



FRS Quick Radio Guide

Attribution: Thanks to the City of Palo Alto and other organizations for the source of much of the following information.

Set Radio Channel if not already set

1. Turn radio on.
2. Press **MENU** button once. Channel number will blink.
3. Use + or – to select Channel.
4. Press **PPT** button to save channel setting.
5. To lock settings, hold the **MENU** button in until the padlock icon is on. Hold **MENU** button again to unlock.

Basic FRS Radio Etiquette Rules

- The international radio language is English except in cases where you are licensed to speak in some other language.
- When using a two-way radio, you cannot speak and listen at the same time as you can with a phone.
- Check that the correct channel is set.
- Listen first for a brief period to make sure others are not pausing during a conversation.
- Keep the Push to Talk (PPT) button and pause slightly to avoid clipping.
- Release PPT as soon as you finish speaking.
- Emergency communication: Speak **ONLY** if necessary.
- Speak Accurately, Briefly, Clearly, Slowly.
- Speak in a normal tone of voice. Do not yell.
- Avoid personal information, sensationalism, slang.
- Use the NATO phonetics alphabet when necessary.
- Keep messages short and to the point.
- Be professional at all times.
- Be aware that channels are open to all listening.
- For communication directly with another person,
YOU: <their ID>, this is <your ID>

How to use the FRS Radio

1. Turn it ON.

Turn knob until you feel a click. Also use knob to adjust the volume.

2. Push To Talk (PTT).

Press and hold the PTT button on the side. Pause 1 second and then talk.

3. Release to listen.

When done talking, pause 1 second and release the PTT button so you can listen.



Channel

Sub Chan.
(Tone)

Menu

Microphone

HOLD 3-6 INCHES FROM YOUR MOUTH.
This will allow your voice to be heard clearly.

MPFPD FRS Area Frequencies

The backup channels are in case the primary one is getting interference. You will have to switch to an Area's channel in order to communicate with a block, neighborhood or area coordinator in that Area.

Ath Area	Ch	B/u	EPA Area	Ch	B/u	MP Area	Ch	B/u	SMC Area	Ch	B/u
1	1	18				20	6	21	40	20	15
2	2	16	31	1	18	21	5	17	41	1	18
3	3	7	32	2	16	22	20	15	42	2	16
4	4	19	33	3	7	23	3	7	43	3	7
5	5	17	34	4	19	24	18	1	44	4	19
6	6	21	35	5	17	25	15	22	45-1	18	21
7	7	3	36	6	21	26	2	16	45-2	19	4
8	15	22				27	1	18	45-3	20	1
9	16	2				28	16	2	46	19	4
10	17	5				29	17	5			
11	18	1									
12	19	4									
13	20	15									
14	21	16									

NATO Phonetic Alphabet

Letter	Phonetic Word	Pronunciation	Letter	Phonetic Word	Pronunciation
A	Alpha	<i>al fah</i>	N	November	<i>no vemm ber</i>
B	Bravo	<i>bra vo</i>	O	Oscar	<i>oss kar</i>
C	Charlie	<i>tchar li</i>	P	Papa	<i>pah pah</i>
D	Delta	<i>del ta</i>	Q	Quebec	<i>kwe bek</i>
E	Echo	<i>ek o</i>	R	Romeo	<i>ro may o</i>
F	Foxtrot	<i>fox trott</i>	S	Sierra	<i>si err rah</i>
G	Golf	<i>golf</i>	T	Tango	<i>tan go</i>
H	Hotel	<i>ho tell</i>	U	Uniform	<i>you ni form</i>
I	India	<i>in di ah</i>	V	Victor	<i>vik tor</i>
J	Juliette	<i>djou li ett</i>	W	Wiskey	<i>ouiss key</i>
K	Kilo	<i>ki lo</i>	X	X-ray	<i>ekss ray</i>
L	Lima	<i>li mah</i>	Y	Yankee	<i>yang key</i>
M	Mike	<i>ma ik</i>	Z	Zulu	<i>zou lou</i>

Net Control

Net Control is one station controlling and managing all communication flow.

- Always check in with Net Control, and check out when you leave the Net.
- Net Control is the Neighborhood Incident Commander.
- You respond to Net Control when called.
- Communication dialog:
 - **YOU:** “Net Control, this is <your ID>”
 - Net Control will decide when you can speak.
 - NET: “<your ID>, go ahead”
 - **YOU:** “your ID>, your message, <your ID>”
 - The person who initiated the call ends it.
 - You must call Net Control to get permission to call anyone else directly.
- **Urgent Communications:** When saying rapidly “BFREAK BREAK” (“PRIORITY MESSAGE” OR “EMERGENCY” are okay too. All these terms mean you have an urgent message.)
 - **YOU:** “Break Break.”
 - **Response:** “Break Break station, identify and proceed with your urgent message.”
 - You must wait for receiving station to acknowledge you before you continue.
- **Relay** is an intermediate station (maybe you) forwarding a message when two stations trying to communicate are out of range with each other.

Here’s a Typical Radio Conversation

You Papa November One, Papa November One. This is Papa November Nine. Come in, Over.” (PN1 is their call sign. PN9 is your call sign.)

Recipient “Papa November Nine. This is Papa November One. Go Ahead. Over.”

You Say Your message and then say: “Over”

Recipient “Roger Wilco. Over”

You: “This is Papa November Nine. Over and Out.”

Speaking The Language

Radio Communication Pro-Words are shorthand uses for clear and concise communications.

General Terms	Meaning
Radio Check	What is my signal strength? Can you hear me?
Go Ahead	You are ready to receive the transmission
Stand-by	You acknowledge the other party, but I am unable to respond immediately.
Roger or Ten-Four	Message received and understood
Affirmative	Yes (avoid yes or nope as they are difficult to hear)
Negative	No
Say Again	Re-transmit your message.
Over and Out	Your message is finished
Cut	All conversation is finished, the channel is clear for others to use
Break, Break, Break	You are interrupting in the middle of communication because you have an emergency
Read you Loud and Clear	Response to "Radio Check." Means your transmission signal is good. Also, use "Read you 5-by-5"
Come in	You are asking the other party to acknowledge they hear you.
Copy	You understood what was said
Wilco	Means "I will comply"
Repeat	Used before you repeat something. Example "I require 9-5, repeat 9-5 gallons of diesel fuel. Over."
Correction	Error has been made in this transmission; make or give the correction.
Speak Slower	Reduce speed of transmission.

Other Tips: Use the word "BREAK" for long messages. Speak in groups of about 5 words, pause, say "BREAK" and listen for the receiving station to tell you to continue.