



封底 Back cover

Product name: SUUNTO RAC

 Model no.: OW224 Bluetooth LE:

 Frequency band: 2402–2480 MH Range: ~10 m

Frequency band: 2412–2472 MHz

o check the hardware, software and certification details of your watch, please choose Settings General > About on your watch.

OPERATING CONDITIONS

- Maximum diving depth: 10 m / 33 ft Operating and storage temperature (above sea level): -20 °C to +45 °C / -4 °Fto +131 °F
- NOTE: Do not leave the watch in direct sunlight! Operating temperature (diving): 0 °C to +40 °C / +32 °F to +104 °F
- NOTE: Diving in freezing conditions may damage the watch. Make sure the device does not
- Recommended charging temperature: 0 °C to +35 °C / +32 °E to +95 °E
- Water resistance: 100 m / 328 ft/10 bar
- ▲ WARNING: Do not expose the device to temperatures above or below the given limits, otherwise it might get damaged or you might be exposed to safety risk.

TECHNICAL INFORMATION

- Maximum depth of operation while diving: 10 m / 33 ft. complying with EN 13319 Accuracy: ±1% of full scale or better from 0 to 10 m at 20 °C / 0 to 33 ft at 68 °E, complying with EN 13319.
- Depth display range: 0 to 10 m / 0 to 33 ft
- Resolution: 0.1 m from 0 to 10 m / 1 ft from 0 to 33 ft
- Depth of automatic start and stop of dive: adjustable between 0.3–1.6 m / 1–5 ft

SUUNTO

3000100357,Phoenix L-配件-安全指南&保修卡,尺寸115*89.5mm,封面128g哑粉,内文70g哑粉,胶装,印刷CMYK Safety & Warranty, 89.5×115mm, Cover 128g Matte Powder, Inside page 70g Matte Powder, Print CMYK

Product safety & regulatory information / International limited warranty

封面 Front cover

- Type: rechargeable Lithium-ion battery

HANDLING GUIDELINES AND MAINTENANCE

Do not try to open or repair your Suunto device by yourself. If you are experiencing problems with the

WARNING: ENSURE THE WATER RESISTANCE OF THE DEVICE! Moisture inside the device may seriously damage the unit. Only an authorized Suunto service center should do service activities.

NOTE: Thoroughly rinse the device with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois, especially after salt-water and pool dives. Pay special attention to the pressure sensor area, water contacts, buttons, and charger pins. Carefully

NOTE: Do not leave your Suunto device immersed in water (for rinsing), Maintenance cycle is 500 hours of diving or two years, whichever comes first. Please bring your device to an official

SAFETY AND REGULATORY INFORMATION INTENDED USE

Suunto Race is a sports watch that tracks your movement and other metrics, such as heart rate and calorie You can use your device as an optional diving equipment while immersed in water to a maximum depth of 10 meters. This device is not a dive computer or a standalone product for measuring any certified scuba diving activity. Suunto Race is only for recreational use and not meant for medical purposes of any kind.

Best results for heart rate measurement may be affected by the following factors: . The watch must be worn directly against your skin. No clothing, however thin, can be between

the sensor and your skin.

Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy

- The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- of the sensor readings. When your heart rate is low, the sensor may not be able to provide stable readings. A short warm
- up of a few minutes before you start the recording helps. Skin pigmentation and tattoos block light and prevent reliable readings from the optical sensor.

- The optical sensor may not provide accurate heart rate readings for swimming and freediving activities. For higher accuracy and quicker responses to changes in your heart rate, we recommend using
- WARNING: The optical heart rate feature may not be accurate for every user during every activity. our actual heart rate may be higher or lower than the optical sensor reading.
- WARNING: Only for recreational use: the optical heart rate feature is not for medical use.

- WARNING: Always consult a doctor before beginning a training program. Overexertion may
- even though our products comply with industry standards. In such event, stop use immediately
- WARNING: For safety reasons, you should never dive alone. Dive with a designated buddy
- sickness for all diving activity types and dive profiles. Suunto strongly recommends that you do not engage in any diving activity type without proper training and a complete understanding and acceptance of the risks. Always follow the rules of your training agency. Assess your own physical
- diver to depths and conditions that tend to increase the risk of decompression sickness (DCS) and errors that may lead to serious injury or death. Trained divers should always use a dive
- WARNING: Do not participate in freediving and scuba diving activities on the same day. NOTE: Make sure you fully understand how to use your dive instrument and what its limitations are by
- reading all the printed documentation and the online user manual. Always remember that YOU ARE

Hereby, Suunto Oy declares that the radio equipment type OW224 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet

This equipment should be installed and operated with a minimum distance of 0 mm between the radiator and your wrists, and 10 mm between the radiator and your head.

UK RADIO EQUIPMENT REGULATION

compatible chest heart rate sensor such as Suunto Smart Sensor.

- WARNING: Freediving involves risks that are not obvious. There is always a risk of decompression
- condition and consult a physician regarding your fitness before diving.
- - Consult the dealer or an experienced radio/TV technician for help.

For all up to date product support related information and inquiries, visit suunto.com/support

Hereby, Suunto Ov declares that the radio equipment type OW224 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: suunt

TD Synnex UK

Chineham Park, Basingstok Hampshire RG24 8YR

For all up to date product support related information and inquiries, visit suunto.com/suppo

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

This product has been tested to comply with FCC standards and is intended for home or office use. Changes or modifications not expressly approved by Suunto could void your authority to operate this

device under FCC regulations. pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection ag 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 quarantee that interference will not occur a particular installation. If this equipment does cause harmful interference to radio or television reception

- which can be determined by turning the equipment off and on, the user is encouraged to try to correct ne interference by one or more of the following measures
- Regrient or relocate the receiving antenna · Increase the separation between the equipment and receiver. Connect the equipment into an
- The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

1540 2200 W, Salt Lake City, UT 84116

throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer. **AUSTRALIA / NEW ZEALAND**

ISED REGULATORY COMPLIANCE (CANADA)

Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference.

- 2. This device must accept any interference, including interference that may cause undesired
- operation of the device. This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other
- The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B). should be installed and operated with minimum distance 0mm between the radiator & your
- French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conform aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada L'exploitation est soumise aux deux conditions suivantes :
- Cet appareil ne doit pas provoquer d'interférences.
- (2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de roquer un fonctionnement indésirable de l'appareil cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du
- données canadiennes sur l'exposition aux champs rf et la conformité l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b). L'appareil a été évalué pour répondre aux exigences générales d'exposition aux R

le radiateur et votre corps. DATE OF MANUFACTURE

Cet équipement doit être installé et utilisé avec une distance minimale de 0 mm entre

The manufacturing date can be determined from your device's serial number. The serial number is always 12 characters long: YYWWXXXXXXXX. In the serial number, the first two digits (YY) are the year and the following two digits (WW) are the week

within the year when the device was manufactured.

Please dispose of the device in accordance with local regulations for electronic waste. Do not

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this International Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipate benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the

the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

INTERNATIONAL LIMITED WARRANTY

The International Limited Warranty Period starts at the date of original retail purchase

The Warranty Period is one (1) year for accessories including but not limited to Suunto chest straps, watch

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center

(Hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free

of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of

this International Limited Warranty. This International Limited Warranty is valid and enforceable

regardless of the country of purchase. The International Limited Warranty does not affect your legal

rights, granted under mandatory national law applicable to the sale of consumer goods.

The Warranty Period is two (2) years for Watches Smart Watches Dive Computers Heart Rate Transmitters, Dive Transmitters, Dive Mechanical Instruments, and Mechanical Precision Instruments unless otherwise specified.

straps, bracelets, hoses, chargers, cables and rechargeable batteries The Warranty Period is five (5) years for failures attributable to the depth measurement (pressure) sensor

on Suunto Dive Computers **Exclusions and Limitations**

- 1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
- 3. defects or alleged defects caused by use with any product, accessory, software and/or service not
- Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.
- This International Limited Warranty is not enforceable if the Product or accessory: 1. has been opened beyond intended use; 2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Cente
- 3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto: or 4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents

Access to Suunto Warranty Service

You must provide proof of purchase to access Suunto warranty service. You must also registe your product online at suunto.com/register in order to be eligible to international warranty services globally. For instructions on how to obtain warranty service, visit suunto.com contact your local Suunto retailer, or contact Suunto support at suunto.com/support

warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of

ADDENDUM TO SUUNTO INTERNATIONAL LIMITED WARRANTY

Effective Date of this Addendum: 9/7/2018

All purchases by United States consumers on or after the Effective Date of this Addendum, shall be subject to this Addendum to the Suunto International Limited Warranty Policy. The terms of this

THE RETAILER'S RETURN POLICY FOR DETAILS AND/OR ADDITIONAL RETURN REQUIREMENTS

BY USING YOUR SUUNTO PRODUCT YOU AGREE TO BE BOUND BY ALL THE TERMS OF THIS WARRANTY. BEFORE USING YOUR SUUNTO PRODUCT, PLEASE READ THIS WARRANT CAREFULLY. IF YOU DO NOT AGREE TO THE TERMS OF THIS WARRANTY, DO NOT USE YOUR SUUNTO PRODUCT, RETURN YOUR SUUNTO PRODUCT TO THE RETAILER OF PURCHASE, SEE

This warranty contains a binding arbitration agreement and a class action waiver for United States residents. If you live in the United States, the binding arbitration agreement and class action waiver affect your rights under this warranty. Please read the text under the section titled "Binding Arbitration Agreement; Class Action Waiver (U.S. Residents Only)" carefully.

What to Do If You Are Not Satisfied With Service?

If you feel Suunto has not met its obligations under this warranty, you may attempt to resolve the issue informally with Suunto. If you are unable to resolve the issue informally and wish to file a formal claim against Suunto, and if you are a resident of the United States, you must submit your claim to binding to binding arbitration means that you do not have the right to have your claim heard by a judge or jun Instead your claim will be heard by a neutral arbitrator

No employee or agent of Suunto may modify this warranty. If any term of this warranty, other than the class action waiver, is found to be unenforceable, that term will be severed from this warranty and all other terms will remain in effect. If the class action waiver is found to be unenforceable, then the entire section titled "Binding Arbitration Agreement; Class Action Waiver (U.S. Residents Only)" will not apply. This warranty applies to the maximum extent not prohibited by law.

Binding Arbitration Agreement; Class Action Waiver (U.S. Residents Only) Exceptions to Binding Arbitration Agreement and Class Action Waiver:

TO THE GREATEST EXTENT PERMITTED BY APPLICABLE LAW, UNLESS YOU HAVE

RELATING TO THIS WARRANTY, A BREACH OF THIS WARRANTY, OR THE SUUNTO

BROUGHT AN ELIGIBLE INDIVIDUAL CLAIM IN SMALL CLAIMS COURT OR HAVE OPTED OUT

AS DESCRIBED BELOW, ANY CONTROVERSY OR CLAIM RELATING IN ANY WAY TO YOUR

PRODUCT'S SALE, CONDITION OR PERFORMANCE, WILL BE SETTLED BY BINDING ARBITRATION

ADMINISTERED BY THE AMERICAN ARBITRATION ASSOCIATION AND CONDUCTED BY A SINGLE

ARBITRATOR APPOINTED BY THE AMERICAN ARBITRATION ASSOCIATION, IN ACCORDANCE

WITH ITS COMMERCIAL ARBITRATION RULES AND ITS SUPPLEMENTARY PROCEDURES FOR

and its rules for arbitration by visiting www. adr.org or by calling 800-778-7879. Since this warrant

To the greatest extent permitted by applicable law, the filing fees to begin and carry out

arbitration will be shared between you and Suunto, but in no event will your fees ever exceed

the amount allowable by the American Arbitration Association, at which point Suunto will

cover all additional administrative fees and expenses. Suunto waives its right to recover

attorneys' fees in connection with any arbitration under this warranty. If you are the prevailing

party in an arbitration to which the Supplementary Procedures for Consumer-Related Dispute

applies, then you are entitled to recover attorneys' fees as the arbitrator may determine.

The dispute will be governed by the laws of the state or territory in which you resided at the time

of your purchase (if in the United States). The place of arbitration will be Weber County, Utah, or

your county of residence (if in the United States). The arbitrator will have no authority to award

punitive or other damages not measured by the prevailing party's actual damages, except as

may be required by statute. The arbitrator will not award consequential damages, and any award

will be limited to monetary damages and will include no equitable relief, injunction, or direction

to any party other than the direction to pay a monetary amount. Judgment on the award

rendered by the arbitrator will be binding and final, except for any right of appeal provided by the

Federal Arbitration Act, and may be entered in any court having jurisdiction. Except as may be

required by law, neither you nor Suunto nor an arbitrator may disclose the existence, content, or

results of any arbitration under this warranty without the prior written consent of you and Suunto

TO THE GREATEST EXTENT PERMITTED BY APPLICABLE LAW, ANY DISPUTE, WHETHER IN

ARBITRATION, IN COURT, OR OTHERWISE, WILL BE CONDUCTED SOLELY ON AN INDIVIDUAL

BASIS. SUUNTO AND YOU AGREE THAT NO PARTY WILL HAVE THE RIGHT OR AUTHORITY FOR

ANY DISPUTE TO BE ARBITRATED AS A CLASS ACTION, A PRIVATE ATTORNEY GENERAL

IN A REPRESENTATIVE CAPACITY, NO ARBITRATION OR PROCEEDING WILL BE JOINED.

CONSOLIDATED, OR COMBINED WITH ANOTHER ARBITRATION OR PROCEEDING WITHOUT

THE PRIOR WRITTEN CONSENT OF ALL PARTIES TO ANY SUCH ARBITRATION OR PROCEEDING.

CONSUMER-RELATED DISPUTES. You may learn more about the American Arbitration Association

ncerns a transaction in interstate or international commerce, the Federal Arbitration Act will appl

INTO PRODUCT, INCLUDING ANY CONTROVERSY OR CLAIM ARISING OUT OF OR

IF YOU DO NOT WISH TO BE BOUND BY THE BINDING ARBITRATION AGREEMENT AND CLASS ACTION WAIVER, THEN: (1) you must notify Suunto in writing within sixty (60) days of at 2030 Lincoln Ave., Ogden, UT 84401, Attn: Legal Department; and (3) your written notification must include (a) your name, (b) your address, (c) the date you purchased the product, and (d) a clear statement that you wish to opt out of the binding arbitration agreement and class action waiver. In addition, you may pursue an individual claim in small claims court in your county of residence (if in the United States) or in Weber County, Utah, In such case the provisions of the section titled "Binding Arbitration Agreement" Class Action Waiver (U.S.

Residents)" will not apply, but the rules and limitations of the small claims court shall apply.

TO THE GREATEST EXTENT PERMITTED BY APPLICABLE LAW. THERE ARE NO EXPRESS WARRANTIES OTHER THAN THOSE DESCRIBED ABOVE. SUUNTO DISCLAIMS ALL STATUTORY AND IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF MERCHANT ABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTENT PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED. ANY IMPLIED WARRANTIES. INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, WILL BE LIMITED IN DURATION TO THE WARRANTY PERIOD SET FORTH ABOVE, SOME STATES (INCLUDING NEW JERSEY) AND PROVINCES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU, SUUNTO WILL NOT BE RESPONSIBLE FOR LOSS OF USE, LOSS OF INFORMATION OR DATA, COMMERCIAL LOSS, LOST REVENUE OR LOST PROFITS, OR OTHER INDIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES, EVEN SUUNTO HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES, AND EVEN IF THE REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES (INCLUDING NEW JERSEY) AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUEN-

IN LIEU OF ANY OTHER REMEDY FOR ANY AND ALL LOSSES AND DAMAGES RESULTING FROM AN CAUSE WHATSOEVER (INCLUDING SUUNTO'S NEGLIGENCE, ALLEGED DAMAGE, OR DEFECTIVE GOODS, NO MATTER WHETHER SUCH DEFECTS ARE DISCOVERABLE OR LATENT), SUUNTO MAY AT ITS SOLE OPTION AND IN ITS DISCRETION, REPAIR OR REPLACE YOUR PRODUCT, OR REFLIND ITS PLIRCHASEPRICE AS NOTED SOME STATES (INCLLIDING NEW JERSEY) AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

TIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

SUUNTO SHALL NOT BE LIABLE FOR DELAY IN RENDERING SERVICE UNDER THIS LIMITED WARRANT OR LOSS OF USE DURING THE PERIOD THAT THE PRODUCT IS BEING REPAIRED OR REPLACED.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state, province to province, and country to country. This warranty applies to the greatest extent permitted

by applicable law.





89.5mm