EMERGENCY COMMUNICATIONS PLAN

EMCOM V2

June 1, 2026

Emergency Frequency
And
Network Plans

1.1

Operational Times and Bands

Time	Description	Frequency	Mode	Notes
0800 1400 2000 0200	PRA Repeater System	145.250 -600 Tone 100 448.525 -5khz Tone 100	FM	Directed Net
0830 1430 2030 0230	Simplex	146.460 No Tone	FM	
0900 1500	HF	7.242MHz +/- 5KHz	LSB	
2100 0300	HF	3.818 MHz +/- 5KHz	LSB	
Anytime	HF JS8Call	5.357MHz	JS8Call	Message Exchange

1.2 CB/FRS/MURS/GMRS and Weather Channel Options

CB / FRS / MURS / GMRS Emergency Frequency Plan				
Band	**Description**	**Frequency MHz**	**Mode**	**Notes**
CB	Channel 3	26.985 MHz	Voice AM	
FRS	Channel 3	462.6125 MHz	Voice Simplex	
MURS	Channel 3	151.940 MHz	Voice Simplex	
GMRS	Channel 3	462.6125 MHz	Voice Simplex	

1.3 National Weather Service Advisory Frequencies

VHF / 2 Meter National Weather Service For Colorado		
Frequency MHz	**Mode**	**Site**
162.450 MHz	Voice FM Simplex	Franktown
162.475 MHz	Voice FM Simplex	Colorado Springs
162.550 MHz	Voice FM Simplex	Denver
Other areas in Colorado are on 162.400 MHz, 162.425 MHz, 162.500 MHz, 162.525 MHz		

Emergency Level

LEVEL	ACTION
1 **ACTIVE EMERGENCY**	· **Conduct PRA EMCOMM Nets according to the Emergency Net Schedule.** · · **Make adjustments based on the situation.** If you don't hear a Net starting, announce yourself and state that you · are standing by. · You are encouraged to transmit, <u>even if you think no one is listening.</u> Relay any information that you have. Others are depending on it. · Monitor all bands according to plan schedule unless you hear otherwise. Emergency network plans begin on page 4.
2 **IMMINENT EMERGENCY**	· · **Disruption of communications expected or highly likely.** · · Conduct a 'test' net among PRA members as the situation requires · Develop a net schedule that seems to best fit the situation. · Monitor all sources and keep your family briefed on developments. Prepare all equipment for operation or evacuation. Review radio operations with your family. Maintain regular contact with PRA members using conventional communications.
3 **PROBABLE EMERGENCY**	· **Increased probability of interruption of conventional communications. Not imminent, however.** · Finalize plans with family for 'what-if'. · Monitor radio traffic & increase frequency of nets as necessary. · Maintenance/Checks on fuel, back-up power, batteries, etc. Review comms plan and coordinate with the PRA network to make necessary adjustments.
4 **POSSIBLE EMERGENCY**	· **Possible near-future interruption of conventional comms** Inventory, locate, and assemble all comm equipment. · Increase monitoring of situational developments (News) Make phone & email contacts to keep everyone in your network informed. Use conventional communications while available. Continue with regularly scheduled nets

5 **No EMERGENCY**	**No known or anticipated threat to communications** • Conduct regularly scheduled Nets monthly. • Monitor radio frequencies and maintain proficiency. • Check into local/regional ham nets or monitor if unlicensed. Develop and expand current nets and training sessions.

Introduction

The purpose of the Parker Radio Association Emergency Communications Plan is to standardize communication among PRA club members and their families during natural and manmade disasters. It is not intended to be a comprehensive guide for EMCOMM (Emergency Communications). It is not a rescue plan. This plan is not meant as a replacement for communication with the emergency services of your community.

The PRA Emergency Communications Plan is a standardized communications protocol. It is NOT intended to be the 'end all' communications plan for you and your family. Every family should have their own internal communications plan.

Every family should identify at least one individual to become the communications expert (Communicator/Operator). Your family can collectively strive toward setting minimum communications capability goals and then grow from there. As a minimum, you should have the capability to A) communicate among your own family and B) be able to receive communications in every band and mode (Scanner, local Ham, Regional and national Ham, commercial broadcasting, and shortwave radio broadcasts from across the country and around the world). The Parker Radio Association (PRA) will help you and your family accomplish these goals.

Amateur radio operators, or "Hams", are inherently connected and informed during emergencies when conventional communications are disrupted. This usually leaves the nonHam operators disconnected and uninformed. There are comparatively very few licensed ham operators in our local communities, but there are many citizens in every community who can act as eyes and ears. These citizens often have no way of receiving valuable, life-saving information, and even less capable of relaying important information to someone who could disseminate that information widely to others, such as Hams. Having an emergency communication plan, and the knowledge to use it, will not only help you during an emergency, but also your community.

The Parker Radio Association is committed to improving the safety and resilience of its members as well as their families. Experienced PRA members are standing by to help you and your family with step-by-step instruction on radio operation, antenna installation, communicating on the air, and numerous other useful subjects. PRA members have volunteered thousands of hours of mentoring and assistance to their fellow members and families. Many of your fellow PRA members joined with little or no radio skills. You will not be alone if you are a beginner, the PRA is a great place to learn. The safety of you and your family is worth learning just a few basic radio skills. Ask a club member and we will get you going!

The Basics

This section covers some of the fundamentals of communications that are relevant to PRA operations. It is designed to bring the beginner or novice communicator up to a basic level of understanding. This will be helpful in determining capabilities and limitations, and to help identify shortcomings and set goals for the communications operator or team.

You do NOT need HAM license to listen to communications!

You do NOT need a HAM license to transmit in an EMERGENCY!

2.3 CH3 (The Channel '3' Project)

This refers to a standardized communications plan for the most commonly used non-Ham radio communications bands that do NOT require a license to operate during non-emergencies. These are:

- CB (Citizens Band)
- FRS (Family Radio Service)
- MURS (Multi-Use Radio Service) **The standard is simple – 3,2,1.**

Turn to Channel 3 on any of these devices, attempt to make contact or check in to (or start) a local net for 2 minutes on each side of the hour, every 1 hour. To conserve battery power,

Overview of Radio Capabilities

My Radio	Can Communicate With												
	FRS	MURS	CB	Shortwave Rcvr (No SSB)	Shortwave Rcvr (With SSB)	Scanner (Police/Fire/EMS	[illegible]	[illegible]	Dual Band Ham	Baofeng-type Dual-Band	HF Ham on SSB	FM Broadcast Transmitter	AM Broadcast Transmitter
FRS	**X**					**T**			**T**	**X**		**R**	
MURS		**X**				**T**			**T**	**X**			
CB			**X**										
Shortwave Rcvr. (No SSB)			**X**	**T**	***T**								
Shortwave Rcvr. w/ SSB			**R**										**R**
Scanner (800MHz) Police/Fire/EMS			***R**								**R**		**R**
2m Ham						**T**	**X**		**X**	**X**			
70cm Ham						**T**		**X**	**X**	**X**			
Dual Band Ham						**T**	**X**	**X**	**X**	**X**			
Baofeng-type Dual-Band	**X**	**X**				**T**	**X**	**X**	**X**	**X**		**R**	
HF Ham on SSB			**R**		**T**						**X**		**R**

T – Transmit To Only **R** – Receive From Only **X** – Transmit and Receive

*SSB Shortwave Radio required for listening to CB Radios transmitting on SSB

NOTE: Range of frequencies a scanner can receive varies by model. Check your manufacturer's specs.

This chart is a general guideline and is not conclusive. There are many variables and modifications that can affect a radio's capabilities.

2.5 Helpful Hints, Tricks, and Techniques

Here are a few ideas to help you with emergency communication. These ideas come from the hundreds of years of cumulative experience your fellow PRA club members have gained through the HAM hobby, law enforcement, military, and emergency services.

- **PRACTICE, PRACTICE, PRACTICE**. **EVERY** professional group that deals with emergencies and practices what to do during an emergency **BEFORE** there is one. Even if you can only practice once what you and your family will do in an emergency, it will help when the time comes. You and your family deserve to be safe and **YOU** have the power to help make them safe.
- Keep a physical copy of your radio and antenna manufacturer's manual. Put it in a Ziplock bag at a minimum for dirt and water protection. Store the manuals where they will be accessible during an emergency.
- Purchase or make a "cheat sheet" or quick reference card for operating your radio. Laminate or use a Ziplock bag to keep the cheat sheet from getting wet. Keep a copy of the cheat sheet in the glove box of your vehicle.
- If your radio has a rechargeable battery pack, also get a battery pack that accepts standard, replaceable batteries such as AAA, AA, etc… Have enough very high quality, replaceable batteries on hand to power your radio. Different brands and models of batteries last longer in storage than other types of batteries.
- Keep a small notebook and a thick lead mechanical pencil near your radio. There are water resistant paper notebooks on the market such as "Rite In The Rain" brand. The mechanical pencil will never have dry ink or a clogged tip and does not need sharpening.

Supplemental
3.1 Scripts
Emergency Network Script Template.

Is this frequency in use?

Pause with mike off.

Attention all stations. Attention all stations. Attention all stations.

This is an emergency net. This is an emergency net. This is the Parker Radio Association (Time)
(Band) emergency analog net. My name is _____, and my call sign is _____, and I am your Net Control Station for this net. This is a directed net so please direct all communications through net control. Please do not transmit unless directed by net control.

Does anyone have priority, life threatening, emergency traffic? Check in with your call sign now.

Pause with mike off.

Take check-ins now from those with priority, life threatening, emergency traffic. Write down their call signs. Start with whichever call sign you want and then go on to the next.

(First Priority Call Sign) (First Priority Call Sign) this is (Your Call Sign).

Go ahead with your priority traffic, location first.

Pause with mike off.

Write down the priority message.

Repeat back the priority message that you are told.

(Their Call Sign) this is (Your Call Sign).

I copy you are at (Their Location). You are at (Their Location). The priority emergency is (Their Emergency). The priority emergency is (Their Emergency).

Is this correct?

Pause with mike off.

Quickly decide how to assist the person with the priority emergency. A perfect solution to the problem is not required. Do your best and move on to the next priority emergency.

Tell the person how you will assist them. If possible, give an estimated time of arrival for assistance.

(Their Call Sign) this is (Your Call Sign).

I will (Type Of Assistance).

(Their Call Sign) Standby.

Now call 911, a local responder, etc… As appropriate.

(Their Call Sign) this is (Your Call Sign).

I have called 911 and reported the emergency. Help is on the way. Estimated time of arrival is (Time Given By 911 Dispatch). How copy?

Continue through the list of priority traffic.

(Next Priority Call Sign) (Next Priority Call Sign) this is (Your Call Sign).

Go ahead with your priority traffic, location first.

After all priority traffic has been concluded. Ask if there is any more.

Last call for priority, life threatening, emergency traffic. Anyone else with priority, life threatening, emergency traffic? Check in with your call sign now.

Pause with mike off.

Take care of these last priority messages. When you are done, take a deep breath, and shake out your hands. Seriously, do it. It's a proven technique to reduce stress during emergencies.

We will now take general check-ins for the net, followed by net control calling on everyone who checked in. Limit all traffic to emergency information only.

Pause with mike off.

Take check-ins now. Start with whichever call sign prefix you want to start with then pick up each additional prefix. You need to cover “A”, “N”, “K”, “W”.

We will now take check-ins for call signs beginning with “A” Alpha.

Pause with mike off.

Write down the call signs that check-in.

After check-ins say:

Limit all traffic to emergency information only.

Then go back to the top and run through the list of call signs.

(First Call Sign) you are at the top of the list, over to you. Next is (Next Call Sign).

Pause with mike off.

Once everyone has been called on, look for any additional check-ins.

Last call. Anyone anywhere for final check-ins for the Parker Radio Association (Time) (Band) emergency analog net, come now.

Pause with mike off.

Go through any additional check-ins and their traffic.

Issue a closing statement:

This is the Parker Radio Association (Time) (Band) emergency analog net. The next Parker Radio Association (Band) emergency analog net is at (Time). The next Parker Radio Association (Band) emergency analog net is at (Time).

This net is now closed.

(Your Call Sign) Out.

Communications Log

Date:	Call Sign/Station ID:	Page____ of _____
Time Period - From:	To:	PRA Parker Radio Association, Parker, Colorado KØPRA
Location:		

Time	Call Sign	Freq./ Chan.	Mode	Message/Notes