

Inverness & District RAYNET Group
operations@inverness-ray.net 01463 791444

Operations Plan.

The generation of an operations plan is an iterative process. Initially the first five sections of this form should be completed, as far as possible, by an event organiser requesting RAYNET's assistance. The remaining sections will be completed by Raynet. A final copy will be supplied to the event organiser in advance of the event.

1 EVENT

Date: 17th June 2006

Organiser: **Calumn Munro**
Highland Cross
Address: Redwood
19 Culduthel Road
Inverness
IV2 4AA

Phone: 01463 220496

07729 892 702

2 DESCRIPTION OF EVENT

Numbers of
Participants: 660

Event Start Time: 09:00

Finish Time: 16:00 (quarry
clear)

The Highland Cross is a 50-mile duathlon (20 miles on foot, 30 miles on bike) traversing the spectacular Scottish Highlands coast to coast, west to east from Kintail through Glen Affric and Strathglass to Beaully. Competitors either walk or run the foot section. The walkers start is at 09:00, runners at 11:00.

More information at event website www.highlandcross.co.uk

3 OVERVIEW OF EVENT SAFETY PLAN

Please provide details of proposed arrangements including how competitors are to be identified & counted, locations of any checkpoints, how any injuries are to be identified and managed.

Safety Officer: Keith Pratt

Location
(during event): Affric Quarry

Contact via: In situ or
via RAYNET

The competitors are identified by wrist bands these are removed at Alltbeithe YH, the bike x-over and at the finish. Checkpoints are established at regular intervals along the route with first aid (MRT) in attendance. The Ambulance Service provides a casualty centre in Affric Quarry (the Air Ambulance is normally in attendance). A Casualty surgeon flies in the dedicated safety helicopter (PDG). RAYNET operate the Safety Net; any competitor requiring assistance will be treated at the checkpoints and/or airlifted to Affric Quarry or A&E Raigmore. Two new safety rules introduced in 2005

- The Organisers have authorised the marshals to withdraw any participant whose condition poses a threat to themselves or the viability of the Safety Net for other

Inverness & District RAYNET Group
operations@inverness-ray.net 01463 791444

6 COMMUNICATIONS PLAN

Developed by: GM00TI

Event Controller GM4JNB

6.1 Overview

We operate a radio net procedure at all times under the control of GM0RIV at Affric Quarry. Keep overs short and don't chat. If you wish to contact another checkpoint seek prior clearance from control.

*On duty please be identifiable - wear a **RAYNET** tabard & display **Radio Point** sign.*

Reports:

- 1) When in location and operational.
- 2) The status of any 1st aid etc resources at your location.
- 3) The time (not numbers) of first and last competitors past your position.
- 4) For safety purposes hill operators should remain in contact with control and report return to their vehicles.

Casualty: BEFORE CALLING CONTROL be sure you know:-

- 1) the competitors location (where on the route are they, are they still moving?)
- 2) the nature of the injury
- 3) the competitors number
- 4) what form of assistance you are requesting!
- 5) Prefix call with URGENT

PDG Helicopter: Mark, the casualty surgeon in the PDG helicopter listens on our frequencies. He has transmit capability although he does not have an amateur Callsign. If he does call on our frequencies, please do not respond directly. Control will manage the communications with the helicopter(s) as we have airband capability. Obviously, if control is not responding and you are capable of assisting do so.

6.2 Frequencies & Technical Plan

Checkpoints operate on *either* a VHF or UHF frequency. A combination of a **RV54** in-band talkthru unit and a cross band link integrate everything. Please make allowance for the time taken for these units to secure the circuit before talking – about 2 seconds.

1. UHF net – Start, Glenlicht, Allt Granda.

These checkpoints operate on 433.750MHz simplex.

The net will be linked into the VHF net via a cross band link at Glenlicht House. With the UHF stations operating simplex, adjacent stations should hear each others transmissions directly thus creating the impression of a fully integrated net. If you are not hearing an

Inverness & District RAYNET Group
operations@inverness-ray.net 01463 791444

adjacent UHF operator but appear to hear others talking to them don't panic, all is not lost. You can still operate but beware - you may "double" with them.

2. VHF Net - All other checkpoints & control

These checkpoints operate on **RV54** (R3 in old money!) i.e. Receive on 145.675 MHz and Transmit on 145.075MHz.

Should the talkthro units' etc fail remain operating on RV54; only QSY to 145.225 if the RV54 channel is blocked/jammed etc.

VHF1:	145.675 rx 145.075 tx	RV54 – NO access tones etc required
VHF2:	145.225	Secondary channel, only use if RV54 blocked or otherwise unusable.
UHF1:	433.750	Used west side for local cross band
UHF1:	433.700	Used east side for local cross band
Talkthro; permit needed YES		Permit applied for on 28/5/05 Permit received & number

Inverness & District RAYNET Group
operations@inverness-ray.net 01463 791444

6.3 Operator positions etc

Checkpoint	Km's	NGR	Call sign	Operators	On: Air	M R Teams	Notes	Frequency
Start – Morvich	0	NG966210	GM4JAE	Ian GM4JAE Ann RAY02092	08:30:00			This group all requires 70cms capability.
Glenlicht House	7	NH005173	GM0OMC	Charles GM0OMC Rita GM1MYR	08:30:00	Kintail	00MC to provide link unit (VHF/UHF)	
Allt Granda	9	NH022173	GM1YUO	Paul GM1YUO Raymond	09:00:00	Gordonstoun Sch RT		Work locally simplex on 433.750MHz.
Creag Ghlas,		NH038172	GM00TI	John GM00TI	09:30:00		(Raynet only position)	RV54 Rx 145.675MHz Tx 145.075MHz
Camban	12	NH054184	GM0NTI	Lindsey GM0NTI	10:00:00	Kintail		
Alltbeithe YH	16	NH079202	GM1VAD	Steve GM1VAD Kenny RAY02067	10:30:00	Dundonald	NB extra MRT point at the ford before Alltbeithe	
Meadows (wooden bridge)	19	NH108208	GM0TQB	Maarten GM0TQB	11:00:00	Cairngorm	Transport to Athnamulloch tbc	
Athnamulloch	21.5	NH134206	GM0GKR	Roger GM0GKR Fiona GM0GKF	11:30:00	Lochaber	1VAD will leave mobile for link unit when talk-thro is closed down.	
Forest Boundary (cattle grid)	25	NH158215	GM4TXP	Alan GM4TXP Mary MM3MEH	12:00:00	Torridon		
White Cottage	27.5	NH180224	MM0EFJ	Mike MM0EFJ Willie 2M0WMJ	12:00:00	From quarry		
Affric Quarry (Control)	30	NH212240	GM0RIV	Norman GM4JNB Iain GM4FLP	08:30:00	Scottish Ambulance Service		
Talk thro		NH082192	GM8LMA	Chas GM8LMA Donald GM7WJI	08:30:00			

Inverness & District RAYNET Group
operations@inverness-ray.net 01463 791444

7 RAYNET LOGISTICS

All RAYNET operators are self sufficient using their own equipment etc.

Group equipment deployed :-

Position	Mast / Antenna / Feeder	Notes
Affric Quarry	2 x masts & dual band & 50m feeder	Need backup radio and take telephone handset!

High Tea!

The infamous High Tea:- after last year it was suggested we try a **NEW VENUE**.

We are to try **The Steading Bar** – <http://www.thesteadingbar.btinternet.co.uk/> its at Kilmartin (about 5 miles from Cannich). The restaurant opens at **6:30 pm** and I've booked a table, this is about 30 minutes later than norm but we could gather for about 6pm. The Treasurer (TXP) will have the cheque book for the welcome drinks!

Partners and friends most welcome.