

Congratulations! The Polar s3+ stride sensor™ W.I.N.D. is the best choice for improving your running technique and efficiency. Using sensitive inertial sensors to track the position of the foot, it is immune from signal dropout, and gives accurate and highly responsive speed, distance, leg cadence and stride length measurements.

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

For video tutorials, go to http://www.polar.fi/en/support/video_tutorials.

Please follow the pictures on the front cover.

Install Stride Sensor Battery

Before using the s3+ stride sensor for the first time, insert the battery (included in the product package).

1. Open the battery cover by turning it counterclockwise to OPEN using a coin (see picture 1).
2. Place the battery inside the cover with the positive (+) side facing the cover (see picture 2). Make sure the sealing ring is in the groove to ensure water resistance.
3. Place the cover with the battery inside it into the sensor.
4. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using a coin (see picture 3).

Teach a New Stride Sensor to Your Training Computer

Your new s3+ stride sensor must be introduced to your Polar training computer in order to analyze your running technique and efficiency. This is called teaching. For further information, refer to the training computer user manual or go to www.polar.fi/support.



The s3+ stride sensor can be positioned either on the shoelaces or in the sole cavity of a specific running shoe.

Attach Stride Sensor on Shoelaces

1. Undo your shoelaces and place the holder on top of the tongue of the shoe (see picture 4). Make sure the holder flap is facing upwards.
2. Thread the laces in through the holes on the sides of the holder and out through the hole on the bottom of the holder (see picture 4). Thread the laces through the small flap on the tongue of the shoe to ensure the holder does not move while running.
3. Tighten the laces.
4. Fit the front part of the sensor into the holder and press from the rear (see picture 5). Fasten the flap.
5. Make sure the sensor does not move and is aligned with your foot. The more secure the sensor, the more accurately speed and distance is measured.

Calibrate the s3+ Stride Sensor

Calibration of the stride sensor improves the accuracy of speed, pace and distance measurements. It is recommended that you calibrate the stride sensor before using it for the first time, if there are significant changes in your running style, or if the position of the stride sensor on the shoe is dramatically changed (e.g. if you have new shoes or if you switch the sensor from your right shoe to your left one). You can calibrate the stride sensor by running a known accurate distance, or by setting the calibration factor manually. The calibration should be done at the speed you normally run. If you run at different speeds, the calibration should be done at your average speed.

Calibrate stride sensor during training (on-the-fly calibration): You can calibrate the stride sensor at any phase of your training session with actual distance correction, when you have run a known distance, preferably more than 1000 meters, calibrate the stride sensor as instructed in the user manual for the Polar product in question.

Set calibration factor manually: The calibration factor is calculated as a ratio of the actual distance to the uncalibrated distance. For instance if you run 1200 m and the Polar product shows a distance of 1180 m with calibration factor 1.000. Calculate the new factor as follows: $1.000 * 1200 / 1180 = 1.017$. The measuring range for the factor is 0.500-1.500.


ENGLISH

Service

During the two-year guarantee/warranty period, we recommend that you service the product at an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Changing batteries: To change the batteries of the stride sensor yourself, follow the given instructions. To ensure the maximum lifespan of the battery cover, open it only when changing the battery. When changing the battery, make sure the sealing ring is not damaged. Battery kits with sealing rings are available at well-equipped Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.

If you would prefer Polar to replace the battery, contact an authorized Polar Service Center. The Service will test the stride sensor after replacing the battery.

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

Care and Maintenance

Your safety is important to us. The shape of the stride sensor is designed to minimize the possibility of getting caught in something. In any case, be careful when running with the stride sensor in brushwood, for example.

The Polar s3+ stride sensor is water resistant and can be safely worn in the rain. Do not immerse the stride sensor in water as it is not intended for underwater activities. Do not expose to direct sunlight for extended periods.

Keep your stride sensor in a cool and dry place. Do not keep in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel).

Technical Specifications

Battery life:	Average 200 hours of use
Battery type:	CR2430
Battery sealing ring:	O-Ring 25.0 x 1.2, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Accuracy:	±3 % or better once calibrated, definition applies to stable conditions

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, 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.

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.



This product is compliant with Directive 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.



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.

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English

This product is compliant with the Directive 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.html.

Deutsch

Dieses Produkt ist konform mit der Richtlinie 1999/5/EC. Die zugehörige Konformitätserklärung ist erhältlich unter www.support.polar.fi/declaration_of_conformity.html.

Français

Ce produit est conforme à la Directive 1999/5/EC. La Déclaration de Conformité correspondante est disponible sur le lien www.support.polar.fi/declaration_of_conformity.html.

Ελληνικά

Το προϊόν αυτό είναι συμβατό με την Ευρωπαϊκή Οδηγία 1999/5/EC. Η σχετική Δήλωση συμμόρφωσης είναι διαθέσιμη στην ηλεκτρονική διεύθυνση www.support.polar.fi/declaration_of_conformity.html.

Nederlands

Dit product voldoet aan de richtlijn 1999/5/EC. De desbetreffende overeenkomstigheidsverklaring is beschikbaar op www.support.polar.fi/declaration_of_conformity.html.

Italiano

Questo prodotto è conforme alla Direttiva 1999/5/EC. La Dichiarazione di conformità rilevante è visionabile sul sito Web: www.support.polar.fi/declaration_of_conformity.html.

Español

Este producto cumple con la Directiva 1999/5/EC. La Declaración de conformidad correspondiente está disponible en www.support.polar.fi/declaration_of_conformity.html.

Português

Este produto está conforme à Directiva 1999/5/EC. A respectiva Declaração de Conformidade está disponível em www.support.polar.fi/declaration_of_conformity.html.

Suomi

Tämä tuote on direktiivin 1999/5/EC mukainen. Asiaankuuluva Vaatimustenmukaisuusvakuutus löytyy osoitteesta www.support.polar.fi/declaration_of_conformity.html.

Svenska

Denna produkt uppfyller kraven i EUdirektiv 1999/5/EC. Tillämplig försäkran om överensstämmelse finns tillgänglig på www.support.polar.fi/declaration_of_conformity.html.

Dansk

Denne produkt er i overensstemmelse med direktiv 1999/5/EC. Den relevante Erklæring om overensstemmelse findes på adressen www.support.polar.fi/declaration_of_conformity.html.

Norsk

Denne produktet er i overensstemmelse med EU-direktiv 1999/5/EC. De relevante overensstemmelseserklæringene finnes på www.support.polar.fi/declaration_of_conformity.html.

CANADA

Industry Canada (IC) regulatory information

This device complies with ICES-003 of Industry Canada 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.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme NMB-003 de l'Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

USA

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 and IC radio frequency exposure limits. This equipment complies with FCC and IC RF radiation exposure limits 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.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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LISTEN TO YOUR BODY