FRS RADIO – HOW TO

FRS, or Family Radio Service, operates at 0.5 watt and relies on direct line of site to transmit or receive.

In an emergency, please tune your radio to:
FRS Channel 3 to communicate with the Hillsborough Neighborhood Network (HNN)
FRS Channel 5 to communicate with the Burlingame Neighborhood Network (BNN)
MURS Channel 1 (CTCSS Code 16 – 114.8Hz) to communicate with the Millbrae LEND Emergency Group

How to use the FRS Radio:
Rotate the volume/power knob clockwise to turn the radio on and adjust the volume.
Select your channel – specific instructions will vary based on your radio's manufacturer and model.

Before transmitting your message, think ahead about what you are going to say. Use plain English.

Listen. Wait until no one is talking and the channel is clear.

Hold the radio 3-4 inches in front of your mouth and talk across the microphone, not directly into it.
Keep the antenna upright for better reception. You may need to move locations for a better signal.

Press the PTT (Push to Talk) button and speak SLOWLY. Speak no more than 5 words at a time.

First, say the station you are transmitting to, such as the DOC (Department Operations Center).
Then, say your tactical team name.
Wait for a response.
Speak SLOWLY with your message (**This is not your emergency.**)

Example:
A: "DOC, this is HNN Team 1."
B: "HNN Team 1, this is DOC, go ahead with your message."
A: "DOC, HNN Team 1 has a downed tree at 123 Main St."
B: "HNN Team 1, DOC acknowledges downed tree at 123 Main St."

You may need to repeat your message, or spell out words for clarification using the phonetic alphabet.
Wait for confirmation that your message has been received.

Phonetic Alphabet:

A – Alpha	J – Juliet	S – Sierra
B – Bravo	K – Kilo	T – Tango
C – Charlie	L – Lima	U – Uniform
D – Delta	M – Mike	V – Victor
E – Echo	N – November	W – Whiskey
F – Foxtrot	O – Oscar	X – X-ray
G – Golf	P – Papa	Y – Yankee
H – Hotel	Q – Quebec	Z – Zulu
I – India	R – Romeo	