

EN | FR | DE | ES | IT | NL | FI | SV

# SUUNTO GPS POD

USER'S GUIDE



SUUNTO

## **CUSTOMER SERVICE CONTACTS**

**COORDONNÉES DU SERVICE CLIENTS, KUNDENDIENSTE, DATOS DE CONTACTO DE ATENCION AL CLIENTE, NUMERI UTILI PER IL SERVIZIO CLIENTI, KLANTENSERVICE, ASIAKASPALVELUN YHTEYSTIEDOT, KUNDSERVICE, KONTAKTER**

<b>Global Help Desk</b>	<b>+358 2 284 11 60</b>
Suunto USA Phone	<b>+1 (800) 543-9124</b>
Canada Phone	<b>+1 (800) 776-7770</b>
Suunto Website	<b><u><a href="http://www.suunto.com">www.suunto.com</a></u></b>

## 1. QUICK START GUIDE

To start using your Suunto GPS POD right away, follow these steps (see also figures below):

### 1. Insert batteries (size AAA; included in the sales package).

- Open the GPS POD by turning the bottom cover counterclockwise.
- Insert batteries and close the POD by turning the bottom cover clockwise.

### 2. Pair the GPS POD with your Suunto wrist unit (t6 and t3/t4 messages, see Table 1).

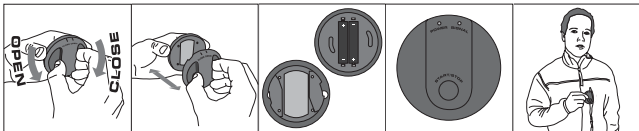
- Select TRAINING > PAIR (A POD) > SPD POD/GPS in the wrist unit menu.
  - ▶ 'TURN ON NEW DEVICE' or 'TURN ON GPS' is displayed.
- Turn the GPS POD on by pressing the Power (Start/Stop) button for 1 second.
  - ▶ Soon after, 'PAIRING COMPLETE' or 'PAIRED GPS' is displayed.

### 3. Connect the devices.

- Select SPD/DST > CONNECT (or *Training mode* in t3/t4) in the wrist unit menu.
  - ▶ 'FND SPD/GPS POD' is shortly displayed when the device has been found.

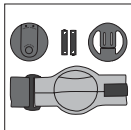
### 4. Let the POD find a GPS connection (outdoors).

- Take the POD outside, its top cover facing to the sky. Wait for the green light to change from fast blinking to slower blinking (1/s); this may take up to 60 seconds. Now the POD has found a satellite connection and your wrist unit displays speed and distance information in the SPD/DST mode.



## 2. USING THE GPS POD

Suunto GPS POD is an accessory for Suunto ANT compatible wrist unit computers. It is a lightweight, wireless speed and distance sensor suitable for outdoor sports. You can attach it to your upper body by using a textile armband or an easy-to-use clip that come with the device. The contents of the sales package are pictured on the right.



### 2.1. PAIRING WITH THE WRIST UNIT

You only need to pair the GPS POD with your Suunto wrist unit once. After successful pairing, your wrist unit will display a new mode, SPD/DST, where you can view all the speed and distance-related information. The pairing instructions are given in the Quick Start Guide above.

- ▶ If pairing does not succeed, the wrist unit will return to Pairing menu (after trying for 15-30 seconds). 'NO DEVICES FOUND' may shortly be displayed. Make sure that there are no other active PODs or heart rate belts nearby and try again.

*NOTE! Some of the info messages vary between different Suunto wristop computer models due to screen size limitations. (See Table 1 below)*

**Table 1: Info messages with wrist unit models**

Message description	Suunto t6	Suunto t3, t4
Turn on external device	TURN ON NEW DEVICE	TURN ON GPS
Pairing successful	PAIRING COMPLETE	PAIRED GPS

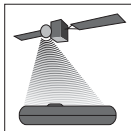
**Table 1: Info messages with wrist unit models**

Message description	Suunto t6	Suunto t3, t4
Device name	SPD POD	GPS POD
Device found (pairing/connecting)	FOUND SPD POD	FND GPS POD
Device not found (pairing/connecting)	NO DEVICES FOUND	-

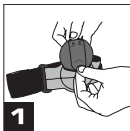
## 2.2. ATTACHING THE POD TO YOUR UPPER BODY

Attach the GPS POD so that the top cover, where the antenna, power button and lights are located, faces up toward the sky (see figure on the right).

- Use the armband that comes with the GPS POD to attach the POD to your arm (see figures 1 - 2 below).
- Use the clip to attach the POD to one of the straps of your backpack (see figures 3 - 4 below).
- You can also slip the POD into your chest pocket (see figure 5).



However, the GPS signal may be interrupted and erroneous speed and distance measurement may occur if the POD's top cover is not facing towards the sky.



### 2.3. ACTIVATING THE POD

Press and hold the Start/Stop button until the green light starts to blink.

- To *deactivate*, press and hold the button until the lights disappear.

After deactivation, the GPS stays 2 hours in standby mode with faster satellite finding and a possibility to continue distance measurement of the previous workout.

### 2.4. CONNECTING THE POD WITH THE WRIST UNIT

Every time the POD is activated or the connection has been lost, you need to reconnect the POD with the wrist unit.

- **t6:** Select SPD/DST > CONNECT in your Suunto wrist unit menu (or hold the Alt/ Back button until the CONNECT text appears).
- **t3/t4:** Press the Mode button to enter the Training mode or Speed and Distance mode to connect.
  - ▶ 'FOUND GPS POD' appears on the display when the wrist unit has found the POD.
  - ▶ If 'NO DEVICES FOUND' is displayed (Suunto t6), or you receive no message and no speed and distance information (Suunto t3 and t4), check the battery power indicator: if the red light is on, the connection may not succeed. Replace the batteries and try again.

If the POD does not receive a satellite signal for 15 minutes, it will automatically enter the standby mode. The POD also goes to standby if the GPS distance accumulated is less than 35m (115ft) in the last 10 - 20 minutes. If reactivated within the standby time of 2 hours, you can still continue the same distance measurement. Reactivating the POD after the standby time may cause a jump in the distance in some situations.

### 2.5. REPLACING THE BATTERY

Low battery is indicated by a flashing red light (1/s). When the battery is empty, the POD will automatically shut down. To replace the batteries:

1. Turn the bottom cover slightly left (counterclockwise) and detach it from the top cover.

2. Replace the AAA size (LR03) batteries, set the bottom cover over the top cover and close the POD by turning the bottom cover right (clockwise).

## 2.6. SUUNTO TRAINING MANAGER

You can transfer the speed and distance data recorded by your wrist unit to your computer to be viewed in the Suunto Training Manager PC Software (Suunto t6) or Suunto Training Manager Lite (Suunto t3 and t4, optional with PC POD).

## 2.7. TROUBLESHOOTING

Wrist unit does not find the POD:

- Ensure the POD is on (green light flashing).
- Replace the battery (red light flashing or no light after activation).
- Pair the POD if not paired yet.

Wrist unit does not show speed and distance:

- Ensure that the POD is on.
- Ensure that the POD is receiving satellites (green light flashing 1/s).
- Reconnect the wrist unit to the POD (“Connect” with the Suunto t6, exit and re-enter the Training or Speed and Distance mode with the Suunto t3 or t4).
- Improve the placement of the POD so that the top cover faces directly to the sky.
- Ensure that the signal from the POD to the wrist unit is not blocked by your body, arm or wrist. There should be a direct line of sight from the POD to the wrist unit.

*NOTE! Buildings, terrain, or even dense foliage can block signal reception. GPS will not work indoors.*

*NOTE! GPS based speed measurement is not accurate at low speeds (< 4 km/h / 2.5mph). The speed reading is also less accurate if the satellite signal is low, e.g. in a forest.*

*Pace measurement reading (units min/km and min/mile) may appear to vary more than true speed at a pace slower than 7.5 min/km (12 min/mile) due to the nature of the measurement unit.*

**Table 2: Light signals**

Color	Signal	Explanation
Green	Fast (8/s)	Searching satellites
Green	Slow (1/s)	Satellite connection ok
Red	Slow (1/s)	Low battery, battery life less than 1 hour
Red	Set of 3	Sending pairing signal after activation
Red	Continuous	Internal error, restart the device

## 2.8. TECHNICAL SPECIFICATIONS

- Weight: 60g (72g incl. batteries, without attachments)
- Water-resistance: 1m (IPX 7), 3m immersion
- Operating temperature: -20°C to +60°C / -5°F to +140°F
- Battery size/life: 2 x 1,5V AAA (LR03), min. 10h (at 20°C/68°F)
- Transmission range: up to 5m (15ft)
- Accuracy: speed:  $\pm 2$  km/h, distance:  $\pm 2$  % of the reading
- Digital radio link: 2.465 GHz ANT compatible



## **3. INTELLECTUAL PROPERTY**

### **3.1. COPYRIGHT**

This publication and its contents are proprietary to Suunto Oy and are intended solely for the use of its clients to obtain knowledge and key information regarding the operation of Suunto products.

Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy.

While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. Its content is subject to change at any time without notice. The latest version of this documentation can always be downloaded in [www.suunto.com](http://www.suunto.com).

© Suunto Oy 7/2006

### **3.2. TRADEMARK**

Suunto and Replacing Luck are registered trademarks of Suunto Oy. Suunto GPS POD, Suunto Training Manager, and other Suunto product, feature and content names are registered or unregistered trademarks of Suunto Oy. Other product and company names are trademarks of their respective owners.

## **4. DISCLAIMERS**

### **4.1. USER'S RESPONSIBILITY**

This instrument is intended for recreational use only. Suunto GPS POD must not be substituted for obtaining measurements that require professional or industrial precision.

### **4.2. CE**

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

### **4.3. FCC COMPLIANCE**

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no

guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment. Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

- (1) This device cannot cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

Tested to comply with FCC standards. For home or office use.

**FCC WARNING:** *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

#### **4.4. ICES COMPLIANCE**

This Class [B] digital apparatus complies with Canadian ICES-003.

#### **4.5. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE**

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in

all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

#### **4.6. AFTER SALES SERVICE**

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto dealer who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto dealer determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.

If it is not possible to contact your Suunto dealer, contact your local Suunto distributor for further information. You can locate your local Suunto distributor in [www.suunto.com](http://www.suunto.com).

#### **5. DISPOSAL OF THE DEVICE**

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

