



**Contacts**  
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**Radio (PMR) 7-38**  
To enter manually: 446.08125 / 250.3 rt-cdc  
2-m: 157 400 (bad coverage)  
**Emergency Numbers**  
International Emergency Number 144  
REGA Ambulance Helicopter Rescue 1414  
(foreign pilots +41 333 333 333)

**In Emergencies**  
Secure scene of incident  
Alarm help  
- big injury: phone directly to the REGA  
- small Problems (tree landing): phone to us  
First aid  
Who? What happend? Where? Special dangers?  
Airway - Breathing - Circulation

**Report back immediately after landing**  
Send an SMS with the text „para stop“ (without quotes) to the number +41 79 381 60 10.  
**Or report back with the Task App**  
You must report back every day  
You must report back if you landet in goal.  
You must report back if you decided not to fly.

**Confirmation message**  
You will get an automatic confirmation message  
**Pls. contact us, if you do NOT get a confirmation message!**

**Problems**  
If the system doesn't work, please call the race office.