

# Polar Equine

User manual



Compatible with



Manufactured by

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## WELCOME

Thanks for choosing Polar! In this manual, we'll go through the setup of your Polar Equine product and the basics of caring for the product.

## POLAR EQUINE PRODUCT PARTS

### Polar training device

The training device offers a host of unique features to help you in training with your horse. See the device's Getting Started Guide (delivered in the package) and the full-length user manual at [polar.com/support](http://polar.com/support) to get familiar with all the great features in your Polar training device.

### USB cable

Use the USB cable to charge the battery and to sync data between your Polar training device and the Polar Flow web service via FlowSync software.

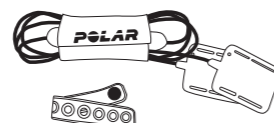
### Heart rate sensor

The heart rate sensor measures your horse's heart rate in real time and sends the information continuously and wirelessly to your Polar training device.



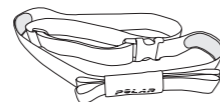
### Equine Electrode Base

The electrode base is included in the Polar Equine set. The set also includes two plastic straps for attaching the electrode base.



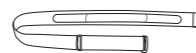
### Equine Belt

The belt is included in the Polar Equine Trotting set.



### Polar Soft strap

With your Polar training device you receive a Polar Soft strap. The plastic electrode areas on the reverse side of the strap detect your heart rate.



**i** You can download this guide in German, French, Italian, Spanish, Finnish and Swedish at [www.polar.com/support](http://www.polar.com/support). For more help, there are some great video tutorials at [polar.com/support](http://polar.com/support) you may want to check out.

## SET UP YOUR POLAR TRAINING DEVICE

Your new training device is in storage mode and it wakes up when you plug it into a computer for setup. If the battery is completely empty, it may take a few minutes for your training device to wake up.

1. To set up your training device for equine training, go to [flow.polar.com/start](http://flow.polar.com/start).
2. Download the Polar FlowSync software, which you need to connect your training device to the Flow web service. Open the installation package and follow the on-screen instructions for installing the software. Once the installation is complete, FlowSync opens automatically and asks you to connect your Polar product.
3. Plug your training device into your computer's USB port with the USB cable. The training device will then wake up and start charging. Let your computer install any suggested USB drivers.
4. The Flow web service will be opened automatically on your internet browser. Create a Polar account for your horse. Define the settings for your training device and also fill in the physical details, even though they don't concern the horse.
5. Click **Save** to sync your settings between the training device and Polar Flow web service. If there is a firmware update available for your training device you are able to install it at this stage. FlowSync status will change to completed once the synchronization is done.

### Set a maximum heart rate for your horse in Polar Flow

In the Flow web service: Click the account name/profile photo in the upper right corner and choose Settings > Maximum heart rate. Change the maximum heart rate to 220.

### Add equine sport profile(s)

You can add new sport profiles (e.g. Riding and Trotting) to your sports list, as well as edit them and existing profiles. You can also choose what's shown on the display during training sessions. In the Flow web service: Click the account name/profile photo in the upper right corner and choose Sport Profiles > Add sport profile.

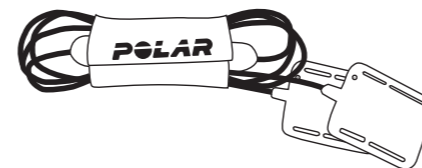
**Remember to sync the settings** to your training device from the Flow web service via FlowSync.

**i** Please note that the training analyses the Flow web service offers are mainly optimized for human athletes.

Even though the equipment can be used by both humans and horses, note that the training device can be set up for one user at a time. If you want to use it yourself, restore it to factory settings in FlowSync and create your own account.

## ELECTRODE BASE

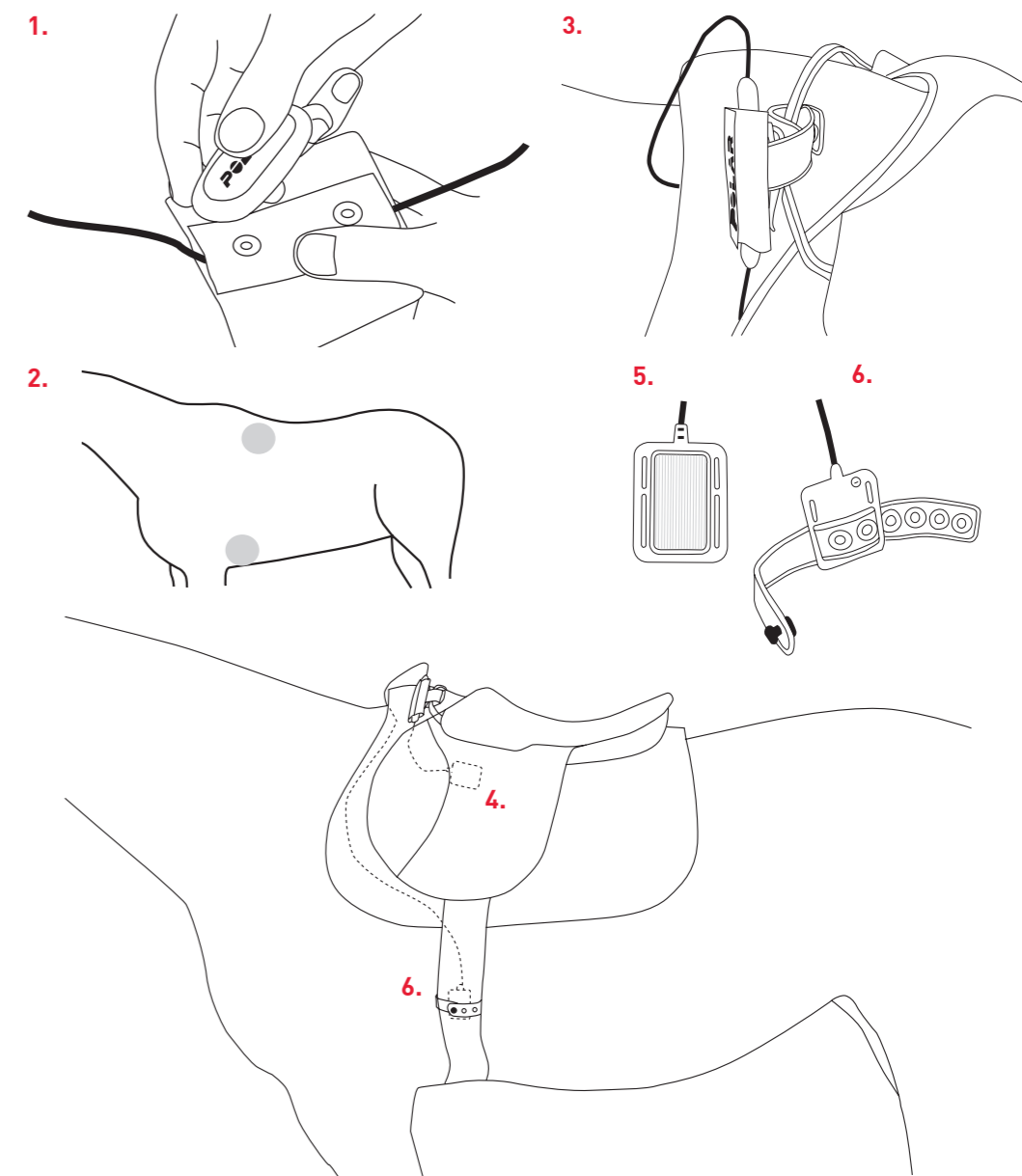
Equine Electrode Base detects the electrical signal of every heartbeat. It has a pocket for the heart rate sensor and two electrodes made from conductive material. The electrodes adapt perfectly to the movements of a galloping horse. The positive electrode is marked with a plus sign and the negative electrode is marked with a minus sign.



## ATTACH THE ELECTRODE BASE

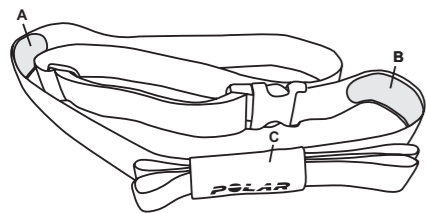
1. Attach the heart rate sensor to the pocket of the electrode base. Close the pocket firmly.
2. The heart rate sensor picks up very small electrical impulses emitted by the heart. For the heart rate sensor to read heart rate properly, ensure a good contact between the electrode pads and the horse's skin. Wet the electrode pads and the horse's hair properly on the areas where the electrode pads are placed (see the figure). If your horse has long or thick hair, you can clip these areas. This greatly improves heart rate signal quality.
3. Attach the pocket to the saddle with one of the plastic straps.
4. Place the positive electrode pad (short cable) under the saddle [4] on the left side of the horse. Ensure that the electrode side of the pad is against the horse's skin [5]. The rider's weight will keep the electrode in place.
5. Attach the negative electrode pad (long cable) under the girth using a plastic strap [6] and tighten the girth. If needed, you can place a wet sponge between the negative electrode pad and girth to ensure good contact with the skin.

**i** To optimize the contact between the horse's skin and the electrode pads, you can use contact gel on the electrode pads. It ensures a better detection of the horse's heart rate.



## BELT

The plastic electrode areas (A, B) on the reverse side of the belt detect heart rate. The pocket (C) protects the heart rate sensor from shocks and scratches and prevents it from falling off the belt. The heart rate sensor sends the heart rate signal to the training device.



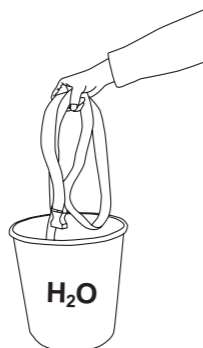
## ATTACH THE BELT

1. For the heart rate sensor to read heart rate properly, ensure a good contact between the plastic electrode areas and the horse's skin. Wet the belt thoroughly, for example in a bucket of water (1).
2. Also wet the horse's hair from the areas where the electrodes of the belt are placed (2). If your horse has long or thick hair, you can clip those areas. This greatly improves the heart rate signal quality.
3. Attach the heart rate sensor to the pocket (3). Close the pocket firmly.
4. Place the belt as indicated (4), with the heart rate sensor pocket on the left side of the horse. This ensures that the electrode areas of the belt are in the right position.

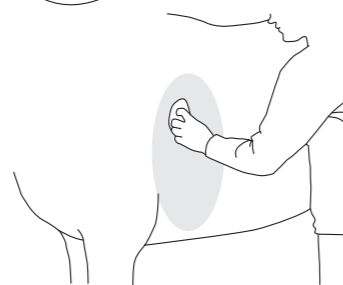
The range of the heart rate sensor is over 10 m. Therefore, you can monitor your horse's heart rate also when lungeing.

- i** To optimize the contact between the horse's skin and the electrodes, contact gel can be used on the electrodes. It ensures a better detection of the horse's heart rate. Apply the gel on the electrode areas on the reverse side of the belt.

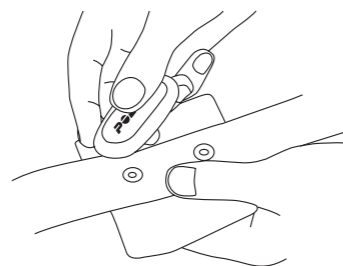
1.



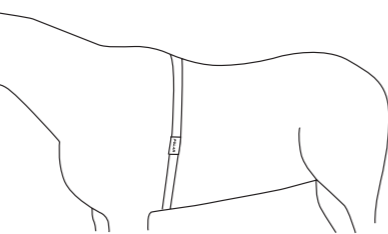
2.



3.



4.



## CARE AND MAINTENANCE

The following instructions will help you fulfill the guarantee obligations, keep the device in peak condition, ensure reliable measurement and maximize the life span of the electrode base/belt and the heart rate sensor.

### Polar training device

Do not charge your training device when the USB port is wet or sweaty. Keep the device's USB port clean to ensure fluent charging and syncing. **For complete caring instructions of your training device, see the full user manual at [polar.com/support](http://polar.com/support).**

### Heart rate sensor

Detach the heart rate sensor from the pocket after every use and wipe it dry with a soft towel. Clean the heart rate sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals). Soft strap: Rinse under running water after every use. Wash regularly. Check the label on your strap for detailed washing instructions.

### Electrode base

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

### Belt

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

### Storing

Store your training device in a cool and dry place. Do not expose the device to direct sunlight for extended periods, such as by leaving it mounted on the sulky. Dry and store the electrode base/belt and the heart rate sensor 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 12-month guarantee/warranty period we recommend that you have service, other than battery replacement, 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.

## PRECAUTIONS

Polar products (training devices, activity trackers and accessories) are designed to indicate the level of physiological strain and recovery during and after exercise session. The Polar training devices and activity trackers measure heart rate and/or tell your activity. The Polar training devices with an integrated GPS show speed, distance and location. With a compatible Polar accessory the Polar training devices show speed and distance, cadence, location and power output. See [www.polar.com/en/products/](http://www.polar.com/en/products/) accessories for a complete list of compatible accessories. The Polar training devices with a barometric pressure sensor measure altitude and other variables. No other use is intended or implied. The Polar training device 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, drugs, 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 or other implanted electronic device, you can use Polar products. 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. In case of any skin reaction, stop using the product and consult your physician.

- i** 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. It may also cause a darker color to come off clothing, possibly staining lighter-colored training devices. To keep a light-colored training device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training device 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 device under the sleeve of your jacket, directly on your skin.

Disturbance may occur near electrical devices and WLAN base stations. 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).

## LIMITED INTERNATIONAL POLAR GUARANTEE FOR EQUINE PRODUCTS

- Polar Equine products are developed and manufactured for the usage in equine sports. Each product endures rigorous testing before it leaves the factory.
  - This guarantee does not affect the customer's statutory rights under applicable national or state laws in force, or the customer's rights against the dealer arising from their sales/purchase contract.
  - This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in other countries.
  - Polar Electro Oy/Polar Electro Inc. guarantees the original customer/purchaser of this device that the product will be free from defects in material or workmanship for twelve (12) months from the date of purchase.
  - The receipt of the original purchase is your proof of purchase!
  - The guarantee does not cover wearing parts, like batteries, Equine electrode base, Equine belt and Soft Strap, normal wear and tear of the product, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, cracked, broken or scratched cases/displays, modified or altered products or their parts.
  - 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 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.

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

### 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  
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  
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.

**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.

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 for an uncontrolled environment.

**CE** This product is compliant with Directives 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).

 This product is compliant with Directives 2006/66/EC and 2012/19/EU. Separate disposal for battery and electronics.

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

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**Disclaimer**  
Please note that these guarantee terms shall be applied to Polar Equine products instead of any other Polar Electro guarantee term, even if other terms may appear in some product documentation.