From Radio Amateurs of Canada (RAC) https://www.rac.ca/60metres/

Amateur Radio 60m Operations Information

60 Meter Amateur Radio Band Channels Date: January 22, 2014

On July 28, 2022, our regulator – Innovation, Science and Economic Development Canada (ISED) – updated "RBR-4 – Standards for the Operation of Radio Stations in the Amateur Radio Service". This update gave Amateurs in Canada two new bands: 472-479 kHz (630 metres) and 5351.5-5366.5 kHz in the 60 metre band

Note: Each channel has an **effective bandwidth of 2.8 kHz**

Channel Center	Amateur CARRIER Tuning Frequency
5332 kHz	5330.5 kHz
5348 kHz	5346.5 kHz
5358.5 kHz	5357.0kHz
5373 kHz	5371.5 kHz
5405 kHz	5403.5 kHz It is important to note that the frequencies shown above in the green area of this chart are *suppressed carrier frequencies* -- the frequencies that appear in your transceiver's tuning display when your transceiver is in the USB mode.

Power Limitation

How much power?

Amateurs in Canada are limited to running 100 watts ERP – that is 100 watts radiated from a dipole antenna. If your antenna has more gain than a dipole, you must reduce your power accordingly to stay within the limit.

We have an unusually generous power limit in Canada. Most countries limit Amateurs to running 15 watts EIRP – that is 15 watts into an isotropic radiator. There are a few countries that have more generous power limits and also some that allow no operation on 60 metres whatsoever

Staying on the Correct Frequency

How can I be sure I'm on the right frequency?

There are two concerns here. One is your suppressed carrier radio frequency and the other is your audio frequency bandwidth. There's apparently some confusion between the two as they involve using these new channels.

The channels that Industry Canada has allocated for the Amateur Radio Service are 5332, 5348, 5358.5, 5373 and 5405 kHz. These are channel-centre frequencies, not the ones you'd tune your radio to unless using CW or PSK31. Amateurs "must assure that their signal is transmitted on the channel-centre frequency." This means the Amateur signal must be centred within the 2.8-kHz-wide channel.

Amateurs should tune 1.5 kHz below the centre-channel frequencies to be "on channel" using USB and Pactor III. Amateurs need to be sure that the tuning display readout reflects transmitted (ie, carrier) frequency (most do). Consult your transceiver's manual if you're not sure.

When operating SSB, upper sideband will be the convention to follow on the 60m band. Other modes that are permissible will be CW, Data (including PSK 31 and Pactor III) and RTTY

CW Mode

If you are operating on CW, you may set your transceiver to any of these frequencies:

- 5332 kHz exactly
- 5348 kHz exactly
- 5351.5 to 5366.5 kHz – you may freely move around within this narrow 15 kHz-wide band
- 5373 kHz exactly
- 5405 kHz exactly

If you are using SSB, please remember that the convention is to use Upper Sideband (USB) on 5 MHz. If you are using digital modes, such as FT8, you also use the USB mode on your transceiver.

SSB Mode

When using USB voice or any digital mode, please set your transceiver to any of these frequencies:

- 5330.5 kHz exactly
- 5346.5 kHz exactly
- 5351.5 to 5363.7 kHz – you may freely move around within this narrow 15 kHz-wide band
- 5371.5 kHz exactly
- 5403.5 kHz exactly

FT8 Mode

Note: Digital mode activity, including FT-8, is centred on 5357 kHz. That is the frequency to which you set your transceiver while using USB to transmit digital data.

Many countries have different or additional frequency assignments for Amateurs. You are allowed to listen on other frequencies for Amateurs, but you may only transmit on those frequencies authorized for Amateurs in Canada. Transmitting on one frequency and listening on another is called “working split”. “Working split” is quite common on 60 metres, especially on CW.