

UHF Radio Instructions

The “**Flinders Ranges by Bike**” (FRBB) cycle trail is a 200km circuit that links Rawnsley Park (Wilpena Pound) in the south to Gum Creek Station (Blinman) in the north.

It is a requirement for groups using the FRBB trail that each group of riders carries and is competent to use a 5 watt UHF battery powered UHF radio. The UHF radio is a valuable means of contacting assistance while riding the trail– but there is no guarantee that you will be able to contact help by UHF radio.

1. **A 5w UHF radio & a spare battery must be carried by each group**
2. **The radio and the spare battery must be tested prior to departure. When transmitting on your radio you cannot receive a response – so you should transmit a message and then wait say 10 seconds for a response. If no response then try again to transmit a message. When you are satisfied that the radio is working properly the radio should then be turned off to conserve the battery. The radio should then only used when reporting to a FRBB member or calling for assistance.**
3. **As a general rule UHF radio is reliable only in ‘line of sight’**
4. **The range of UHF is considerably extended by using ‘repeater’ towers on higher peaks to re-transmit the signal**
5. **There are 40 UHF channels. Channels 9 – 39 can only be used on ‘Simplex’ (line of sight)**
6. **Channels 1 – 8 can be used on ‘Simplex’ or can access repeater towers on ‘Duplex’**
Note: when using ‘Duplex’ you are actually transmitting on a different frequency and the signal is re-transmitted from the repeater tower at the channel shown on your radio. If you transmit using ‘duplex’ in channels 1 – 8, you should get a short static response from the repeater if your transmission activates the repeater.
There are some circumstances where it is preferable to use simplex in order to contact someone within say a 10km radius.
7. **Channel 9 is an emergency channel that should not normally be used**
8. **FRBB recommend that you use Channel 4 when using the trail.**
Most of the station owners use **channel 4 for communications**. There is a repeater tower on Mt Caernarvon that is able to be reached from most of the higher ground along the FRBB trail.
9. The section of trail south of Wilpena Pound is hidden from Mt Caernarvon. You should be able to reach **Rawnsley Park on Channel 13 when south of Wilpena Pound**
10. In the event of no response you should try another channel
The most likely channels to get a response are:
Southern section – Channel 7
Northern Section – Channel 3 or 8
Near Wilpena Resort – Channel 20

In the event of an accident attempt to contact a FRBB member on UHF radio or by messenger (do not leave an injured person alone – remember that a FRBB member will raise the alarm if you do not reach your destination by the prescribed time)