

**Virtual Air Traffic Simulation Network (VATSIM)  
United States Division  
Fort Worth vARTCC (ZFW)**

**Sweatbox Training with Voice Channels**

The following VOX settings can be used within VRC during training sessions to use the features of network comms during sweatbox sessions

- Channel Name: ZFW Training
- Freq: 199.995
- VOX server: rw.liveatc.net
- VOX Channels
  - Primary: ZFW\_T\_01
  - Secondary: ZFW\_T\_02
  - Tertiary: ZFW\_T\_03

During the session, the trainee and trainer should select their appropriate Primary Frequency, but leave SPKR/HDST uncheck in the comms panel. To use VRC comms, the trainee and trainer should check TX, RX, and SPKR/HDST in their comms panel on the training channel.