POLAR G5 GPS SENSOR

User Manual

POLAR®

LISTENS TO YOUR BODY

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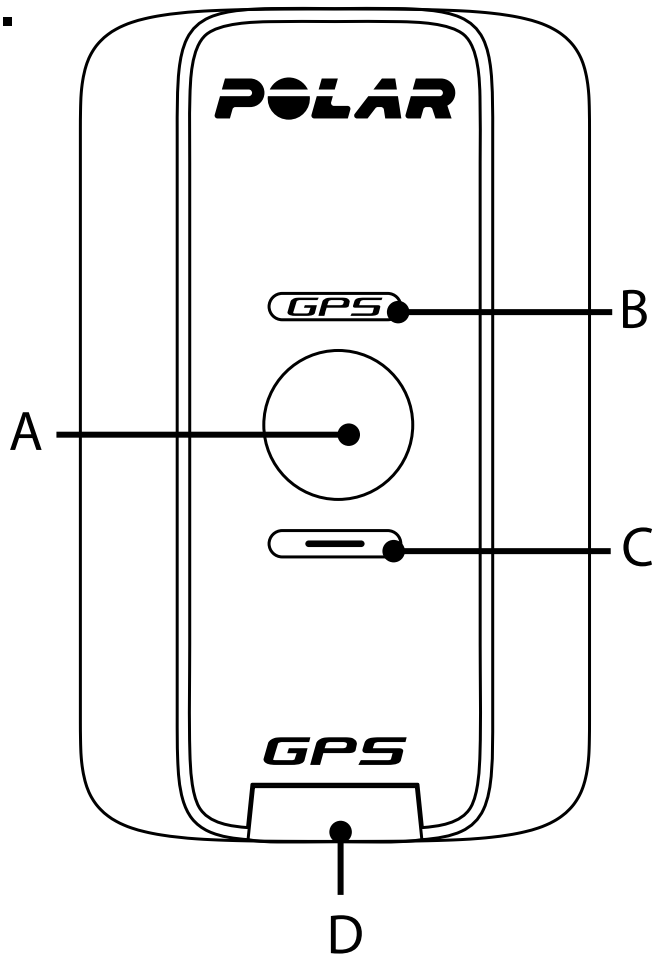

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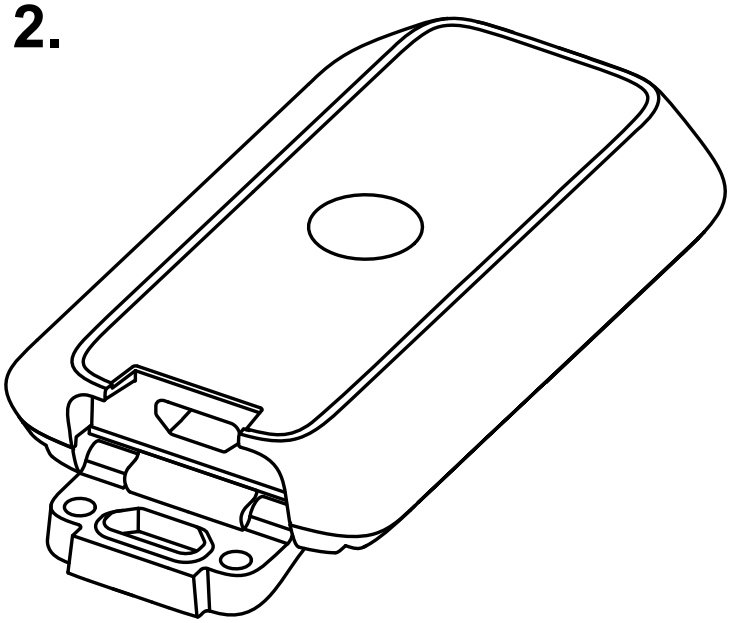

ENGLISH

Congratulations! You are now a proud owner of a Polar G5 GPS sensor. G5 provides speed, distance and location data, as well as route information in all outdoor sports using Global Positioning System (GPS) technology.

Signals that GPS satellites transmit to earth, indicate the location of the satellites. G5 receives the signals and determines your location by measuring the distance between itself and the satellites. There are at least 24 active GPS satellites orbiting around earth at all times. To get a reliable location reading, G5 combines the signals from at least four satellites.

G5 uses 2.4 GHz Polar W.I.N.D. wireless transmission technology to transmit the data to a compatible Polar training computer, which records and displays the data. Depending on the model of your training computer, the route information can be viewed on a map either in the polarpersonaltrainer.com web service or in Polar ProTrainer 5 software.

For instructions on using G5 with your training computer, see the user manual for the training computer in question. For instructions on viewing the route information on a map, see the software help.

The latest version of this user manual can be downloaded at www.polar.com/support.

For a video tutorial, go to www.polar.com/en/polar_community/videos.

Overview of Polar G5

G5 contains the following parts. See picture 1 on the front cover.

- Power key (A)
- GPS signal LED (B) shows GPS signal fix or searching
- State of charge LED (C) shows the battery's state of charge
- Micro USB port (D)

Charging the Battery

G5 has an internal, rechargable battery, which cannot be removed.

Using the **USB to micro USB** charger cable that comes with the product set, charge G5 via a USB connection on your computer. If you want to plug the USB connector to a wall outlet, use a USB power adapter.

1. Plug the micro USB connector into the USB port in G5 (picture 2 on the front cover).
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 G5.

3. The state of charge LED light is static red while charging. If the battery is completely discharged, it may take some time before the light turns on.
4. Charging the battery full takes up to two hours. When G5 is fully charged, the LED light is static green. Disconnect the charger cable.

Troubleshooting

- If the light does not turn on when charging the battery, try another USB port on your computer.
- If the state of charge LED flashes in red and green instead of being static red when charging the battery, the battery is damaged. In this case, contact an authorized Polar Service Center.

Battery Information

The state of charge LED (picture 1c) gives an indication of the charge status of the battery when G5 is on. These are the values of the LED light colors:

- Green: 20-100% of the total charge left.
- Orange: 5-20% of the total charge left. You should recharge the G5 soon.
- Red: less than 1 hour of the total charge left. You should recharge the G5.
- If no light is visible, the battery is out of power and you must recharge the G5 to use it.

Recharge G5 as instructed in chapter *Charging the Battery*. The battery will be 70-80% full after one hour of charging. Charging the battery fully takes up to two hours.

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 operating time varies depending on operating conditions (e.g. high or low temperatures) and battery aging. The operating time is approximately 20 hours in continuous use. When G5 is unused, the operating time reduces approximately by one hour per week. Therefore, it is recommended to recharge G5 after being unused for a longer period. The operating time is significantly reduced in temperatures well below freezing; wearing G5 under your overcoat helps to keep G5 warmer and to increase the operating time.

This device 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.

Pairing Polar G5 with Training Computer

G5 must be paired with your training computer in order to receive speed, distance and location data. For further information on pairing, see the user manual of the training computer in question. Please note that pairing may be referred to as teaching in the user manual.

Wearing the Armband

Please follow the pictures on the back cover.

1. Encase the G5 into the armband pocket, the USB port against the bottom of the pocket. Check that the LEDs and the power key are visible through the window.
2. Pull the pocket's upper edge over the G5 (picture 3). G5 is securely positioned when the pocket's upper edge covers the top of it (picture 4).
3. Place the G5 and the training computer on the same arm. Position the armband around your upper arm or forearm and fasten (pictures 5 and 6). Make sure that the "POLAR" logo on the armband is in an upright position.

Wearing the GPS Clip

Please follow the pictures on the back cover.

1. Position the G5 with “POLAR” logo upright above the clip and snap it in place (1).
2. Attach the clip to your clothing on the same side of your body as the arm in which you

are wearing your training computer, for example to your waistband or belt (2.).

Check that the clip is attached securely to keep it from falling off accidentally.

Place it upright, so that the “POLAR” logo is facing upwards, enabling the GPS signal to be as clear as possible.

Attaching the G5 in the clip away from your body, to your backpack for example, can cause breaks in the signals between the training computer, the G5 and the satellite reception. Therefore the GPS information in your training data could become inaccurate.

3. To remove the G5 from the clip (3): Hold the clip by the side edges with the “POLAR” logo facing you. Snap the G5 out of the clip by pushing it with your other hand.

Using Polar G5

1. To turn G5 on, press the power key for one second and release. Both LEDs flash twice in green to indicate the activation.
2. The GPS signal LED flashes in red as G5 searches for satellite signals. 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. G5 will find the signals faster if you keep it immobile during the search.

3. The GPS signal LED flashes in green when the signals are found and your location is determined. Your G5 is now ready for action.
4. To turn G5 off, press the power key for one second. The power switches off automatically if G5 cannot locate satellite signals or the location does not change for 60 minutes.

For instructions on how the data is displayed on your training computer, please see the corresponding user manual.

If speed or distance readings are incorrect or irregular, something in your surroundings may be blocking satellite signal reception (e.g. underpasses, tall buildings, terrain or forested areas). If the sensor cannot locate the satellite signals, it will not be able to calculate its location. Distance is measured between the last location before the shadow area, and the first location after the shadow area in a straight line. Note that the GPS reception does not work indoors.

Care and Maintenance

Like any electronic device, G5 should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

- Clean G5 with a mild soap and water solution. Dry it with a towel. Never use alcohol or abrasive materials (steel wool or cleaning chemicals). Never put G5 in a washing machine or drier.
- Due to the textile nature of the armband, its life time may not reach the life time of G5. Follow the instructions carefully to maximize the life time. Wash the armband only when necessary. Hand wash only. Do not use detergent with bleach or fabric softener. Do not dry-clean. Do not spin-dry or iron.
- Take G5 out of the armband after use. Keep G5 and the armband in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Do not expose to direct sunlight for extended periods.

Parts of G5 are magnetic. It may attract metallic materials and it's magnetic field may interfere with a compass. To avoid interference, it is recommended to wear your compass on one arm and your G5 with the training computer on the other arm. Do not place credit cards or other magnetic storage media near G5, because information stored on them may be erased.

Service

During the warranty period, service the product at an authorized Polar Service Center only. The warranty does not cover damage caused by unauthorized service. See Limited International Polar Guarantee.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country specific websites.

Technical Specifications

Transfer frequency	2.4 GHz
Battery type	500 mAH Li-Pol rechargeable battery
Operating time	approximately 20 hours
Operating temperature	-10°C to 50°C / 14°F to 122°F
Accuracy (Distance)	+/-2%
Accuracy (Speed)	+/-2km/h
Samplerate	1 sample/sec
Water resistance	IPX7*
Armband material	Polyurethane 50%, Neoprene 25%, Nylon 25%, stainless steel
*Not suitable for bathing or swimming. Protected against wash splashes and raindrops. Do not wash with a pressure washer.	

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.

CE

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.

Regulatory information is available at 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.

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 approué 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.

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

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.
- Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

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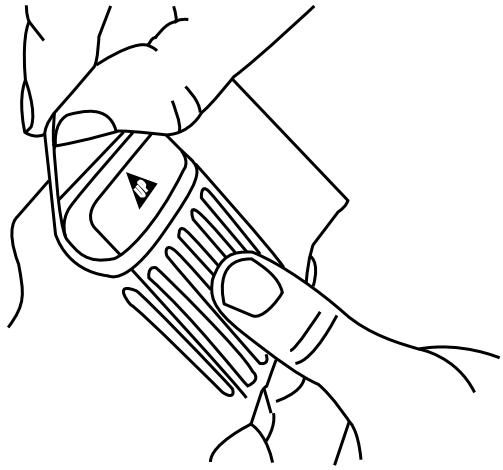

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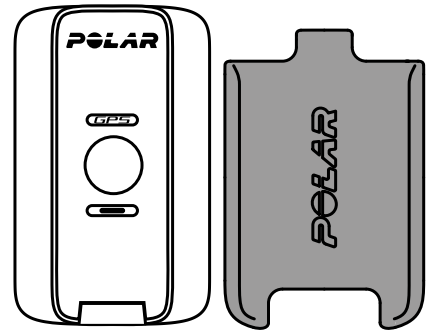

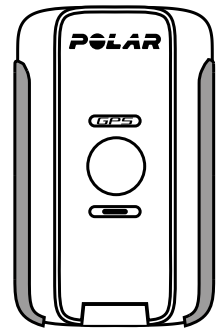

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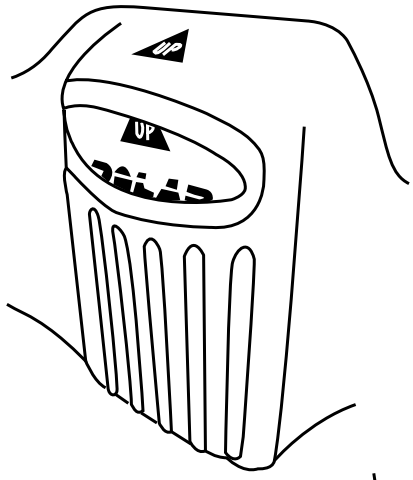

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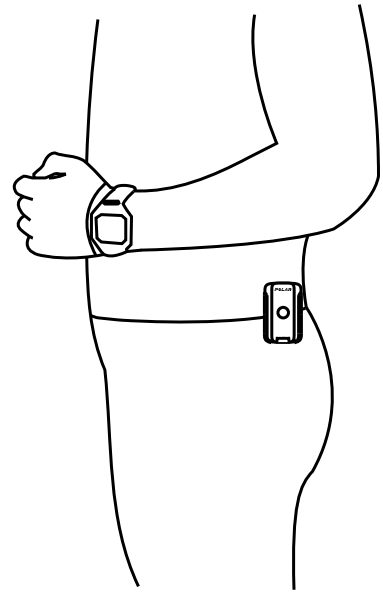

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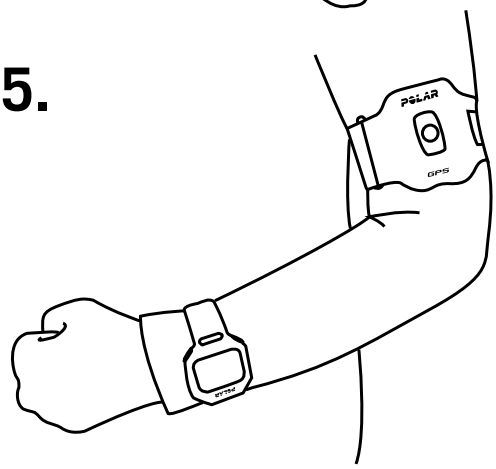

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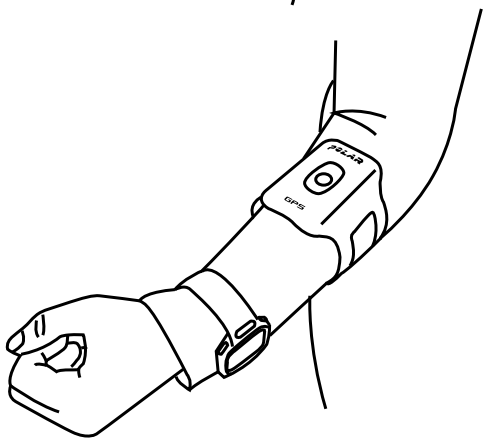

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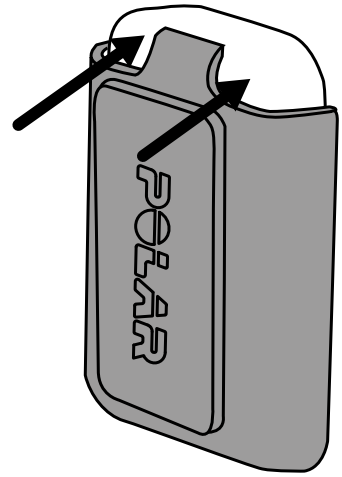

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