

Inverness & District RAYNET Group
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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: 21st June 2008

Organiser: **Calum Munro** Phone: 01463 220496

Address: **Highland Cross**
Redwood
19 Culduthel Road 07729 892 702
Inverness IV2 4AA

2 DESCRIPTION OF EVENT

Numbers of Participants: 720 (240 teams)
Event Start Time: 09:00 Finish Time: 16:00 (quarry clear)
17:15 (Fasnakyle 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 Beauly. 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

Safety Officer: Keith Pratt

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.

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 were 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 participants.
- Where a participant is moving extremely slowly due to injury, exhaustion or lack of fitness the marshals will summon the safety helicopter and evacuate the participant to the Affric changeover point.

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First Aid in attendance? SAS in Quarry, Fasnakyle & Beauly

MRT at various checkpoints

Red Cross on road section

Police in attendance? **YES** Contact: TBA

4 OPERATIONAL RESTRICTIONS & RISKS

Please provide details of any restrictions on access to the event and/or area of operations. (Raynet operators all carry photo id) Any known risks should be highlighted.

The public road to Glen Affric closes at Fasnakyle Power station at 11am.

No vehicles to be taken beyond Athnamulloch

5 ROLE OF RAYNET

Raynet provides communication services. To assist we need to understand in what general area communication is required and specifically between which locations / event officials' communications is required.

Communications General

RAYNET controls the safety communications net for the Hill (foot) section and the Road (cycle) section to Fasnakyle.

Raynet establishes radio comms at all Hill checkpoints.

The Ambulance Service establishes a casualty centre in Affric Quarry which should connect into the SAS radio network.

A BT telephone point is available to RAYNET in Affric Quarry.

Airband and "Fireground" UHF comms systems are also utilised

Specific locations where RAYNET is required.

All checkpoints on Hill (foot) section

Affric Quarry

Note: Actual RAYNET deployment see Section 6.3

Road Section (bike) to Fasnakyle

6 COMMUNICATIONS PLAN

Developed by: GM00TI

Event Controllers GM4JNB, GM00TI

6.1 Overview

We operate a radio net procedure at all times under the control of **AFFRIC CONTROL (GM0RIV)** at Affric Quarry. Keep transmissions short and concise; 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.*

Report:

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

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

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6.2 Frequencies & Technical Plan

Checkpoints operate on *either* a VHF or UHF frequency. A **RV54** in-band talkthro unit and a cross band unit will link the first hill sector checkpoints and another cross band unit will link the road checkpoints. Please make allowance for the time taken for these units to secure a circuit before talking – about 1-2 seconds.

THREE Zones are operated: HILL WEST, HILL MAIN & ROAD

HILL WEST: - Start, Glenlicht, Allt Granda.

These checkpoints operate on 433.750MHz simplex.

The net will be linked into the VHF net and AFFRIC CONTROL 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 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.

HILL MAIN - All other Hill checkpoints including "Yellow Brick Road"

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

ROAD – Road section from Affric Quarry to Fasnakyle Power Station.

These checkpoints operate on 145.225MHz simplex.

The net will be linked into AFFRIC CONTROL via a cross band link around Dog Falls. With the checkpoints operating VHF simplex, *adjacent* stations should hear each other's transmissions. If you are not hearing adjacent operators but hear control talking to them or other stations don't panic! but beware - you may "double" with them.

Alternative / Backup Frequency

Should the talkthro units' etc fail outstations should remain operating on RV54; only QSY to 144.675 (one MHZ down – simplex) if the RV54 channel is blocked/jammed etc or instructed by one of the Control Stations.

Summary

UHF1:	433.750	HILL WEST (start) side operating frequency
VHF1	145.675 rx 145.075 tx	HILL MAIN via repeater RV54 – NO access tones etc required
VHF2	145.225	ROAD section operating frequency (via Dog Falls xband)
VHF3:	144.675	Alternate channel, only use if RV54 blocked or otherwise unusable.
UHF2:	433.700	Link to Dog Falls & Athnamulloch xbands

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6.3 Operator positions etc

	Checkpoint	Km's	NGR	Operators	On: Air	M R Teams	Frequency	Notes
H1	Start – Morvich	0	NG966210	Ian GM4JAE Ann RAY02092	08:30	Red Cross	Work locally simplex on 433.750MHz.	
H2	Glenlicht House	7	NH005173	Charles GM00MC Rita GM1MYR	08:30	Kintail		OOMC to provide link unit (VHF/UHF)
H3	Allt Granda	9	NH022173	Paul GM1YUO	09:00	Gordonstoun Sch RT		Sweep out photographer!
H4	Creag Ghlas,		NH038172	Robin GM7PKT	09:30		RV54 Rx 145.675MHz Tx 145.075	(Raynet only position)
H5	Camban	12	NH054184	Steve GM1VAD Kenny RAY02067	10:00	Kintail		
H6	Alltbeithe YH	16	NH079202	Kenny GM1MMK John GM7GNK	10:30	Dundonnell		NB extra MRT point at the ford before Alltbeithe
H7	Meadows (wooden bridge)	19	NH108208	Anne GM4UXX.	11:00	Torridon		R Jack GM4COX
H8	Athnamulloch	21.5	NH134206	Ron GM7BOW	11:30	TBA		Activate link unit only on request from Control station
H9	Forest Boundary (cattle grid)	25	NH158215	Gibby 2M1HLE	12:00	Red Cross		NB Access Road closure at 11:00
H10	White Cottage	27.5	NH180224	Mike MM0EFJ	12:00	From quarry		
	Affric Quarry (AFFRIC CONTROL)	30	NH212240	Norman GM4JNB Lindsey GM0NTI	08:30	Scottish Ambulance Service		R John GM0OTI R Fiona RAY02134
	Talk thro (HILL CONTROL)		NH082192	Chas GM8LMA	08:30			
R1	Dam		NH272276	Alan GM4TXP Mary MM3MEH	12:00	Red Cross		Work locally simplex on 145.225MHz
R2	Dog Falls (ROAD CONTROL)	37	NH283283	Neil GM7RVR	12:00	Red Cross		
R3	Fasnakyle Power Stn	39	NH318296	Campbell GM0JFK	12:00	SAS		

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7 RAYNET LOGISTICS

It is assumed that all RAYNET operators are self sufficient using their own equipment etc. If any member doesn't have necessary equipment for the band etc please contact me ASAP.

Equipment deployed :-

Position	Mast / Antenna / Feeder	Notes
Affric Quarry	2 x masts & dual band & 50m feeder	Need backup radio and take telephone handset!
Dog Falls	1 x mast & dual band & short feeder Group FT8800e	Remember battery!
Athnamulloch	1 x mast & dual band & short feeder Group FT8800e	Steve's kit – switch on by Ron GM7BOW

High Tea!

The infamous High Tea:- the last couple of years we have used **The Steading Bar** – <http://www.thesteadingbar.btinternet.co.uk/> at Kilmartin (about 5 miles from Cannich). As we enjoyed our visit last year I've booked a table for ~ 6:30pm. This is a bit later than normal but they only start serving then; I suggest we gather from about 6pm. The Treasurer (TXP) will have the cheque book for the welcome drinks! ***Partners and friends most welcome.***

West Coast Drinks. The Treasurer will provide GM00MC with an IOU for a round of drinks so if you're at the Morvich end and can't make it round to the Steading Bar find OMC and claim your complimentary drink.