problem: find out if user has a color monitor

1. Are you using a color monitor?



2. Is the picture above in color?
Failure - 25%

3. Green

Blue

Orange

Magenta

Are the words

ahove in color?

Failure - Color: 0%.

B+W: 0%. Green:

100%.



Tognazzini's Paradox

Green

Blue

Orange

Magenta

Are the words above in more than one color? Failure - Color: 0%. B+W: 20%. Green: 50%.

5.Are the words above in several different colors?
Failure - Color: 0%.
B+W: 20%. Green: 25%.

6.Do the words above appear in several different colors?

0% failure!



Changing One Word

MEXUS cervical-spine clearing failures in EMS:
wording changed





FCC Rules

ASRCFCC Callsigns. All ASRC group mission and training communications on the ASRC Standard Radio Channel frequencies operate under the authority of the licenses issued to the ASRC by the FCC. These callsigns (see Figure M-7) will only be used by the ICPCC or ACC and should be transmitted at least once every 30 minutes on every channel in use for the purpose of station identification.

ASRC FCC Callsigns Channels A, C, E, F, G, H, I, J, R, S, & Repeater WPEZ758

Channel L WQEU871



FCC Rules

- No profanity.
- No non-business (personal) use on special emergency channels
 - ordering a pizza?
 - Business band channel?
- Only "type-accepted" radios
 - Part 93 exceptions only for life, limb or property, and only until alternate communications are available
 - Ham radios not acceptable unless typeaccepted



Learn-the-hard-way Rules

- Remember the scanners
- Net Control:
 - "mother may I" to talk directly rather than Net Control (Base) "Base from Charlie, permission to go direct with Delta?"
 - Unless local tactical channel designated
 - SHORT messages, compose before speaking
 - If long message, brief pause several times to listen for "BREAK!" "Priority Traffic!" "Mayday" or the like (and to give the transmitter a rest)



ASRC Rules

- Always get spare batteries, maybe a better antenna
- Before leaving base camp call Base for a radio check
- When leaving base for task call Base
- When starting your task call Base with time and location
- If you find a clue, call Base with location and await further instructions
- Call Base as directed (usually every hour)



ASRC Rules

- If you make a find, call Base and:
 - "Clear the net"
 - "Secure the net"
- Once task is done, call Base before returning
- Once back at base, call Base and let them know
- · Turn off radio.
- Turn in radio, note any problems.





A Few Boo-Boos

- Radio off / volume down / dead battery
- Wrong channel
- PL decode turned on
- No line-of-sight signal
- Talking too soon after pressing PTT, or letting PTT go too soon after talking
- Forgetting to say other guy's name first
- Message too long
- Not having other person repeat easy-to-flub messages such as coordinates (good to say twice, too "I say again, figures, Alfa 106249")

