



**Sign in**  
Send an SMS with the text „para start sl“ (without quotes) to the CCSS phone number.  
**You must sign in EVERY DAY**  
**Report back immediately after landing**  
Send an SMS with the text „para stop“ (without quotes) to the CCSS phone number.  
You can add additional information after „para stop“ to the message.  
**You must report back EVERY DAY also if you decided not to fly !**

**Pls. contact us, if you do not get a confirmation message !!**

**CCSS phone number 079 381 60 10**  
**PMR Chanel 8-38**

**Fabrice Thiebaud 078 902 83 55**  
**Martin Scheel 079 44 55 163**  
**Samuel Zurbruggen (Tracker) 079 922 29 82**

**Emergencies**  
**REGA (Rescue Helicopter) 1414**  
**Ambulance / Rescue Helicopter 112**

