

POLAR HEART RATE STRAP MAINTENANCE

Like any electronic device, the heart rate sensor should be treated with care. Follow the below instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. Straps are available as accessory when yours gets worn out.

1. Detach the connector from the strap after every use. Dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (steel, wool or cleaning chemicals). Never put the connector in a washing machine or dryer.

2. Wash the strap regularly. Dirt impairs the elasticity and functioning of the heart rate sensor.




2b. Plastic electrodes (hand wash)

- Soft strap



Rinse the strap under running water after every use and hang to dry. Clean the strap gently with mild soap and water solution when needed. Do not use moisturizing soaps as they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or sharply bend the electrode areas. Rough handling may damage the electrodes.

3. Dry and store the strap and connector separately to maximize the heart rate sensor battery lifetime. Wash the strap before long-term storage, and always after use in pool water with high chlorine content.

-  Store your Polar product in a cool and dry place.
-  Do not store the heart rate sensor wet in non-breathing material, such as a sports bag or a plastic bag, to prevent strap oxidation.
-  Do not expose the heart rate sensor to direct sunlight for extended periods.