

*The following information is taken directly from ARES Field Manual. METERS strongly recommends each member METERS purchase his or her own copy.*

### **WHAT TO DO FIRST IN CASE OF AN EMERGENCY**

1. Check that you and your family are safe and secure before you respond as an ARES volunteer.
2. Check that your property is safe and secure before you respond as an ARES volunteer.
3. Monitor your assigned local ARES emergency net frequency.
4. Follow the instructions you receive from the ARES officials in charge on the above frequency.
5. Contact your local emergency coordinator, or his/her designee, for further instructions.

### **INITIAL ACTION CHECKLIST**

The net control station and/or ARES officials on the designated emergency net will provide additional instructions, including information on frequencies used for other resources and tactical nets. Normally, a resource net will enroll volunteers and provide information on how you can assist.

- Be prepared to operate. Check all equipment and connections.
- Check-in with your assigned contact. Deploy to assignment with "Go Bag".
- Obtain tactical call sign for your location/assignment.
- Initiate personal event log (use form at end of ARES Field Manual)
- Enter assigned frequency(s) on log sheet and on emergency/frequency plan.
- Use log form to record messages handled.
- Use a formal message form when a precise record is required.
- Use tactical call sign for your location, while observing FCC's ten-minute ID rule.  
(Begin your transmission with your tactical call and end with your own call)
- Monitor your assigned frequency AT ALL TIMES. Notify NCS if you have to leave.