

THE SSB

Good reception is essential





PART 1

The antenna

3 options

1. The antenna of the receiver

The receiver is supplied with a metal antenna on which a wire is to be fastned and extended outside the boat as vertical as possible. **This sytems is not the most efficient but can be used as a backup system.**

2. The metal guying

Connecy the metal antenna of the receiver and a chainplate bolt with electric cable. **This system works well on boats whose mast is not in touch with the metallic base of the VHF antenna..**

3. A « DIY » antenna

An antenna made of a single piece of electrical cable (without connection, even welded), running vertically along the shrouds without being to close to the mast. It si necessary to shield the part of the antenna that is inside the boat. In practice, a coaxial cable (ideally with a single-stranded core) whose braid is removed from the outer part, is used. The cable must go up the shrouds without turning. The (mono) jack used to connect the antenna to the receiver must have the tip connected to the cable and the other pole to the shielding braid.

- *NB : it is possible to add a balun between the antenna and the receiver. The function of this device is to minimize the interference. Grouding of the balun is necessary. For this, you connect it to a keel bolt or a cable draging in the water during the session.*



PART 2

The receiver

Of course, the receiver must cover the range of frequencies on which the radio link-up is performed (4 to 20 Mhz), Fine tuning is essential.

2 common models: Sangean ATS 909, Sony ICF SW7600

2 other models: Icom R20, Nasa HF3

The receiver must be powered by batteries, not by the boat's circuit (to avoid being disturbed by other devices).

On the receiver, make sure that the reception mode is USB (see the manual of the device notice to select it).

Register the different frequencies in memory. If you cannot hear the session on the lowest frequency,, go to the higher frequency,



PART 3

The auditor

Connect a digital recorder (dicatphone) to the audio output of the receiver so that you can replay the session.

Listen to the session with a supra-auricular headset. Have back-up in-ear headphone.

If your receiver only have one audio output, use a Y cable to connect both the digital recorder and the headphones.

Perform the fine tuning of the frequency at the beginning of the session and then adjust if the reception is degrading.

Bonus

Organisation of the session

The start of the session is announced with music. It allows you to make adjustments and prepare the recording.

Denis eventually communicated messages related to the race (safety or other, urgent personal messages related to the race).

Then comes the weather report in French and then in English. You have the general situation and the areas. Only the areas of interest for the racing strategy are detailed. For each area, information is still given in the same order and Denis repeats them.

Model weather report per area

AREA :	XX				
Date	D	D+1	D+1	D+2	D+2
Hour	12 H utc	00 H utc	12 H utc	00 H utc	12 H utc
Wind direction	<i>General orientation</i>				
Wind speed	<i>In knots</i>				
Sea	<i>If moderate or more</i>				
Swell	<i>If significant, in meters</i>				
Swell direction	<i>If significant</i>				
Sensible weather	<i>Storms for example</i>				
Pressure	<i>In Hpa</i>				
More	<i>Any relevant information</i>				

Bonus

Organisation of the session

Then come the rankings, starting either with protos or production boats, depending on the day. The rankings are given with the NM to go.

At last, Denis may communicate an important message related to the race, eventually directly intended for one competitor.

Listening to the session is therefore essential for performance, but also for safety (yours and the others').

Tuto in video (with subtitles available) [here](#) :

Monaco Radio frequencies [here](#) :