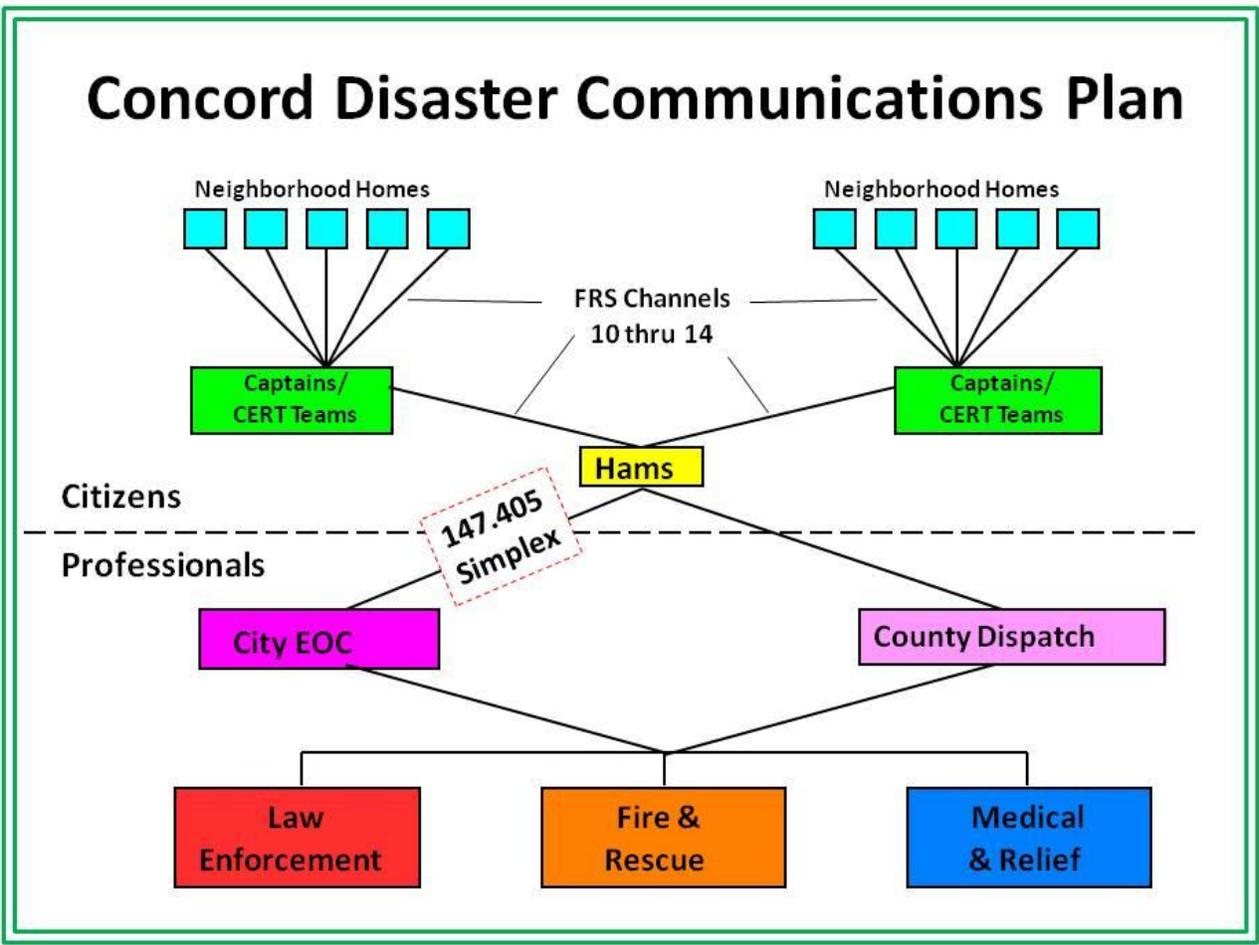


7-Dec-2013 Pajama Radio Exercise Instructions

Also known as the Concord CERT-CARES 2013 Radio Exercise

Date	Saturday, December 7, 2013 (7:30am-11am)
Scenario	A magnitude 7.3 earthquake has occurred along the Hayward fault centered just north of the Contra Costa/ Alameda County border. This has resulted in a large number of associated emergencies including disruption of telephone communications. Among the emergencies, major fires have developed at refineries along the northern portion of the county accompanied by toxic chemical releases.
In General	The exercise will simulate the City of Concord EOC-Emergency Operations Center requesting CARES members to respond and CERTS to communicate status reports to their local neighborhood amateur radio operators (hams). Those hams receiving CERT messages are asked to communicate those same exact messages, word-for-word, to the Concord EOC hams using 147.405 Simplex...and you can join in while wearing your pajamas!



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Important Exercise Rules

- 1) **Emergency (Life & Limb) messages ARE NOT allowed** for this exercise so that if someone overhears you on the radio they do not misunderstand and call 9-1-1 or over react.
 - 2) Should you have an actual emergency, immediately dial 9-1-1 from a cell phone or land line.
 - 3) **Mayday-Mayday-Mayday** is an emergency code phrase used internationally as a distress signal in radio communications.
 - 4) All communicators (CERT, ham and CARES) must announce “This is a Drill” before each message to alert listeners that this is only an exercise.
 - 5) All licensed Amateur Operators will comply with CFR 47 Part 97 of the FCC and identify their Call Sign at least every 10 minutes.
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CERT Timeline 7:30am

Write out three (3) Routine (Status) or Health & Welfare messages. Each message should not be longer than 15-words (you can use the form found at the end of these instructions, CERT Unit-6 FORM-6, Sample).

For this exercise you should identify yourself using only your street name and your first name (Example: “Junction-Terry” or “Cowell-Eric”).

CERT Timeline 7:45am

Check your FRS radio battery power and install fresh batteries if necessary. Then go to Channel-10 and visually verify that your PL tone (sub-channel) is ZERO. Try making a test call to another CERT in your neighborhood.

CERT Timeline 8:00am

Listen to make sure the channel is clear or wait until it is. Remember, you may have to try the next channel (11) if the channel is in use by someone not in the drill.

Press the “Push-to-Talk” button, take a breath, relax, then speak slowly and distinctly: “This is Junction-Terry. Are there any ham operators listening?” Wait to be recognized by the ham operator.

Once the Ham radio operator recognizes you, ask for his/her call sign (up to 6-characters) and write it down. Then start by saying “I have a message to pass on.”

After you pass your message, ask if anyone else has a message to pass on. It’s important to learn to share the airwaves and allow each CERT take a turn until everyone is done.

CERT Timeline 10:00am

Deliver your written messages to Peg Gardner in the Community Meeting Room at the Concord Police Department, 1350 Galindo Street (Street Level), Concord and participate in a “hotwash” group debriefing to personally share what we all can do better or what went really well.

7-Dec-2013 Pajama Radio Exercise Instructions

Neighborhood Ham
Operator Timeline
7:30am

Please take a moment to read the Exercise Rules detailed out on the previous page.

Grab a pen or pencil and some blue line paper or print one or two copies of the form found at the end of these instructions, CERT Unit-6 FORM-6. A clipboard might be handy...

Wear your pajamas or get dressed and go mobile.

Perform a radio check on 147.405 Simplex, you won't be alone!

Neighborhood Ham
Timeline 7:45am

Expect to write out three (3) Routine (Status) or Health & Welfare messages **per person** calling. Each message should not be longer than 15-words. They should speak slowly and distinctly. Don't hesitate to ask them to repeat their exact words AND to have them confirm back that you wrote out precisely what they said, word-for-word (including "this is a drill"). Corrections are appreciated!

For this exercise the CERTs will identify themselves using their street name and first name (Example: "Junction-Terry" or "Cowell-Eric") as they don't have call letters or neighborhood assignments (Search & Rescue, Medical, Staging, Sign-In, etc.).

Neighborhood Ham
Timeline 8:00am

We have asked that the CERTs use Channel 10 unless it is noisy with NON-exercise traffic and then to negotiate moving on to a new channel (channel-11 through 14).

<i>FRS Channel</i>	<i>Frequency</i>	<i>Check Channel</i>
Channel-10	467.6125 Simplex	53
Channel-11	467.6375 Simplex	54
Channel-12	467.6625 Simplex	55
Channel-13	467.6875 Simplex	56
Channel-14	467.7125 Simplex	57

Neighborhood Ham
Timeline 9:00am

After you've gathered some or all of the messages from the neighborhood CERTs, we ask that you take the time to transmit those same messages, one at a time into the CARES members in the Concord EOC. You don't need to re-write them, just check them off as you read through them slowly, "Fillmore-Pam, This is a Drill, Multiple alarms going off at Concord High School".

Neighborhood Ham
Timeline 10:00am

Deliver your written messages to Peg Gardner in the Community Meeting Room at the Concord Police Department, 1350 Galindo Street (Street Level) and participate in a "hotwash" group debriefing and personally share what we all can do better or what went really well.

Important Note

All documentation is to be turned in to Peg Gardner

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CARES Radio
Operator Timeline
7:45am

Please take a moment to read the Exercise Rules detailed out on the previous page.

Bring a pen or pencil. Sufficient copies of the ICS-309 Form will be provided for you at the EOC. Do a radio check on 147.405 Simplex.

CARES Ham Timeline
8:00am

Expect to write out the Routine (Status) or Health & Welfare messages as communicated by the neighborhood ham operators. All participants have been instructed that each message should not be longer than 15-words and reminded to speak slowly and distinctly.

Don't hesitate to ask them to repeat their exact words AND to have them confirm back that you wrote out precisely what they said, word-for-word (including "this is a drill"). All corrections are appreciated!

For this exercise the CERTs will identify themselves using their street name and first name (Example: "Junction-Terry" or "Cowell-Eric") as they don't have call letters or neighborhood assignments (Search & Rescue, Medical, Staging, Sign-In, etc.).

Neighborhood hams have been instructed to not re-write messages from the field but to just check them off as they re-communicated each into the EOC.

Message Example: 08:15, Fillmore-Pam, This is a Drill, Multiple alarms going off at Concord High School.

CARES Ham Timeline
10:00am

Deliver your written messages to Peg Gardner in the Community Meeting Room at the Concord Police Department, 1350 Galindo Street (Street Level) and participate in a "hotwash" group debriefing and personally share what we all can do better or what went really well.

Exercise Purpose:

This CERT-CARES communication exercise is to train, organize, and test the ability of various response groups to communicate from the field using FRS/GMRS and Radio Amateurs in support of City of Concord Emergency Operations Center (EOC).

Exercise Goals:

This exercise has four goals aligned with our mission:

- Increase CERT and CARES personnel communications proficiency (train).
 - Determine the ability to establish city-wide radio communications during a simulated disaster.
 - Identify communications exercise features that contribute to a mission-productive exercise (organize).
 - Provide recommendations for improving CERT/CARES communication exercises.
-

END

7-Dec-2013 Pajama Radio Exercise Instructions

COMMUNICATIONS LOG	CERT NEIGHBORHOOD <i>Bishop Estates</i>		DATE <i>9/7/13</i>
	RADIO OPERATOR NAME OR HAM RADIO CALL SIGN <i>Fillmore-Pam</i>		
LOG			
TIME	FROM	TO	15-WORD ONLY MESSAGE
8:00a	Fillmore Pam	Neighborhood Ham	This is a Drill. 1819 Fillmore Way, tree crushing house
8:05a	Fillmore Pam	KJ6MXP	This is a Drill. No troubles on Adams Street
8:10a	Fillmore Pam	KJ6MXP	This is a Drill. Multiple alarms going off at Concord High School
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