

# FRA RADIO SETS

**Responsibility.** Please take care of the radio, the borrower will have to pay for any lost or broken radios.

**Preparation.** Agree call-signs (based on location, or designation – e.g. Kinder Low, Checkpoint 1, Sweeper) before going on the hill. Agree channel.

**Set-up.** Insert antenna by screwing it in clockwise into the threaded hole at the side of the knobs. Turn on the radio with the volume knob. Select the agreed channel and stay on this channel unless told otherwise.

**Usage.** Beware of wind noise, if you are in a windy spot put your back to the wind and protect the radio, you will transmit a much clearer signal.

**To talk** to someone (see sample) press **push to talk** button, wait 2 seconds then send initial request and say **OVER**, release the button and await reply. When they have said **OVER** it is ok for you to transmit message. If wanting a reply finish with **OVER**. If the conversation is finished say **OUT**.....If you say "over and out" you will be buying beers for every one afterwards :)

**Sample radio conversation** – (Call signs shown in **Bold type**)

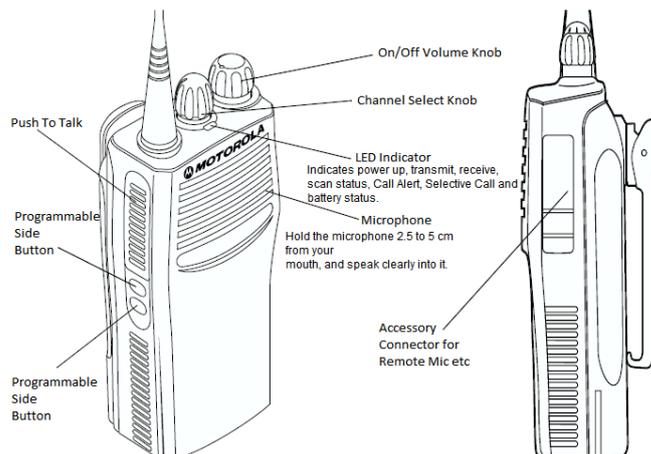
**Race Control** This is **Checkpoint 1** Message, Over

**Checkpoint 1** This is **Race Control** Send message, Over.

For your info the lead runners have just passed my location, Over

Thanks for that, Over.

**Checkpoint 1** Out.



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