



ZEKE LIFE

How to Make a Radio Call

Mayday

1. Check that your VHF radio is on and high power setting is selected:
2. Select Channel 16 (or 2182kHz for MF)
3. Press the transmit button and say slowly and clearly:

MAYDAY, MAYDAY, MAYDAY

THIS IS SAILING VESSEL ZEKE E BOY, ZEKE E BOY, ZEKE E BOY. NUMBER 1048096.

MAYDAY, THIS IS ZEKE E BOY.

MY POSITION IS...[X degrees, minutes and seconds] LATITUDE and [Y degrees, minutes and seconds] LONGITUDE (or state true bearing and distance from a known point, or general direction.)

I AM... [say nature of distress e.g., SINKING, ON FIRE]

I REQUIRE IMMEDIATE ASSISTANCE.

I HAVE X NUMBER OF PEOPLE ON BOARD A 40' CALIBER SAILBOAT WITH GREEN ACCENTS AND ... (say any other useful information – such as sinking, flares fired, abandoning to liferaft. If time allows, you can also relay your departure point, departure time and the speed at which you were traveling.)

OVER.

4. Now release the transmit button and listen for a reply.
5. Keep listening to Channel 16 for instructions.
6. If you hear nothing then repeat the distress call.
7. Vessels with GMDSS equipment should make a MAYDAY call by voice on Ch 16 or MF 2182 kHz after sending a DSC Distress alert on VHF Ch 70 or MF 2187.5 kHz.

When your MAYDAY call is answered, respond with the name of your boat, the latitude/longitude numbers from your GPS, and why you need help.

HELLO, THIS IS SAILING VESSEL ZEKE E BOY.

MY POSITION IS [X] LATITUDE AND [Y] LONGITUDE.

WE ARE (state the nature of your problem—sinking, flooding, fire, medical emergency etc.)

WE HAVE [X number of people] ONBOARD, OVER.

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Pan-Pan

An international urgency signal that is used as a preface to a VHF transmission when the safety of a person or the boat is in serious jeopardy but no immediate danger exists, but it could escalate into a mayday situation. For example, pan-pan is used in situations in which the boat has a slow leak or the engines are disabled and the boat is drifting toward a rocky shore.

PAN, PAN, PAN.

THIS IS SAILING VESSEL ZEKE E BOY, ZEKE E BOY, ZEKE E BOY. NUMBER 1048096.

PAN, THIS IS ZEKE E BOY.

MY POSITION IS...[X degrees, minutes and seconds] LATITUDE and [Y degrees, minutes and seconds] LONGITUDE (or state true bearing and distance from a known point, or general direction.)

I AM... [say nature of issue e.g., LOSS OF POWER]

I'M OK BUT NEED HELP TO ...

I HAVE X NUMBER OF PEOPLE ON BOARD A 40' CALIBER SAILBOAT WITH GREEN ACCENTS AND ... (say any other useful information – such as sinking, flares fired, abandoning to liferaft. If time allows, you can also relay your departure point, departure time and the speed at which you were traveling.)

OVER.

Sécurité

Sécurité (pronounced SA-CURE-IT-TAY) is a safety signal used as a preface to announce a navigation safety message. This may be an approaching storm, a navigation light failure, a submerged log in a harbor entrance or military gunnery practice in the area.

Sécurité. Sécurité. Sécurité.

THIS IS SAILING VESSEL ZEKE E BOY.

MY POSITION IS...[X degrees, minutes and seconds] LATITUDE and [Y degrees, minutes and seconds] LONGITUDE (or state true bearing and distance from a known point, or general direction.)

WE SAW ... [say nature of issue e.g., APPROACHING STORM, LOG IN HARBOR ENTRANCE, ETC.]

OVER.

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General

Say the *[name of who we are calling]* 3 times. THIS IS ZEKE E BOY. OVER.

Repeat if necessary.

REPLY [X channel #]? OVER.

When responding to a call:

[Name of boat that hailed us]. THIS IS ZEKE E BOY. OVER.

Lifting a Bridge

BICENTENNIAL BRIDGE, BICENTENNIAL BRIDGE, BICENTENNIAL BRIDGE.

THIS IS ZEKE E BOY. OVER.

Repeat if necessary.

CAN WE GET A LIFT? WE'LL BE THERE IN ABOUT [X] MINUTES. OVER.

Wait for a response.

THANKS SO MUCH, HAVE A GREAT DAY. OUT.

Common VHF Terms

OVER: Used when you've finished speaking and are expecting a reply.

ROGER: A quick way to say you understand what someone else is saying. "Roger" comes from the morse code days when "R" indicated "received", and is sometimes understood as "Received Order Given, Expect Results."

WILCO: "Wilco" means simply "will comply". It's often used with Roger as in "Roger Wilco" (message received, will comply).

REPLY: "Reply" is used to change channels, for example changing to a non-emergency or non-commercial channel if using channel 16. Usage is simply Reply + Channel#, as in "Reply 68" (i.e., reply on channel 68).

OUT: Used when you've finished speaking and a reply is not necessary.

*Pro tip: you should never use the phrase "over and out," since the two words mean two opposite things!

SAY AGAIN: Used when you need the speaker to repeat a portion or all of their previous transmission. This term is often used with:

ALL BEFORE...: Everything before whichever word you understood first.

ALL AFTER...: Everything after the word you last understood.

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NATO PHONETIC ALPHABET

	A alpha	B bravo	C charlie	D delta	E echo	
F foxtrot	G golf	H hotel	I india	J juliett	K kilo	L lima
M mike	N november	O oscar	P papa	Q quebec	R romeo	S sierra
T tango	U uniform	V victor	W whiskey	X xray	Y yankee	Z zulu