SUUNTO Run Safety Regulatory

Title

SUUNTO Run
Model: OW234
Safety matters.
Product safety & regulatory information

SAFETY AND REGULATORY INFORMATION

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INTENDED USE
Suunto Run is a sports watch that tracks your movement and other metrics, such as heart rate and calories. Suunto Run is only for recreational use and not meant for medical purposes of any kind.
OPTICAL HEART RATE
Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be aected 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.

• The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flflow through tissue. The more tissue it can read, the better.

• Arm movements and flflexing muscles, such as gripping a tennis racket, can change the accuracy 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 a compatible chest heart rate sensor such as Suunto Smart Sensor.

WARNING: The optical heart rate feature may not be accurate for every user during every activity. Optical heart rate may also be aected by an individual's unique anatomy and skin pigmentation. Your 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.

SAFETY
WARNING: Always consult a doctor before beginning a training program. Overexertion may cause serious injury.

WARNING: Allergic reaction or skin irritations may occur when products are in contact with skin, even

though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

DEVICE INFO

To check the hardware, software and certification details of your watch, complete the following steps:
When on the watch face:

1. Long press the middle button to enter **Settings**.

2. Press the middle button to enter **General**.

3. Press the middle button again to open **About** where you find device information and e-labels.

OPERATING CONDITIONS

• Altitude range: 0 to 10000 m / 0 to 30000 ft above sea level

• Operating and storage temperature (above sea level): -20 °C to +55 °C / -4 °F to +131 °F
   NOTE: Do not leave the watch in direct sunlight!
• Recommended charging temperature: 0 °C to +45 °C / +32 °F to +113 °F

• Water resistance: 50 m / 164 ft/5 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.

BATTERY

• Type: rechargeable Lithium-ion battery

• Battery voltage: 3.87 Vdc

• Charging: USB 5Vdc, 0.5A

HANDLING GUIDELINES AND MAINTENANCE

Do not try to open or repair your Suunto device by yourself. If you are experiencing problems with the device, please contact your nearest authorized Suunto service center.

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: Do not leave your Suunto device immersed in water (for rinsing).

WARNING: Use only original Suunto accessories – damage caused by non-original accessories is not covered by warranty.
CE

Hereby, Suunto Sports Technology (Dongguan) Co., Ltd., declares that the radio equipment type OW234 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: suunto.com/EUconformity.

UK RADIO EQUIPMENT REGULATION

Hereby, Suunto Sports Technology (Dongguan) Co., Ltd., declares that the radio equipment type OW234 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: suunto.com/UKconformity.

UK Importer:
TD Synnex UK
Maplewood, Crockford Lane,
Chineham Park, Basingstoke
Hampshire RG24 8YB
United Kingdom

For all up to date product support related information and inquiries, visit suunto.com/support.
• Product name: SUUNTO RUN
• Model no.: OW234
• Bluetooth LE:
• Frequency band: 2402–2480 MHz
• Maximum output power: 10 dBm
• Range: ~10 m
• GNSS receiver:
• Frequency band: L1: 1559–1610 MHz, L5: 1164–1215 MHz

FCC（USA）

Any 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.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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. 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 the interference by one or more of the following measures:

– Reorient or relocate the receiving antenna.

– Increase the separation between the equipment and receiver.

– Connect the equipment 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

ISED REGULATORY COMPLIANCE（CANADA）

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic 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.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux
CNR d'Innovation, Sciences et Développement économique 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;
2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.
Le matériel a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences.Le dispositif peut être utilisé dans des conditions d 'exposition portables illimitées.