



# **Polar S1 Foot Pod**

User Manual

**POLAR**<sup>®</sup>  
*LISTEN TO YOUR BODY*

1.



2.



3.



4.



5.



6.



Congratulations! The Polar S1 foot pod is the best choice for measuring speed/pace and distance while running. It transmits accurate and highly responsive speed/pace and distance measurements to your wrist unit.

The latest version of this user manual can be downloaded at [www.polar.fi/support](http://www.polar.fi/support).

For video tutorials, go to [http://www.polar.fi/en/support/video\\_tutorials](http://www.polar.fi/en/support/video_tutorials).

Please follow the pictures on the front cover.

## Install Polar Foot Pod Battery

Before using the foot pod for the first time, insert the battery (included in the product package).

1. Lift the small flap, detach the fork from the foot pod and lift the black cover off (see picture 1).
2. Carefully slide the battery case out of the foot pod (see picture 2) and insert the battery (AAA) in the case.
3. Slide the battery case inside the foot pod. **Be careful not to touch the switch on the battery case.** Keep the sealing ring in its groove to ensure water resistance.
4. Secure the black cover on the foot pod.
5. Press and hold the red button to switch the foot pod on. Green light indicates it is working. Switch it off to save battery.
6. The old batteries should be properly disposed of according to local regulations.

## Attach Foot Pod on Shoe

To measure speed/pace and distance accurately, make sure the foot pod is correctly positioned.

1. Undo the flap and detach the foot pod from the fork (see picture 3).
2. Loosen your shoelaces and place the fork underneath them, on top of the tongue of the shoe (see picture 4). Tighten the laces.
3. Fit the front part of the foot pod (closest to the red button) to the fork and press from the rear (see picture 5). Fasten the flap. Make sure the foot pod does not move and is aligned with your foot. The more secure the sensor, the more accurately speed and distance are measured.
4. Turn the foot pod on before exercising. Press and hold the red button on the foot pod until the green light starts flashing (see picture 6).
5. After exercising, turn the foot pod off by pressing and holding the red button until the green light switches off.

## Calibrate the S1 Foot Pod

Optional calibration of the foot pod can improve the accuracy of speed, pace and distance measurements. It is recommended that you calibrate the foot pod before using it for the first time, if there are significant changes in your running style, or if the position of the foot pod on the shoe is dramatically changed (e.g. if you have new shoes). You can calibrate the foot pod by running a known distance, or by setting the calibration factor manually.

**Calibrate stride sensor during training (on-the-fly calibration):** You can calibrate the foot pod 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 foot pod 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, the calibration factor is 1.000. Calculate the new factor as follows:  $1.000 \cdot 1200 / 1180 = 1.017$ . The measuring range for the factor is 0.500-1.500.

## 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. For further information see "Limited International Polar Guarantee".

**Changing batteries:** To change the batteries of the foot pod 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 foot pod 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 foot pod is designed to minimize the possibility of it getting caught in something. In any case, be careful when running with the foot pod in brushwood, for example.

The Polar S1 foot pod can be used in any wet running environment, including rain, but is not intended for underwater use. Do not immerse the foot pod in water. Do not expose to direct sunlight for extended periods.

Keep your foot pod in a cool and dry place. Do not keep it 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 20 hours of use
Battery type:	One AAA sized battery
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 protected by one or several of the following patents: EP1559368, US7146686, JP2005211666, FI20040143, CN1647710.



This product is compliant with Directive 1999/5/EC. The relevant Declaration of Conformity is available at [www.support.polar.fi/declaration\\_of\\_conformity](http://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.

Copyright © 2009 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

Polar Electro Oy is an ISO 9001:2000 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a <sup>TM</sup> symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy.

Manufactured by

Polar Electro Oy

Professorintie 5

FIN-90440 KEMPELE

Tel +358 8 5202 100

Fax +358 8 5202 300

[www.polar.fi](http://www.polar.fi)

**POLAR**®

***LISTEN TO YOUR BODY***