

## BONE CONDUCTION WATERPROOF HEADSET

H-900+H-906C

## USE MANUAL

### Jseries



talk to swimmers while they swim

FCC ID:2AWHD-H-900

### Important information

#### Best practice with headset

Important! Use a swim cap to keep the **bone conduction headset** in place this will stabilise the unit on your head more effectively. The swim cap also helps prevent water fully surrounding the headset module making it less likely for water to penetrate any seals. The headset is waterproof when the plug is in place correctly and tightly closed.

Using a swim cap allows you to use this under race pace swim tests, diving and turning simulations.

Ensure the headsets is fully charged before each swim session for a continuous 2 hour use.

#### Best practice with walkie talkie

Ensure you have the correct frequency on both the headset and walkie. Both must be the same colour to ensure a connection is made and that you can communicate from the walkie talkie to the headset.

#### Using in salt water

The unit works well on top of salt water but will not work in/or under the surface of the water.

What can the **bone conduction headset** do for you and your swimmers

#### Talk to the swimmer while they swim

Never before has a swimming coach had the ability to the swimmer while they were swimming. For years coaches have been interrupting the swimmer to correct issues with technique or wait until the swimmer had finished their set or swim lap.

Now every coach can communicate with their swimmers with the **bone conduction headset**. This one device can change how you **teach** and will revolutionise how swimmers receive

#### Give instant feedback

Give instant feedback  
Getting quality feedback is vital to the swimmers ability to improve in all aspects of their swimming. With the **bone conduction headset** you can now give immediate feedback while the swimmer is swimming on:

- Technique
- Stroke rate
- Stroke count
- Split times
- Tempo training

#### Tempo Training

Using the "line in" connection with you iPod or mp3 player you can tempo tracks to develop tempo training with swimmer(s). Great for team workouts when developing pace and timing with swimmers.

#### Communicate with multiple swimmers

Each walkie talkie can transmit to groups of swimmers. Up to 7 swimmers to 1 walkie talkie on 1 channel

#### Up to 3 coaches in one pool

With the 3 easy to use channels you can have one group use a channel while another coach can use a second (or third) channel with their swimmer(s).

#### 75m range

With up to 1000m range you can easily use the **bone conduction headset** in any 50m swimming pool. Note: The further you are away from the headset the weaker the signal so it is important to keep a good line of sight and for best results stand close to the halfway point of the swimming pool.

#### MP3 player

With a "line in" you can connect mp3 player and play music via a walkie talkie

#### Team workouts

With connect multiple units you can run team workouts, give feedback to swimmers and play a teamwork out with music, a great change in off-season training.

### Getting started

Fully charge both headset and walkie talkie before use. Headset: Hold on/off button down for 3 seconds to turn on. Walkie Talkie: Turn volume clockwise to turn on.

Turn on walkie talkie and you will see two lights. One blue light means the unit is turned on.

You will also have another light, either red, blue or yellow. These secondary lights tell you what channel your walkie talkie is on.

Use the headset function button to select the red channel.

When both headsets are on the same channel you will not hear any static.

Turn the volume up to around half way and adjust as needed.

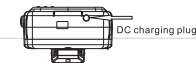
To connect a mp3 player or iPod you will need a 3.5mm male to male connection cord. When this connected you can play music and/or play tempo rhythms. Note: you can find music apps that give tempo or you can visit [www.hxdtech.com](http://www.hxdtech.com) and purchase pre-made tempo's.

### Preparing your bone conduction headset and walkie talkie

When you first get your bone conduction headset please ensure you plug both units in and fully charge each unit before use

The headset uses the DC + 5V to charge the bone conduction headset  
The walkie talkie uses the DC + 10V to charge the walkie talkie

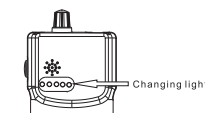
Bottom view of walkie talkie



headset DC5V IN DC charging plug

Please note: It is important to replace the plug back into the DC charging hole and ensure it is inserted all the way correctly to give a waterproof seal. If this is not sealed water can penetrate the unit which will void the warranty.

Front view of walkie talkie



headset DC5V IN Charging light

When the light is red the unit is charging.  
When the light is off the unit fully charged.

When the light is red the unit is charging.  
When the light is off the unit fully charged.

### FCC WARNING

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

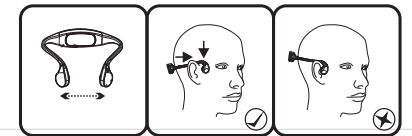
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

MADE IN CHINA

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### Wear indicator



### Matters needing attention

When the product is not used for a long period of time, the battery must be charged once a month, otherwise it may cause damage to the battery, which can not be charged.

This device should be installed and operated with a minimum distance of 15cm between the antenna and all persons. This device 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the device and receiver.
- Connect the device into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



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