The Eagle Rock Emergency Practice Net Sponsored by the Eagle Rock Amateur Radio Club every Tuesday night at 2100 hours Mountain Time on the 146.64 MHz repeater (W7JFC), with negative offset. The designated alternate is 146.74 MHz (W7JFC), with negative offset.

Preamble

1 Teamble	
1.	QST, QST, QST. This is the Eagle Rock Emergency Practice Net. This is, acting as net control for this session. My name is
2.	This net meets every Tuesday evening at 2100 hours Mountain Time, on the W7JFC repeater, and is sponsored by the Eagle Rock Amateur Radio Club.
3.	The primary repeater has an input frequency of 146.04 megahertz and an output frequency of 146.64 megahertz and requires a 100 Hz tone.
4.	The designated alternate has an input frequency of 146.14 megahertz and an output frequency of 146.74 megahertz.
5.	The alternate will be used only in case of malfunction of the primary repeater.
6.	The purpose of this net is to familiarize all radio amateurs with net and emergency procedures and to pass any traffic which is legal on amateur radio.
7.	Emergency traffic will be allowed at any time during the net.
8.	We would like to extend an invitation to all licensed radio amateurs to check into this net. We will first call member stations, then missed and late member stations, followed by visitors.
9.	This is a directed net. Please do not transmit unless invited to do so by the net control station. Please check-in with your call sign, and any traffic you may have.
10.	Do we have any bulletins before the roll call begins?
	11. Do we have any other bulletins? (More bulletins, if any)
12.	Hearing none, we will now begin the regular roll call. (Roll call)
13.	This concludes the regular net roll call. Do we have any late or missed members? Call now (Late or Missed Roll Members check-ins)
14.	We will now call for Visitors. Visitors can become regular members by checking into this net 4 times in an 8 week period. Do we have any Visitors this evening? Please Call now. (Visitor check-in)
15.	Do we have any equipment listings, messages, or other traffic for the net? (Equipment, messages, traffic, news items)
16.	This concludes the Eagle Rock Emergency Practice net. Thank you for your participation.
17.	The Eagle Rock Amateur Radio Club invites all amateur radio operators and interested parties to attend our monthly meeting on the first Wednesday of every month, at 7:00 p.m. in person at the College of Eastern Idaho.

Guidelines for the Eagle Rock Amateur Radio Club Practice Net

18. This is ______, acting as the net control station. This repeater is now available for normal amateur use.

- 1. The ERARC practice net is for members and non-members.
- 2. The called member roll consists of participants who check-in at least once every 8 weeks.
- 3. Participants who miss 8 weeks in a row will be moved to an inactive list that will not be called.
- 4. To be returned to the regular roll call, members on the inactive list only need to check in once as a missed or late member. The following week they will be back on the regular roll call.
- 5. New participants can be listed on the regular roll call after checking into the net as a visitor 4 times in an 8 week period. On the following week after the 4th check-in they are to be listed as a member on the regular roll.
- 6. Please record Visitors in the visitor log, get their name if possible.
- 7. Please do not check-in for another person, this defeats the purpose of a practice net. If they are sitting near you, hand them the mike and let them check-in for themselves.

The purpose of the net is to practice net protocol, pass any traffic that is legal on amateur radio, to check equipment, and to overcome the fear of talking on the radio.