



Radio Notes

1 General

In order to carry out the functions of Safety and Race Management the following radios are to be held by LLSC:

- a. Built-in base station in the club Race Office.
- b. Built-in radio in “Mory”.
- c. Built-in radio in “Ceardach”.
- d. Built-in radio on RIB “Vow”.
- e. Built-in radio on RIB “Lonaig”.
- f. A minimum of 5 hand-held radios.

Don't abuse the airwaves! Channel 37 / M1 / P1 is an open channel dedicated to race management. It is not the place for banter or general conversation.

On NO account, transmit on Ch 16 (Ch.16 should only be used where life is threatened). Persistent misuse of the radios could result in OFCOM banning the club from using Channel 37.

Notes on guidance to setting up handheld radios are posted beside the radio charging station.

Use **Channel 37** or **M/M1** or **P1** (designation depends on whether it is fixed or handheld)

Sets may, by default, start up on Ch.16 – Remember to check.

The handheld radios **must** be set to transmit on **1W (or Lo)**. Fixed radios **must** be set to the lowest transmitting strength. Transmission power may need to be increased when beyond the islands or in rain/mist.

Switch on, adjust volume and rotate “squelch” until screech *just* stops.

Radio checks should be completed before going afloat – **do not** call Coastguard for a check!

The transmit button is on the microphone of the fixed sets and on the side of the handheld sets. Before transmitting work out what you are going to say, (keep it brief). Hold the mike or hand-held radio about 2 inches away from the **front** of your mouth. Press and hold the talk button and speak slowly and clearly. Speak in short simple sentences. When finished say “Over” OR “Out” and release the transmit button.

Avoid jargon, chat, and personal slander – anyone can listen in on VHF (and Authorities do).

2 Radio Procedures

Think about what you intend to say before you press the transmit button!

When starting a communication mention, twice, the call-sign of the boat you are trying to contact. Then say who you are.

In reply say who you are calling, say who you are, give the (short) message and say “Over”



When finishing, proceed as above, but finish with “Out” (*not “over and out” or “roger” or anything else you’ve heard in films*)

Example

Start:

“Lomond Sailing Club, Lomond Sailing Club this is Lomond Yellow ... over”

Response:

“Lomond Yellow this is Lomond Sailing Club ... over”

Response:

“Lomond Sailing Club, Lomond Yellow, may I lift the Dan-buoy ... over”

Response:

“Lomond Yellow, Lomond Sailing Club, you may lift the buoy-buoy ... over”

Finish:

“Lomond Sailing Club, Lomond Yellow ... out”

or perhaps

“Lomond Sailing Club, Lomond Yellow, I’ll lift the buoy and return to the club ... out”

3 Prowords

Prowords or procedural words are intended to make communications brief and easily understood. Here are some of the more useful ones. Get into the way of using them, they can cut down the amount of speech used.

Proword	Use	Example
“This is”	To identify the calling station	“This is Lomond Orange”
“Over”	End of transmission, Invitation to reply	“This is Lomond White. Over”
“Out”	End of conversation, No reply expected	“Thank you ...out”
“Say Again”	To ask for a repetition	“Say again which island?”
“I Say again”	To give a repetition	“I say again ... Inch Fad”
“Stand by”	Used where message cannot be exchanged immediately	“Lomond Sailing Club, this is Lomond Tango, Ch.37 and stand by” (<i>he’s dealing with a tricky capsize and will transmit on ch37 when he’s got a chance!</i>)

The use of Prowords, of which the above is a short selection, is not jargon and is to be encouraged in communications.

Once again please remember:

- In marine radio procedure there is no such thing as “over and out”.
- At the end of every transmission you should finish with “over”, “out”, or “standing by”, nothing else!!!

Switch off radio at the end of the day and ensure that it is properly docked in its appropriate charging station in the Race Office.



4 LLSC VHF Radio Call-signs

With the exception of Mory, the name of the boat **must not** be used as a call-sign

Clubhouse	“Lomond Sailing Club”
Mory	“Lomond Mory”
Ceardach	“Lomond White”
Vow	“Lomond Orange”
Lonaig	“Lomond Yellow”
Cruin	“Lomond Tango”