Polar Equine RS300X G31

- Getting started guide -

1. Contents of the set

A. A RS300X receiver: receives and displays all the data measured by the T54H transmitter and the G1 sensor.

B. A G1 GPS sensor with its battery: measures speed and distance in real time.

C. A T54H transmitter: measures the horse's heart rate in real time.

A.

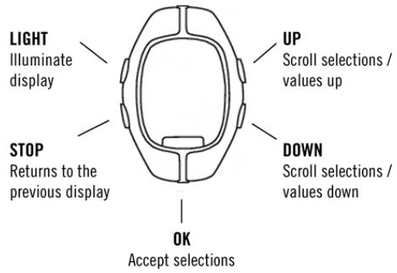
B.

C.

2. How to use the RS300X receiver

The RS300X receiver has 5 navigation buttons.

- Use **UP** and **DOWN** to scroll through the different menus and adjust values (a bit like + and - buttons).
- Use **OK** to enter a menu, to validate a value and to start the stopwatch.
- Use **STOP** to exit a menu, to return to the previous display (when you made a mistake while adjusting a value) and to stop the stopwatch.
- Press **LIGHT** once and the backlight is activated for 5 seconds when you press any other button. You can also lock the buttons by pressing and holding the **LIGHT** button for 2 seconds.



3. Starting the RS300CX

By default, the RS300X receiver is switched off to save the battery.

Press **OK** twice to activate it.

Press **UP** or **DOWN** to select english as the language to be used.

Press **OK** to validate.

The following settings must be done, even though they don't concern the horse.

If you don't do these basic settings, the RS300X will remind you again before every exercise.

Use the **UP** and **DOWN** buttons to customize the following basic settings. Press **OK** to validate your settings.

- Time display (24h/12h)
- Time
- Date (day/month/year or month/day/year)
- Units (kg/cm/km or lb/ft/mi)
- Weight (of the rider)
- Height (of the rider)
- Birthday (day/month/year or month/day/year) of the rider
- Sex (of the rider)

If you made a mistake somewhere, press **STOP** to return to the previous setting.

If your settings are good, select Yes.

Press **OK** to validate.

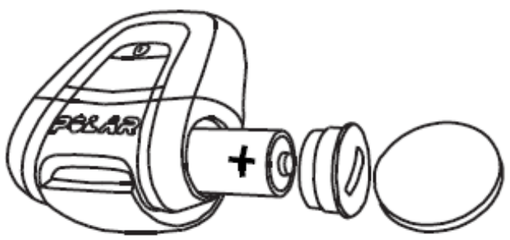
Once the settings are done, the RS300X returns automatically to the time display.

It is now ready for use!

4. Starting the G1 GPS Sensor

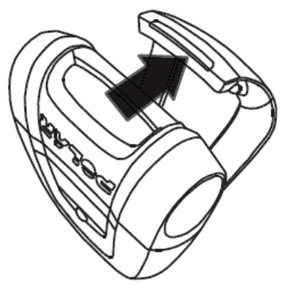
The G1 sensor uses GPS (Global Positioning System) technology to measure speed and distance in real time. In ideal conditions of use, its precision can reach one meter.

The battery of the G1 has an average of 10h of use. The G1 is waterproof and its solid design makes it resistant to most shocks and scratches.



Use a coin to unscrew and open the metal battery cover. Place the LR6 battery as indicated and screw the metal cover back into place.

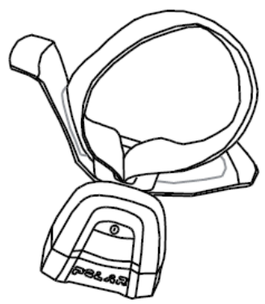
The buckle located in the back of the G1 allows you either to wear the G1 on your arm using the strap provided or to fix it on a belt or loop.



To ensure a good detection of the GPS signals, the G1 should not be covered or worn under clothes.

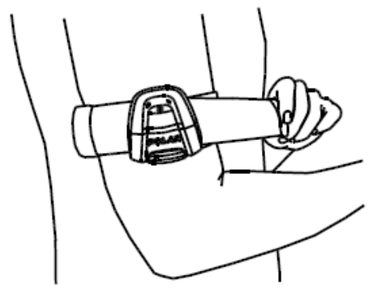
Open the G1 buckle and pass the strap through the loop (Velcro on the inside).

Pull in enough strap so your arm can fit through it.



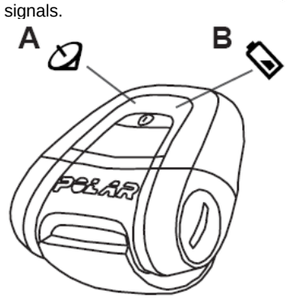
Then adjust the size of the strap so the G1 can't move once placed on your arm.

To ensure good detection of the GPS signals, the G1 shouldn't be covered and should be placed with the Polar logo in an upright position. We also recommend wearing it on the same arm as the RS300X receiver.



Your G1 is now ready for use!

Press the button 2 seconds to start (or stop) the G1. A green light indicating battery status (**B**) flashes for a few seconds. Following this, a red light indicating detection status (**A**) appears and shows that the G1 is searching for GPS signals.



Don't move. Once the GPS signals have been found (after 1 minute in average), this light (**A**) turns green.

Note: The light indicating battery status (B) turns red when the battery is flat .

5. Activate the G1 GPS in the RS300X

The GPS sensor has to be activated from the training computer before it can be used: UP/DOWN > **Settings** > **Features** > **S sensor** > **GPS**.

6. Set the RS300X to display speed or pace

The RS300X receiver can display either speed or pace: UP/DOWN > **Settings** > **Features** > **Speed view** > **choose option**

7. How to attach the T54H transmitter on the horse

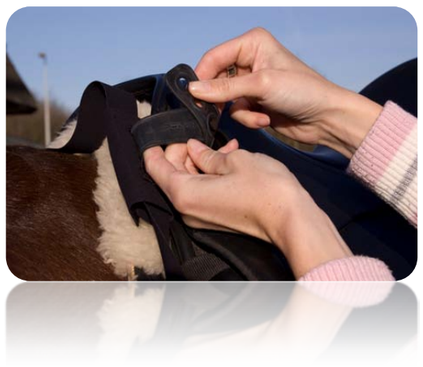
First of all, **identify the 2 electrode** pads on each side of the transmitter. **The electrode with velcro on the back is the positive electrode** and logically the other electrode is the negative electrode. In the middle, you'll find the WearLink transmitter pocket.

The transmitter picks up very small electrical impulses emitted by the heart and for the transmitter to read the heart rate properly, we need to insure a good contact to the horse's skin. Make sure you wet the electrodes properly, the integrated sponge will keep up some moisture, but you still need to wet to horse's coat, especially as your horse is not yet sweating. If your horse has a thick winter coat, you can shave the spot where you will place the electrodes, this will greatly improve the heart rate signal quality.

Place the positive electrode under the saddlepad,on the left or right side of the withers. Ensure that the electrode is flat against the horse's skin. The rider's weight will keep the electrode in place

Attach the WearLink transmitter into the transmiter pocket and close it. This pocket protects your transmitter from shocks and scratches and prevents it from falling off the transmitter.

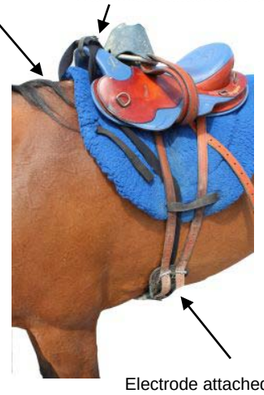
Fasten the transmitter to the saddle with one of the rubber straps



Attach the negative electrode to the girth using a rubber strap and tighten the girth. If you are riding with a loose girth, you can place a sponge behind the negative electrode to insure contact with the skin.

Electrode under the saddle pad on the off-side

Transmitter attached to the saddle



Electrode attached to girth

8. Caring of your product

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

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40ºC/104ºF or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content. Keep your training computer and transmitter 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 to direct sunlight for extended periods.

Operating temperatures are -10°C to +50°C / +14°F to +122°F.

9. Starting training

You are now ready to start. Starting from the time display, press **OK** twice.

2 x

The stopwatch starts, a heart symbol blinks and the horse's heart rate is displayed in the bottom of the screen.

Each display shows 3 rows of data and is named after the bottom row.

To check the data you are most interested in, change display by pressing **UP** or **DOWN**. (5 different displays are available : Heart Rate, Distance, Speed, Lap Time, Stopwatch)

You can also zoom on a data to make it larger on the display.

Press and hold **UP** for 2 seconds to zoom in the data of the top row, or **DOWN** for 2 seconds to zoom in the data of the bottom row. Press and hold the same button for 2 seconds to zoom out.

To stop the exercise, press **STOP** twice. The RS300X returns to time display.

2 x

All the data has been recorded and can be retrieved in the file. To access the file, press **UP** once from time display and then validate by pressing **OK**.

For more detailed information on how the Equine RS300X G1 works, please check the user manual included in the box.

For more tips, training advices and more information on Polar products, visit **www.polar.fi**

Enjoy your ride!

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