

# Polar RC3 GPS™

Getting Started Guide

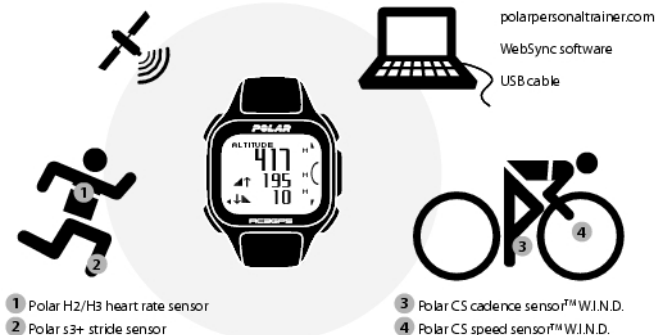
**POLAR**®  
LISTENS TO YOUR BODY

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# 1. INTRODUCTION

Congratulations on the purchase of your Polar RC3 GPS training computer! The RC3 GPS offers you an all-in-one system to guide you in your training.



The full user manual and the latest version of this getting started guide can be downloaded at [www.polar.com/support](http://www.polar.com/support). For video tutorials, go to [http://www.polar.com/en/polar\\_community/videos](http://www.polar.com/en/polar_community/videos).

## The Training System



With an integrated GPS unit the **Polar RC3 GPS training computer** provides speed, distance, altitude, ascent and descent data, as well as route information at the [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service, in all outdoor sports using Global Positioning System (GPS) technology.



*If you purchased a set which does not include a heart rate sensor, turn it off in the Sport Profile settings. For instructions, see Preparing.*



Connect the Polar RC3 GPS training computer to your computer with a **USB cable** to charge the battery and to transfer data between the training computer and the [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service.



Transfer your training data to the [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service for a deeper analysis of your training. You can also create and download your own targets and Polar Endurance training programs onto to your training computer and utilize them in your training.

## Available Polar Accessories

With the help of Polar accessories, you can enhance your training experience and achieve a more complete understanding of your performance.



The RC3 GPS training computer is compatible with **H2** and **H3 heart rate sensors**. The comfortable heart rate sensor detects your heart rate accurately from the heart's electrical signals and sends the data to the training computer in real time.

The heart rate sensor consists of a connector and a strap.

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**s3+ stride sensor** transmits running speed/pace and distance data to the training computer. It also measures running cadence and stride length.

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**CS speed sensor W.I.N.D.** wirelessly measures distance and your real-time, average and maximum cycling speed/pace.

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**CS cadence sensor W.I.N.D.** wirelessly measures your real-time, average and maximum cycling cadence as revolutions per minute.



*Data from all compatible sensors is sent wirelessly to the training computer over the 2.4 GHz W.I.N.D. technology, proprietary to Polar. This eliminates interference during training.*

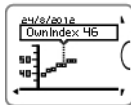
## Menu Structure and Button Functions

In time view press UP to enter **MENU**. Browse the menu structure with UP/DOWN and enter with START.



- Select **Data** to view all the saved training information.
- Select **Settings** to modify sport profiles, heart rate settings, user information, general settings, and watch settings.

- Select **Fitness test** to start the test or view the results. Polar Fitness Test measures your aerobic fitness at rest in five minutes. The result, Polar OwnIndex, evaluates your maximal oxygen uptake ( $VO_{2max}$ ). Perform the test in every 6 weeks and see how you progress.



### **LIGHT**

- Illuminate the display
- **Press and hold** to enter **QUICK MENU**:  
In time view lock buttons, set alarm or select time zone. During training lock buttons, search sensor, adjust training sounds, set automatic lap on/off, show GPS info or show zone limits.

### **BACK**

- Exit the menu
- Return to previous level
- Leave settings unchanged
- Cancel selections
- **Press and hold** to return time mode from any other mode.

### **UP**

- Move through selection lists
- Adjust a selected value
- **Press and hold** to change the watch face.

### **START/OK**

- Confirm selections
- Start training session
- Take a lap
- **Press and hold** to set zone lock on/off in training mode.

### **DOWN**

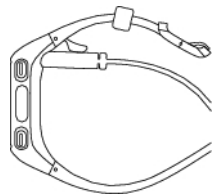
- Move through selection lists
- Adjust a selected value
- **Press and hold** to switch between Time 1/  
Time 2.

## 2. PREPARING

### Charge the Battery

The RC3 GPS has an internal, rechargeable battery. Charge the RC3 GPS via a USB connection on your computer by using the USB cable that comes with the product set. If you want to plug the USB connector to a wall outlet, use a USB power adapter (not included in the product set).

1. Plug the micro USB connector into the USB port in the RC3 GPS.
2. Plug the USB connector into a computer USB port. It is recommended not to use USB hubs because a USB hub may not supply enough power for the RC3 GPS.
3. The charging animation appears on the display. Fully charging the battery takes up to 1,5 hours.
4. When the RC3 GPS is fully charged, **Charging complete** is displayed. Disconnect the cable.





The RC3 GPS goes to basic settings after the first charge. To enter the basic settings during the charge, press any button.



*Use a USB 1.1/2.0 compliant cable included in the set package. The charging time may be prolonged if you charge from a USB hub.*

## Enter Basic Settings

Enter as accurate data as possible to ensure correct feedback based on your performance.

1. First, select your language. Confirm your selection with **START**.
2. **Please enter basic settings** is displayed. Press **START** and start entering your personal data by using the **UP/DOWN** buttons and confirm your selections with **START**.

3. After completing the basic settings, adjust your activity level and maximum heart rate at **Settings** > **User information**, if necessary.



*It is important that you are precise with the Basic Settings, especially when setting your weight, height, date of birth and sex, as they have an impact on the accuracy of the measuring values, such as the heart rate limits and calorie expenditure.*

For detailed information on the settings of RC3 GPS, consult the full user manual at [www.polar.com/support](http://www.polar.com/support).

## Adjust the Sport Profile Settings

The **Sport Profile** feature helps you start your training session with ease. The RC3 GPS provides five sport profiles; one for running, two for cycling and two for other sports.

Adjust the settings for the sport profiles to suit your training needs in **MENU > Settings > Sport Profiles**. You can, for example, activate the sensors you want to use in the sport. Then when you start a training session using the sport profile, the RC3 GPS detects the needed sensors automatically.



*The heart rate sensor is on by default in every sport. Due to this, the RC3 GPS will automatically start searching for the heart rate sensor signal once you press **START** in time view. If you purchased a set which does not include a heart rate sensor, turn it off in **MENU > Settings > Sport Profiles > Running > Heart rate sensor > Off**.*

When you activate an optional sensor (s3+ stride sensor, CS speed sensor W.I.N.D. or CS cadence sensor W.I.N.D.) for the first time, it needs to be paired with the RC3 GPS. For more information on the sport profile settings and pairing a sensor with the RC3 GPS, see the full user manual at [www.polar.com/support](http://www.polar.com/support).

## 3. TRAINING

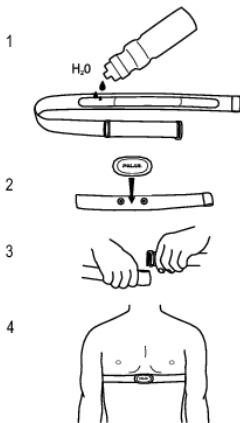
### Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.




*Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.*



## Start a Training Session

Start a training session by pressing START.

 *If you purchased a set which does not include a heart rate sensor, and you have set the heart rate sensor off in the Sport Profile settings, skip points 1 and 2 and go straight to point 3.*



1. Wearing the RC3 GPS and the heart rate sensor, start by pressing START. **Searching for new heart rate sensor** is displayed. The RC3 GPS searches for a heart rate sensor signal.



2. **Heart rate sensor found** is displayed, once the RC3 GPS finds the signal. This action is called pairing and is performed only once to the heart rate sensor. Pairing ensures that your RC3 GPS receives signal from your heart rate sensor only, and enables interference-free training when there are other training computer's around.



3. The RC3 GPS enters the pre-training mode. Select the sport profile you want to use by browsing with UP/DOWN.

If you have activated the GPS function and/or an optional sensor in this sport profile, the RC3 GPS will automatically start searching for the signal.

To catch satellite signals, go outdoors and away from tall buildings and trees. In good conditions, acquiring satellite signals for the first time typically takes 30-60 seconds. RC3 GPS will find the signals faster if you keep it immobile during the search.



4. The check mark indicates that the signal is found. In this image the RC3 GPS has found the heart rate sensor signal and the GPS signal. If the RC3 GPS does not find the signal, the display shows a triangle with an exclamation mark.

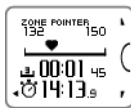
Once the RC3 GPS has found all the signals, press START.

**Recording started** is displayed, and you can start recording your training session.

## Training Functions



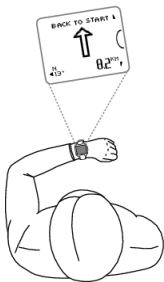
Training in **Polar sport zones** is an easy way to follow your intensity during training. The **Zonepointer** feature shows the sport zone you are currently training in with a heart symbol that moves on the scale according to your heart rate.



You can lock your target sport zone for a training session. When your heart rate goes below or above the target sport zone, the RC3 GPS gives a visual and audible alarm.



*Utilize the **ZoneOptimizer** feature during your warm-up to personalise your training zones. The ZoneOptimizer feature adjusts your sport zones based on your heart rate variability.*



The **Back to starting point** feature guides the way back to your starting point. When you start a training session, the training computer saves your location as your starting point. When it is time to return to your starting point, do the following:

- Browse to the BACK TO START-view.
- Keep the RC3 GPS in a horizontal position in front of you ("POLAR" logo facing forward).
- Keep moving in order for the RC3 GPS to determine which direction you are going. An arrow will point in the direction of your starting point.
- To get back to the starting point, always turn in the direction of the arrow.
- The RC3 GPS also shows direction coordinates and the direct distance (beeline) between you and the starting point.

 *Always keep a map handy in case the RC3 GPS loses the satellite signal or the battery runs out.*

See the full user manual at [www.polar.com/support](http://www.polar.com/support) for detailed instructions on using **Polar sport zones**, **ZoneOptimizer** and **Back to starting point** feature.

## Button functions

- Change the training view on display by browsing with UP/DOWN.
- Access the **QUICK MENU** by pressing and holding LIGHT for two seconds.
- Record a lap by pressing START.
- Lock a zone by pressing and holding START.
- Pause your training session by pressing BACK.
- Stop training recording completely by pressing BACK twice.

For further information on functions during training, consult the full user manual at [www.polar.com/support](http://www.polar.com/support).



## 4. ANALYZING

The **Training Benefit feature** helps you better understand the effectiveness of your training. This feature requires the use of the heart rate sensor. After each training session you get textual feedback and a summary of your performance providing that you have trained at least a total of 10 minutes in the sport zones.

You can see details on your training sessions by selecting **MENU > Data > Training files.**



For a deeper analysis of your training, transfer the training data to the [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service using the USB cable and WebSync software.

You can download the WebSync software from [www.polarpersonaltrainer.com](http://www.polarpersonaltrainer.com) after you have registered to the web service. Using the [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service is free of charge.

With the **polarpersonaltrainer.com web service** you can

- see your training route
- share your training result as your status update in a social network
- challenge your friends to virtual sports competitions
- get more detailed information on your training feedback
- store your training files and follow up your progress
- follow your training load and recovery in the training diary
- create and download the Polar Endurance training programs onto to your training computer and utilize them in your training, and
- create your own training targets

For more information on the functions in the polarpersonaltrainer.com web service, consult the online help for polarpersonaltrainer.com.

With **WebSync software** you can

- synchronize and transfer data between your RC3 GPS and polarpersonaltrainer.com,
- adjust your RC3 GPS settings, and
- customize your RC3 GPS display for example with your own logo.

For more information on data transfer and other functions in the WebSync software, consult the full user manual at [www.polar.com/support](http://www.polar.com/support) or the online help for WebSync.

# 5. IMPORTANT INFORMATION

## Caring for Your Product

### Training computer

Keep your training computer clean. Use a damp paper towel to wipe dirt from the training computer. To maintain the water resistance, do not wash the training computer with a pressure washer. *Do not immerse the training computer in water.* Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.



*Not suitable for bathing or swimming. Protected against wash splashes and raindrops. Do not immerse the training computer in water. Using the training computer in excessive rainfall may cause interference on GPS reception.*

### Heart rate sensor

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.



*Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!*

## **CS speed sensor, CS cadence sensor and s3+ stride sensor**

Clean the sensors with a mild soap and water solution and rinse them with clean water. To maintain the water resistance, do not wash the sensors with a pressure washer. *Do not immerse the CS speed sensor, CS cadence sensor or s3+ stride sensor in water.* Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Avoid hard hits to the sensors, as these may damage the sensor units.

### **Storing**

Keep your training computer and sensors in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the training computer to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

It is recommended to store the training computer partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training computer for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

Dry and store the strap and the connector separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

### **Service**

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement for the heart rate sensor, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit [www.polar.com/support](http://www.polar.com/support) and country-specific websites.

Register your Polar product at <http://register.polar.com/> to ensure we can keep improving our products and services to better meet your needs.

## **Battery Information**

### **Training Computer**

The training computer contains a rechargeable battery. Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices at the end of the working life of the product. Do not dispose of this product as unsorted municipal waste.

Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies by use and operating conditions. The battery will be 70-80% full after one hour of charging. Charging the battery fully takes up to 1,5 hours.

## Battery operating time

- in continuous use when recording a training session with the GPS function ON: up to 12 hours
- in continuous use when recording a training session with the GPS function OFF: up to 1700 hours
- when you train on average 1h/day, 7 days/week:
  - with the GPS function ON: up to 11 days
  - with the GPS function OFF: up to 120 days
- when only the time view is used: up to 4 months

The operating time varies depending on operating conditions (e.g. high or low temperatures) and battery aging. The operating time is significantly reduced in temperatures well below freezing. Wearing RC3 GPS under your overcoat helps to keep it warmer and to increase the operating time.

To learn when to recharge the battery, see the full user manual at [www.polar.com/support](http://www.polar.com/support).

## Heart Rate Sensor

The Polar heart rate sensor has a user changeable battery.

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one to ensure the water resistance of the connector.

You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at [www.shoppolar.com](http://www.shoppolar.com).

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

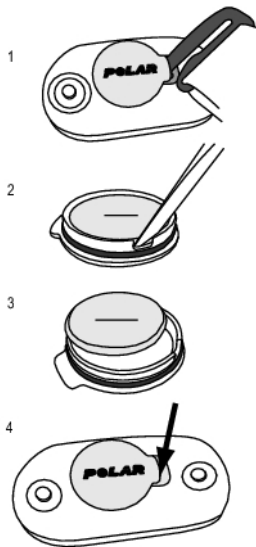
### To change the battery:

1. Lever the battery cover open by using the bracket on the strap.
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert a new battery (CR 2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into its place. You should hear a snap.

Keep the batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.



Danger of explosion if the battery is replaced with wrong type.



## Precautions

The Polar RC3 GPS training computer shows your performance indicators. The RC3 GPS is designed to indicate the level of physiological strain and recovery during and after an exercise session. It measures heart rate, speed and distance. It also measures running cadence when used with s3+ stride sensor and cycling cadence when used with a CS cadence sensor W.I.N.D.. No other use is intended or implied.

The RC3 GPS should not be used for obtaining environmental measurements that require professional or industrial precision.

**Minimizing risks when exercising:** Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**



**Note!** If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

**If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product,** check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.



*The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the heart rate sensor.*

*If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training computer under the sleeve of your jacket, directly on your skin.*

**Disturbance may occur near electrical devices.** Also WLAN base stations may cause interference when training with Polar training computer. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see [www.polar.com/support](http://www.polar.com/support).

## Technical Specifications

### Training computer

Battery type:	250 mAh Li-Pol rechargeable battery
Operating time:	up to 12 hours in continuous use
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Training computer materials:	PMMA lens with hard coating in top surface, training computer body (ABS+GF)+TPU / (PC+ABS)+GF / (TPU+PC) +TPU / ABS+PC / Aluminium / Stainless steel
Wrist strap and buckle materials:	Polyurethane (TPU) and stainless steel
Watch accuracy:	Better than $\pm 0.5$ seconds / day at 25 °C / 77 °F temperature
GPS accuracy:	distance $\pm 2\%$ , speed $\pm 2$ km/h
Sample rate:	1 sample/sec
Altitude accuracy:	$\pm 20$ m
Accuracy of heart rate monitor:	$\pm 1\%$ or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240 bpm

Current speed display range:	0-36 km/h or 0-22.5 mph (when measuring speed with s3+ stride sensor) 0-127 km/h or 0-79 mph (when measuring speed with CS speed sensor) 0-303 km/h or 0-188.5 mph (when measuring speed with GPS)
Water resistance:	Water proof IPX7 Not suitable for bathing or swimming. Protected against wash splashes and raindrops.

### Training computer limit values

Maximum number of files:	99
Maximum time recorded to file:	99 h 59 min 59 s
Maximum number of laps recorded in one training session:	99 (per exercise)
Maximum number of automatic laps recorded in one training session:	99 (per exercise)
Total distance:	99999,99 km / 99999,99 mi
Total duration:	9999 h 59 min 59 s
Total calories:	999 999 kcal
Total exercise count:	65535

## Heart rate sensor

Battery life:	1600 hours of use
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 0.90 Material Silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	ABS
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester
Water resistance:	30 m Polar heart rate sensor is water resistant but will not measure heart rate in water due to its transmission frequency.

## System Requirements for Polar WebSync Software

Operating system: Microsoft Windows XP/Vista/7 or Mac OS X 10.5 (Intel) or newer

Internet connection

## Patented Technologies

The Polar RC3 GPS training computer applies the following patented technologies, among others:

OwnIndex® technology for the Fitness Test.

OwnCal® personal calorie calculation.

## Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.

- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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Polar Electro Oy is a ISO 9001:2008 certified company.

## CE 0537

This product is compliant with Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at [www.polar.com/support](http://www.polar.com/support).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive

2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

Regulatory information is available at [www.polar.com/support](http://www.polar.com/support).

To see the RC3 GPS specific certification and compliance markings go to **MENU > Settings > General settings** and press LIGHT -button long.

## **Compliance Statement**

### **Canada**

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

### **Industry Canada (IC) regulatory information**

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

### **Avis de conformité à la réglementation d'Industrie Canada**

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### **Class B digital device notice**

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

### **USA**

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

### **FCC regulatory information**

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

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### **Disclaimer**

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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