



ISED LISTED
 REGISTRATION
 NUMBER 4621A-4

Test report No:
 NIE: 59572RRF.003

Test report

USA FCC Part 15.247, 15.209
 CANADA RSS-247, RSS-Gen

Radio Frequency Devices. Operation within the bands 902 - 928 MHz, 2400 -2483.5 MHz, and 5725 - 5850 MHz.

Digital Transmission Systems (DTSs), Frequency Hopping Systems (FHSs) and Licence-Exempt Local Area Network (LE-LAN) Devices.

General Requirements and Information for the Certification of Radio Apparatus.

Identification of item tested	Fitness watch
Trademark	Polar
Model and /or type reference	2Z
Other identification of the product	HW Version: 00772057 SW Version: 0.4.2 FCC ID:INW2Z IC:6248A-2Z
Features	BLE, GPS, Glonass
Applicant	POLAR ELECTRO OY Professorintie 5, 90440 Kempele, Finland.
Test method requested, standard	USA FCC Part 15.247 10-1-17 Edition: Operation within the bands 902 - 928 MHz, 2400 -2483.5 MHz, and 5725 - 5850 MHz. USA FCC Part 15.209 10-1-17 Edition: Radiated emission limits; general requirements. CANADA RSS-247 Issue 2 (February 2017). CANADA RSS-Gen Issue 5 (April 2018). Guidance for Performing Compliance Measurements on Digital Transmission System, Frequency Hopping Spread Spectrum System, and Hybrid Systems Devices Operating Under Section 15.247 of the FCC Rules. 558074 D01 Meas Guidance v05 dated August 24, 2018. ANSI C63.10-2013: American National Standard for Testing Unlicensed Wireless Devices.
Summary	IN COMPLIANCE

Approved by (name / position & signature)	A. Llamas RF Lab. Manager
Date of issue	2019-03-22
Report template No	FDT08_21

Index

Competences and guarantees	4
General conditions	4
Uncertainty	4
Data provided by the client.....	4
Usage of samples	5
Test sample description	5
Identification of the client.....	6
Testing period and place.....	6
Document history	6
Environmental conditions	7
Remarks and comments	8
Testing verdicts.....	8
Summary	9
Appendix A: Test results. Bluetooth low Energy.....	10

Competences and guarantees

DEKRA Testing and Certification S.A.U. is a testing laboratory accredited by the National Accreditation Body (ENAC -Entidad Nacional de Acreditación), to perform the tests indicated in the Certificate No. 51/LE 147.

DEKRA Testing and Certification is a FCC-recognized accredited testing laboratory with appropriate scope of accreditation that include testing performed in this test report.

DEKRA Testing and Certification S.A.U. is a laboratory with a measurement site in compliance with the requirements of RSS 212, Issue 1 (Provisional) and has been added to the list of filed sites of the Canadian Certification and Engineering Bureau. Reference File Number: ISED 4621A-4.

In order to assure the traceability to other national and international laboratories, DEKRA Testing and Certification S.A.U. has a calibration and maintenance program for its measurement equipment.

DEKRA Testing and Certification S.A.U. guarantees the reliability of the data presented in this report, which is the result of the measurements and the tests performed to the item under test on the date and under the conditions stated on the report and, it is based on the knowledge and technical facilities available at DEKRA Testing and Certification S.A.U. at the time of performance of the test.

DEKRA Testing and Certification S.A.U. is liable to the client for the maintenance of the confidentiality of all information related to the item under test and the results of the test.

The results presented in this Test Report apply only to the particular item under test established in this document.

IMPORTANT: No parts of this report may be reproduced or quoted out of context, in any form or by any means, except in full, without the previous written permission of DEKRA Testing and Certification S.A.U.

General conditions

1. This report is only referred to the item that has undergone the test.
2. This report does not constitute or imply on its own an approval of the product by the Certification Bodies or competent Authorities.
3. This document is only valid if complete; no partial reproduction can be made without previous written permission of DEKRA Testing and Certification S.A.U.
4. This test report cannot be used partially or in full for publicity and/or promotional purposes without previous written permission of DEKRA Testing and Certification S.A.U. and the Accreditation Bodies.

Uncertainty

Uncertainty (factor $k=2$) was calculated according to the DEKRA Testing and Certification S.A.U. internal document PODT000.

Data provided by the client

The sample consists of a GPS sports watch with Bluetooth low-energy connectivity and wrist-based heartrate.

DEKRA Testing and Certification S.A.U. declines any responsibility with respect to the information provided by the client and that may affect the validity of results.

Usage of samples

Samples undergoing test have been selected by: The client.

- Sample S/01 is composed of the following elements:

Control Nº	Description	Model	Serial Nº	Date of reception
59572/002	Fitness watch	2Z	---	2019-02-18
59572/006	USB charger cable	---	---	2019-02-18

Sample S/01 has undergone the following test(s): All RADIATED tests indicated in Appendix A.

- Sample S/02 is composed of the following elements:

Control Nº	Description	Model	Serial Nº	Reception
59572/003	Fitness watch	2Z	---	2019-02-18
59572/006	USB charger cable	---	---	2019-02-18

Sample S/02 has undergone the following test(s): All CONDUCTED tests indicated in Appendix A.

Test sample description

Ports..... :	Port name and description		Cable				
			Specified length [m]	Attached during test			
	USB port	0.8	<input checked="" type="checkbox"/>				
	N/A		<input type="checkbox"/>				
Supplementary information to the ports..... :	N/A						
Rated power supply	Voltage and Frequency		Reference poles				
			L1	L2	L3	N	PE
	<input type="checkbox"/>	AC:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input checked="" type="checkbox"/>	DC: 3.8V					
	<input type="checkbox"/>	DC:					
Rated Power	0,6 W						
Clock frequencies	26MHz, 32MHz, 32.768kHz						
Other parameters..... :	Not provided data						
Software version	0.4.2						
Hardware version..... :	00772057						
Dimensions in cm (L x W x D)	Not provided data						
Mounting position..... :	<input type="checkbox"/>	Table top equipment					
	<input type="checkbox"/>	Wall/Ceiling mounted equipment					

	<input type="checkbox"/>	Floor standing equipment		
	<input checked="" type="checkbox"/>	Hand-held equipment		
	<input type="checkbox"/>	Other:		
Modules/parts	Module/parts of test item		Type	Manufacturer
	N/A			
Accessories (not part of the test item)	Description		Type	Manufacturer
	N/A			
Documents as provided by the applicant.....	Description		File name	Issue date
	N/A			

Identification of the client

POLAR ELECTRO OY
 Professorintie 5, 90440 Kempele, Finland.

Testing period and place

Test Location	DEKRA Testing and Certification S.A.U.
Date (start)	2019-02-19
Date (finish)	2019-03-04

Document history

Report number	Date	Description
59572RRF.003	2019-03-22	First release

Environmental conditions

In the control chamber, the following limits were not exceeded during the test:

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 20 % Max. = 75 %
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 1 Ω

In the semianechoic chamber, the following limits were not exceeded during the test.

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 20 % Max. = 75 %
Air pressure	Min. = 860 mbar Max. = 1060 mbar
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 1 Ω
Normal site attenuation (NSA)	< ±4 dB at 10 m distance between item under test and receiver antenna, (30 MHz to 1000 MHz)
Field homogeneity	More than 75% of illuminated surface is between 0 and 6 dB (26 MHz to 1000 MHz).

In the chamber for conducted measurements, the following limits were not exceeded during the test:

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 20 % Max. = 35 %
Air pressure	Min. = 860 mbar Max. = 1060 mbar
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 1 Ω

Remarks and comments

The tests have been performed by the technical personnel: Carolina Postigo and Ignacio Cabra.

Used instrumentation:

Conducted Measurements:

	Last Calibration	Due Calibration
1. Spectrum analyser Rohde & Schwarz FSV40	2017/07/19	2019/07/19
2. DC Power Supply 40V/40A Rohde & Schwarz NGPE40	2018/02/06	2021/02/06

Radiated Measurements:

	Last Calibration	Due Calibration
1. Semianechoic Absorber Lined Chamber ETS LINDGREN FACT 3 200 STP	N.A.	N.A.
2. EMI Test Receiver ROHDE AND SCHWARZ ESR7	2017/07/27	2019/07/27
3. RF Pre-amplifier, 38 dB, 30 MHz-6 GHz BONN ELEKTRONIK BLNA 0360-01N	2019/02/01	2020/08/01
4. Biconical/Log Antenna 30 MHz-6 GHz ETS LINDGREN 3142E	2017/09/27	2020/09/27
5. Signal and Spectrum Analyzer ROHDE AND SCHWARZ FSV 40	2018/02/20	2020/02/20
6. Pre-amplifier G>30dB, 1-18GHz BONN ELEKTRONIK BLMA 0118-3A	2018/03/28	2019/03/28
7. Broadband Horn antenna 1-18GHz SCHWARZBECK MESS-ELEKTRONIK BBHA 9120 D	2018/01/03	2021/01/03
8. Broadband Horn antenna 18-40 GHz SCHWARZBECK MESS-ELEKTRONIK BBHA 9170	2018/07/19	2021/07/19
9. RF Pre-amplifier, G>48dB, 18-40GHz NARDA JS44-18004000-33-8P	2018/02/04	2020/02/04

Testing verdicts

Not applicable:	N/A
Pass:	P
Fail:	F
Not measured:	N/M

Summary

1. Bluetooth Low Energy

FCC PART 15 PARAGRAPH / RSS-247		Verdict	Remark
Requirement – Test case			
Section 15.247 Subclause (a) (2) / RSS-247 5.2. (a)	6 dB Bandwidth	P	
Section 15.247 Subclause (b) / RSS-247 5.4. (d)	Maximum output power and antenna gain	P	
Section 15.247 Subclause (d) / RSS-247 5.5	Emission limitations conducted (Transmitter)	P	
Section 15.247 Subclause (d) / RSS-247 5.5.	Band-edge emissions compliance (Transmitter)	P	
Section 15.247 Subclause (e) / RSS-247 5.2. (b)	Power spectral density	P	
Section 15.247 Subclause (d) / RSS-247 5.5.	Emission limitations radiated (Transmitter)	P	
<u>Supplementary information and remarks:</u>			
None.			

Appendix A: Test results. Bluetooth low Energy.

INDEX

TEST CONDITIONS.....	12
Occupied Bandwidth.....	14
FCC Section 15.247 Subclause (a) (2) / RSS-247 Clause 5.2 (a) 6 dB Bandwidth.....	16
FCC Section 15.247 Subclause (b) / RSS-247 Clause 5.4 (d) Maximum output power and antenna gain.....	19
FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Emission limitations conducted (Transmitter)	22
FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Band-edge emissions compliance (Transmitter)	25
FCC Section 15.247 Subclause (e) / RSS-247 5.2. (b) Power spectral density	27
FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Emission limitations radiated (Transmitter)	30

TEST CONDITIONS

POWER SUPPLY (V):

V nominal: 3.8 Vdc
Type of power supply: 3.8 Vdc from internal rechargeable battery.
Type of Antenna: Metal sheed Integrated L-antenna, dual band
Declared maximum antenna Gain: -2.7 dBi.

TEST FREQUENCIES:

Lowest channel: 2402 MHz

Middle channel: 2440 MHz

Highest channel: 2480 MHz

CONDUCTED MEASUREMENTS

The equipment under test was set up in a shielded room and it is directly connected to the spectrum analyzer.



RADIATED MEASUREMENTS

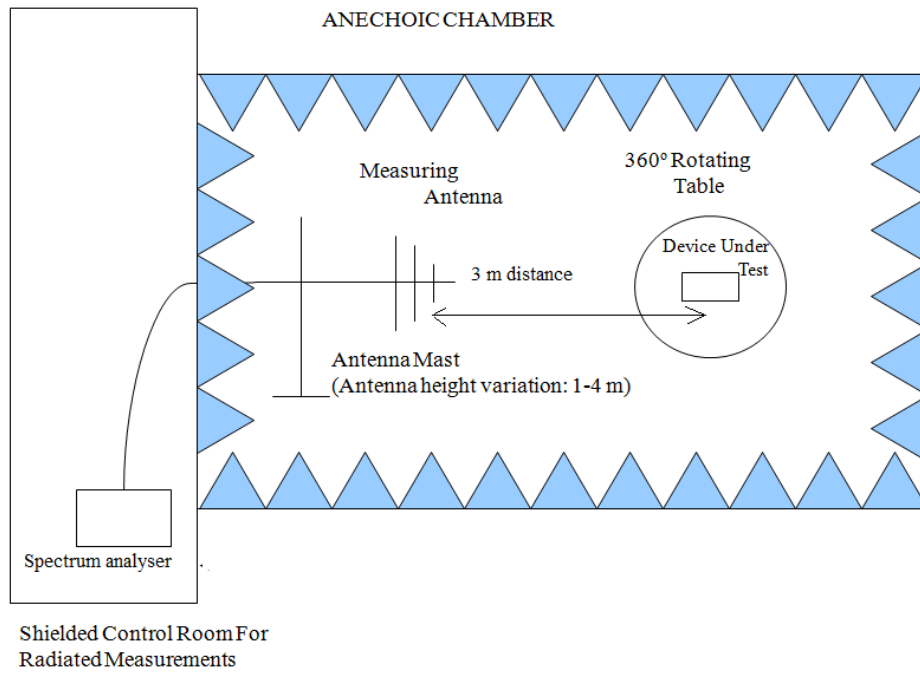
All radiated tests were performed in a semi-anechoic chamber. The measurement antenna (Bilog antenna for the range between 30 MHz to 1000 MHz) is situated at a distance of 3 m and at a distance of 1m for the frequency range 1 GHz-26 GHz (1 GHz-18 GHz Double ridge horn antenna and 18 GHz-40 GHz horn antenna).

For radiated emissions in the range 1 GHz-26 GHz that is performed at a distance closer than the specified distance, an inverse proportionality factor of 20 dB per decade is used to normalize the measured data for determining compliance.

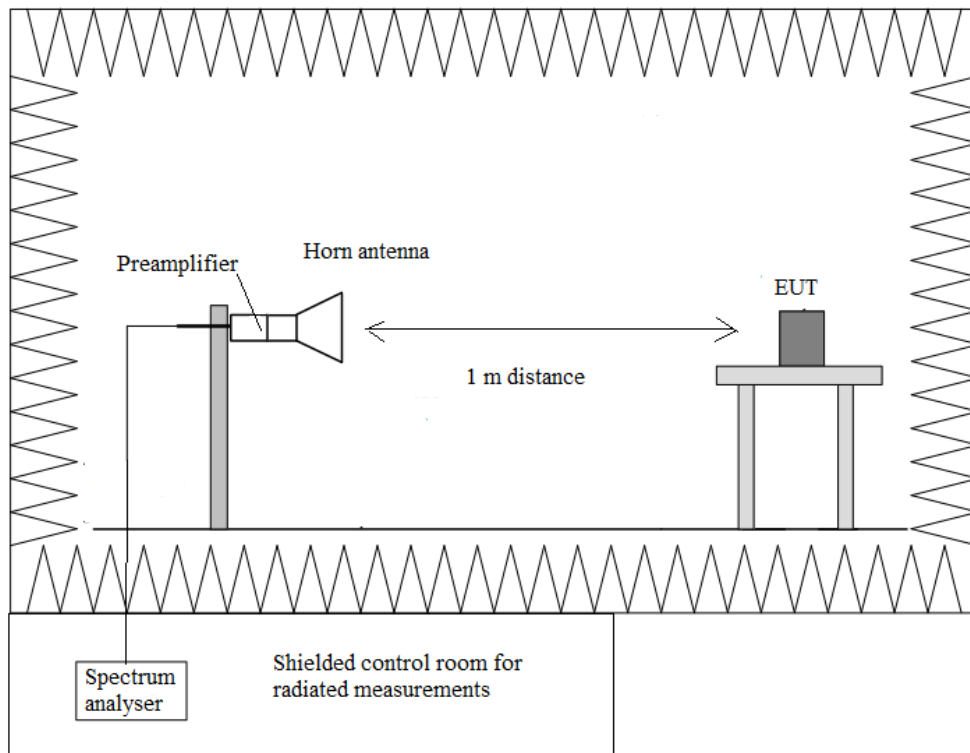
The equipment under test was set up on a non-conductive platform above the ground plane and the situation and orientation was varied to find the maximum radiated emission. It was also rotated 360° and the antenna height (Bilog antenna and Double ridge horn antenna) was varied from 1 to 4 meters to find the maximum radiated emission.

Measurements were made in both horizontal and vertical planes of polarization.

Radiated measurements setup from 30 MHz to 1 GHz:



Radiated measurements setup $f > 1$ GHz:



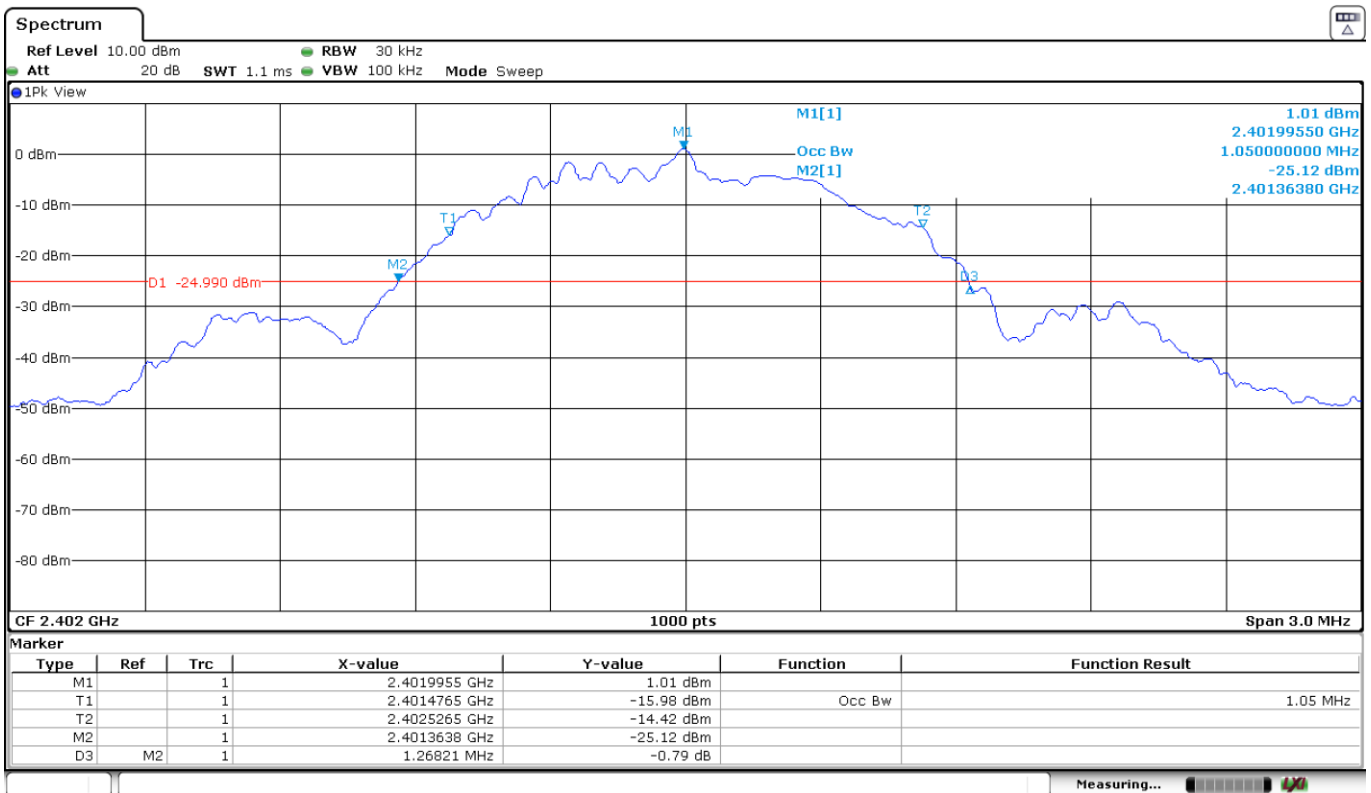
Occupied Bandwidth

RESULTS

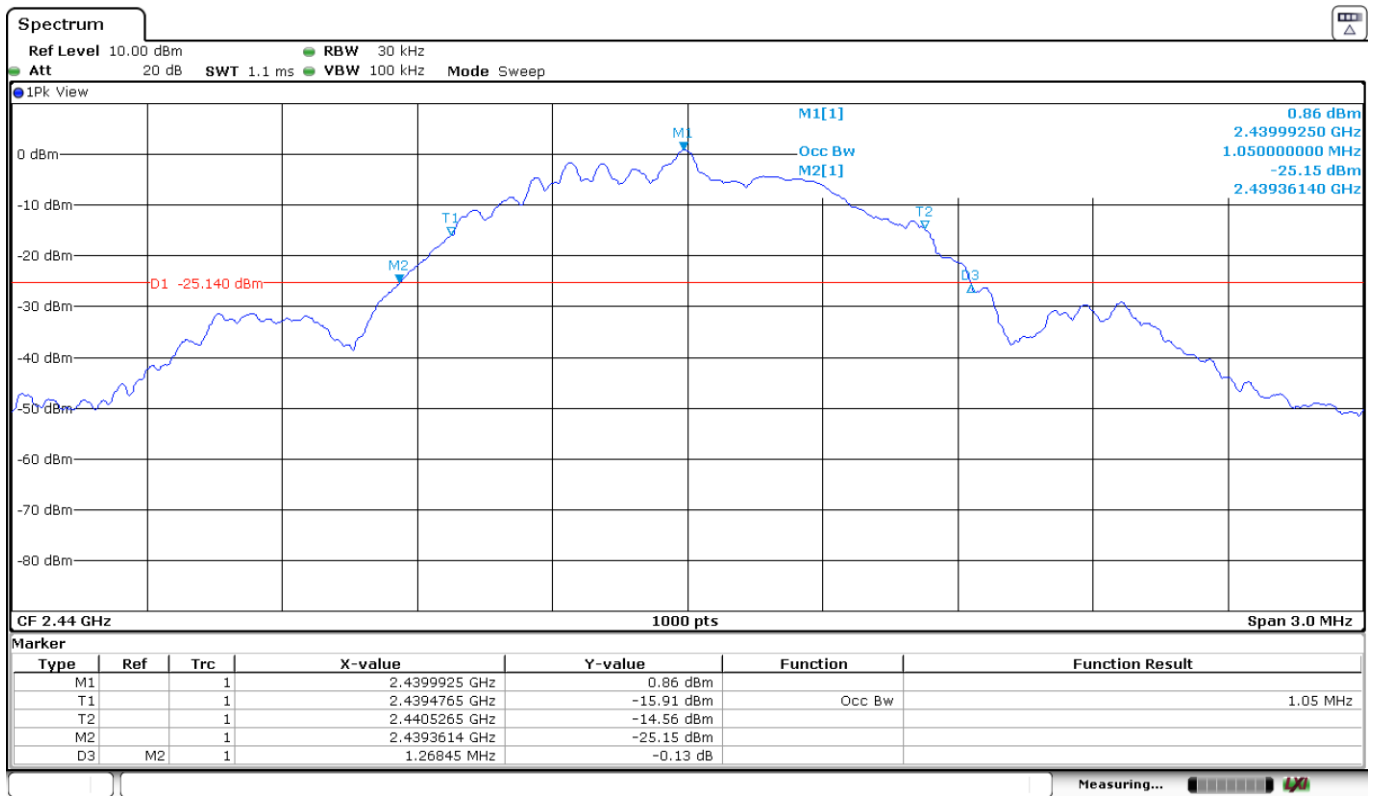
(see next plots).

	Lowest frequency	Middle frequency	Highest frequency
	2402 MHz	2440 MHz	2480 MHz
99% bandwidth (MHz)	1.050	1.050	1.059
-26 dBc bandwidth (MHz)	1.268	1.268	1.277
Measurement uncertainty (kHz)	<± 1.80		

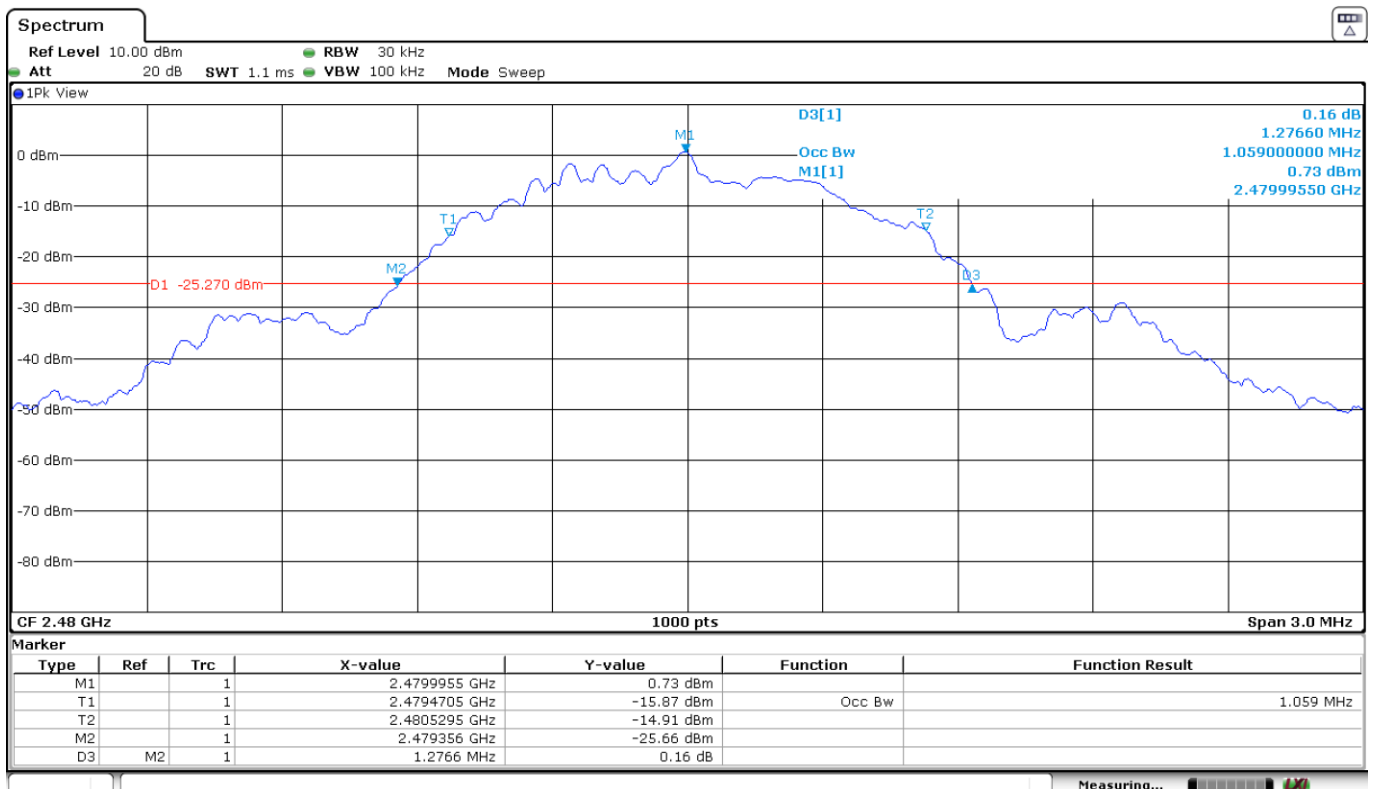
Lowest Channel



Middle Channel



Highest channel



FCC Section 15.247 Subclause (a) (2) / RSS-247 Clause 5.2 (a) 6 dB Bandwidth.

SPECIFICATION

The minimum 6 dB bandwidth shall be at least 500 kHz.

RESULTS

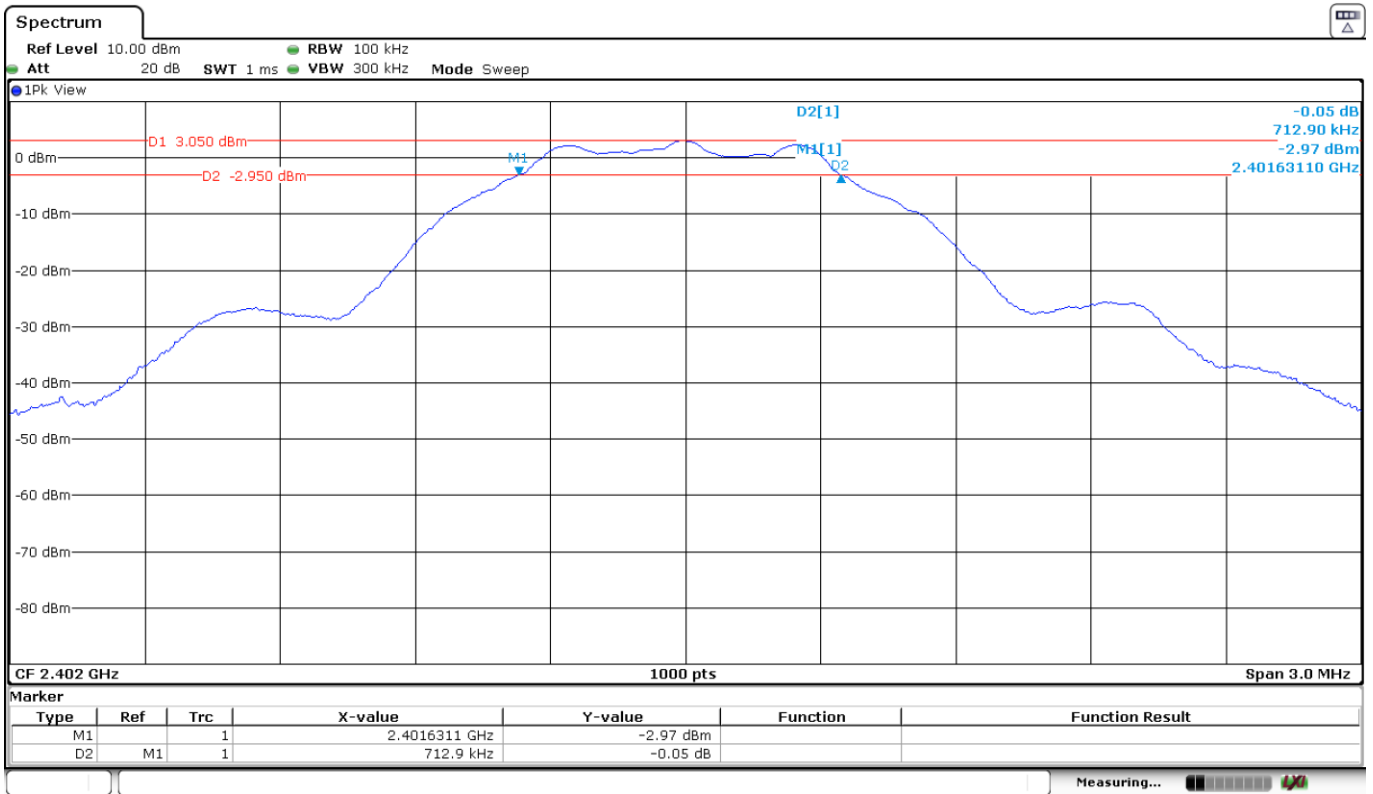
6 dB Bandwidth (see next plots).

	Lowest frequency 2402 MHz	Middle frequency 2440 MHz	Highest frequency 2480 MHz
6 dB Spectrum bandwidth (kHz)	712.90	712.70	718.52
Measurement uncertainty (kHz)	<±1.80		

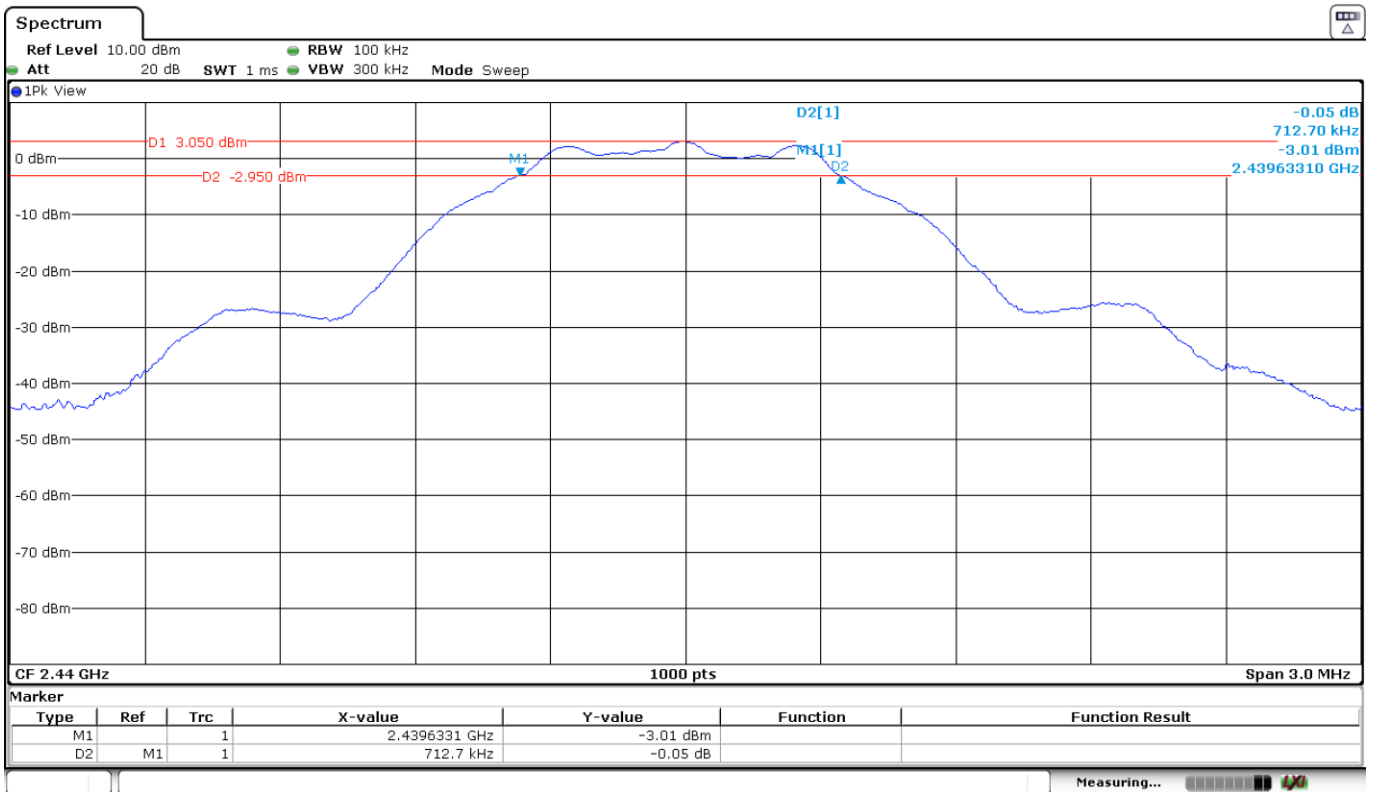
Verdict: PASS

6 dB BANDWIDTH.

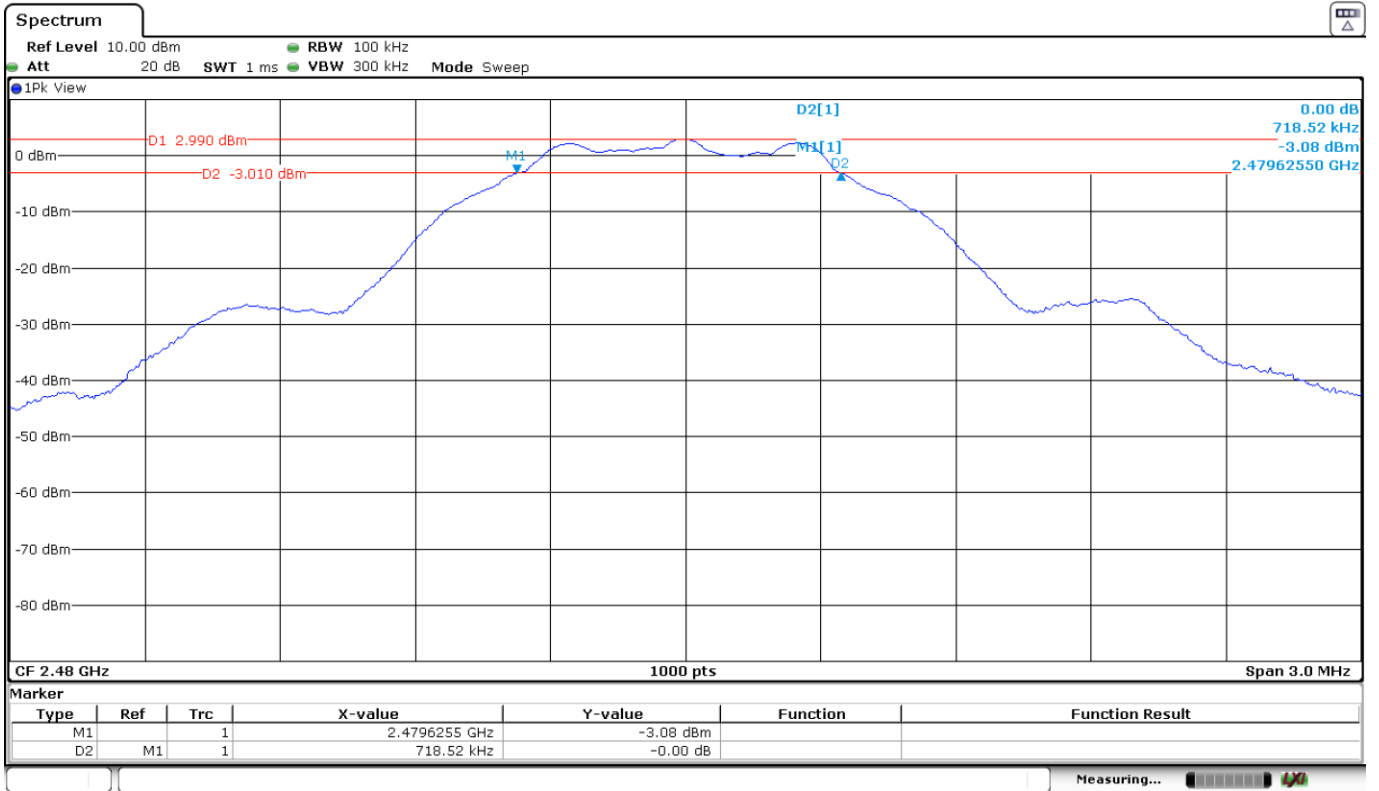
Lowest Channel



Middle Channel



Highest Channel



FCC Section 15.247 Subclause (b) / RSS-247 Clause 5.4 (d) Maximum output power and antenna gain

SPECIFICATION

For systems using digital modulation in the 2400-2483.5 MHz band: 1 watt (30 dBm).
The e.i.r.p. shall not exceed 4 W (36 dBm) (Canada).

RESULTS

The maximum peak conducted output power was measured according to the method specified in the Guidance for Performing Compliance Measurements on Digital Transmission System, Frequency Hopping Spread Spectrum System, and Hybrid Systems Devices Operating Under Section 15.247 of the FCC Rules. 558074 D01 Meas Guidance v05 dated August 24, 2018.

The EIRP power (dBm) is calculated by adding the declared maximum antenna gain to the measured conducted power.

MAXIMUM OUTPUT POWER. See next plots.

Maximum declared antenna gain: -2.7 dBi.

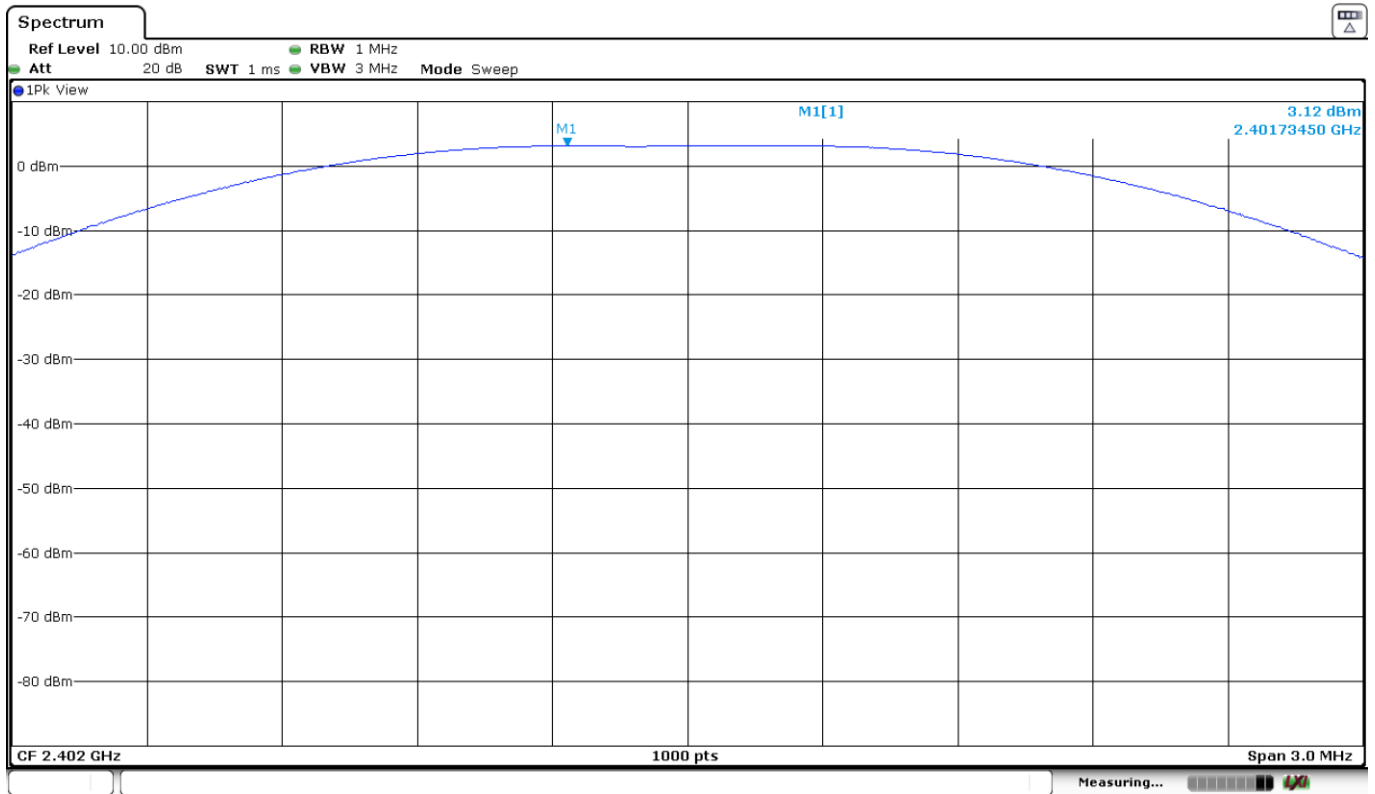
	Lowest frequency 2402 MHz	Middle frequency 2440 MHz	Highest frequency 2480 MHz
Maximum conducted power (dBm)	3.12	3.12	3.06
Maximum EIRP power (dBm)	0.42	0.42	0.36
Measurement uncertainty (dB)	<±1.20		

The maximum directional gain of the antenna is less than 6 dBi and therefore the maximum output power is not required to be reduced from the stated values.

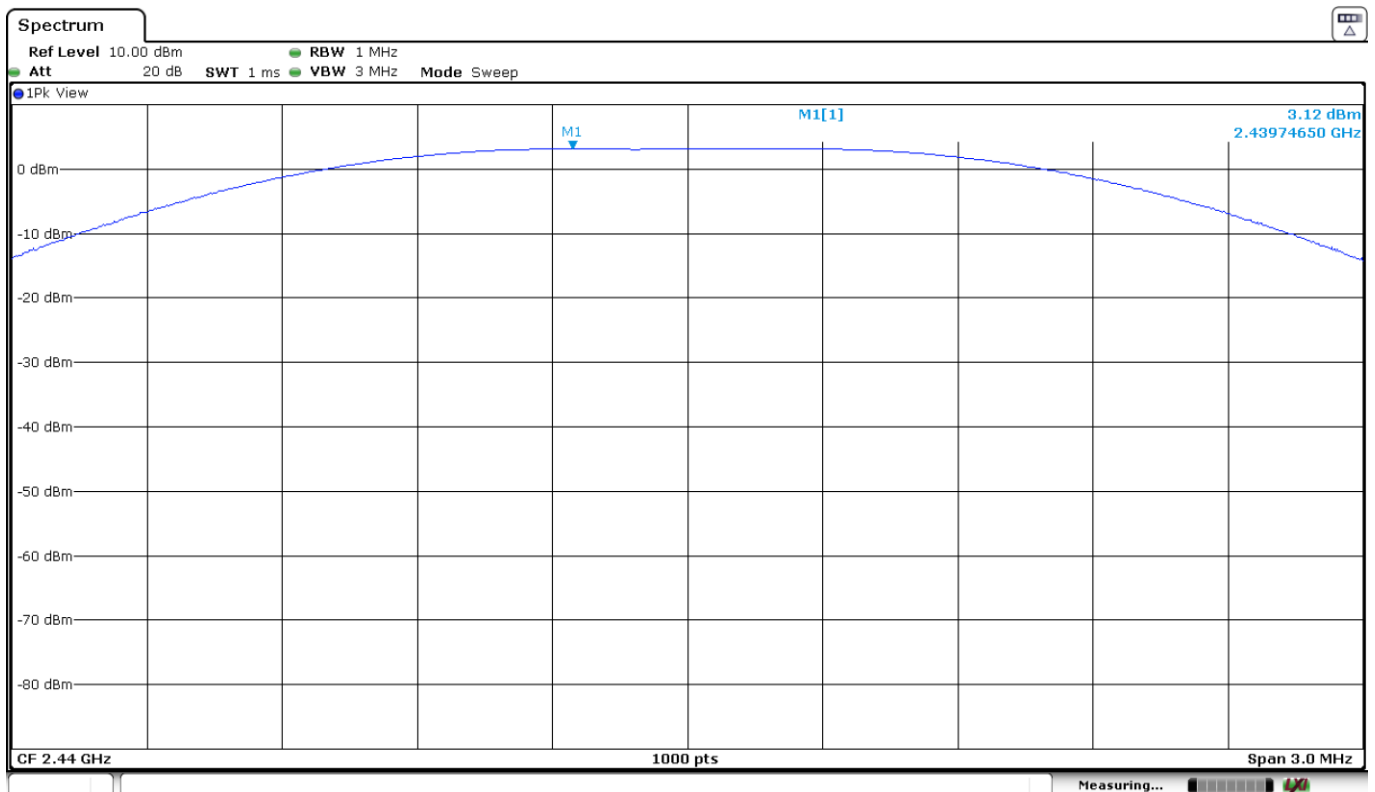
Verdict: PASS

CONDUCTED PEAK POWER.

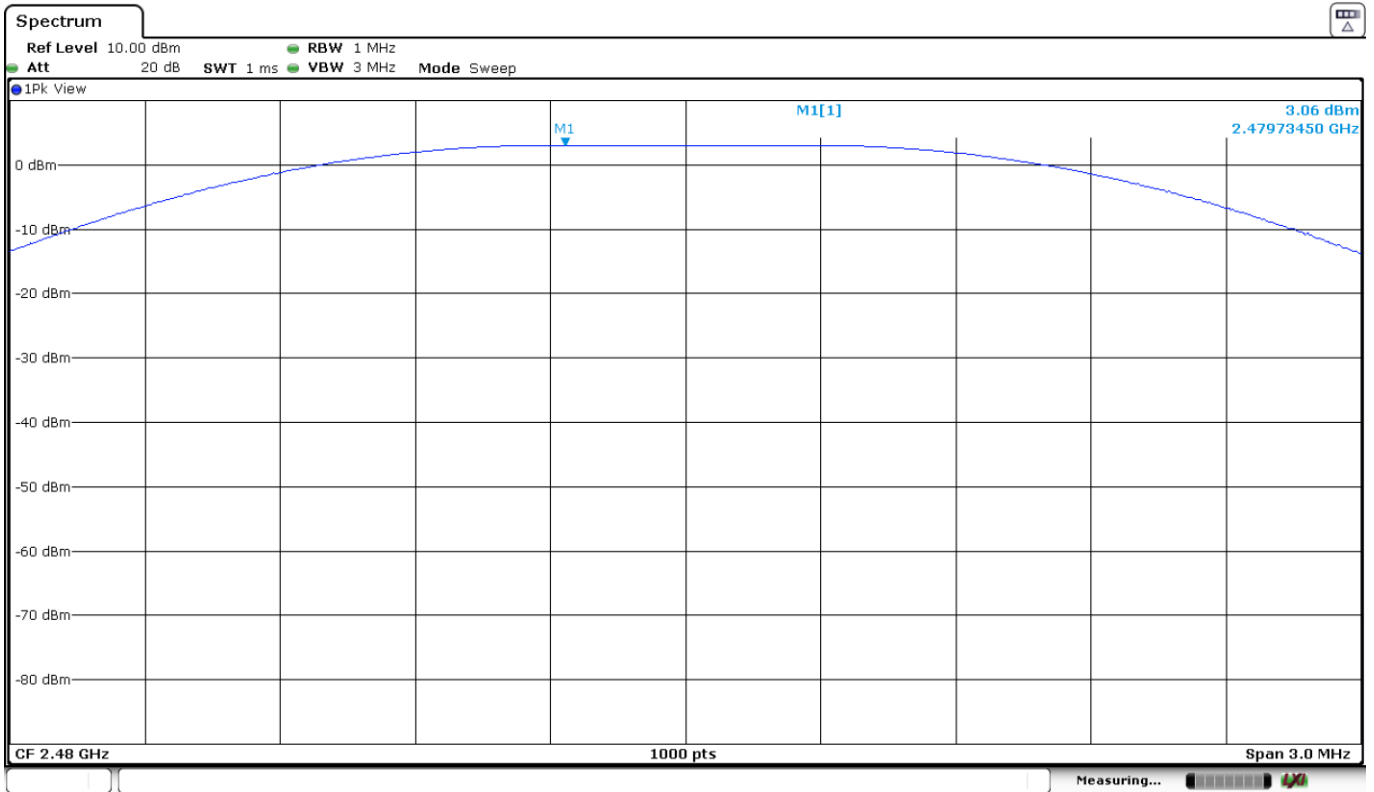
Lowest frequency



Middle frequency



Highest frequency



FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Emission limitations conducted (Transmitter)

SPECIFICATION

In any 100 kHz bandwidth outside the frequency band in which the digitally modulated intentional radiator is operating, the radio frequency power that is produced by the intentional radiator shall be at least 20 dB below that in the 100 kHz bandwidth within the band that contains the highest level of the desired power. If the transmitter complies with the conducted power limits based on the use of RMS averaging over a time interval, the attenuation required shall be 30 dB instead of 20 dB.

RESULTS:

Reference Level Measurement

	Lowest frequency 2402 MHz	Middle frequency 2440 MHz	Highest frequency 2480 MHz
Reference Level Measurement (dBm)	3.03	3.02	2.95
Measurement uncertainty (dB)	<±1.20		

Lowest frequency 2402 MHz:

All peaks are more than 20 dB below the limit.

Middle frequency 2440 MHz:

All peaks are more than 20 dB below the limit.

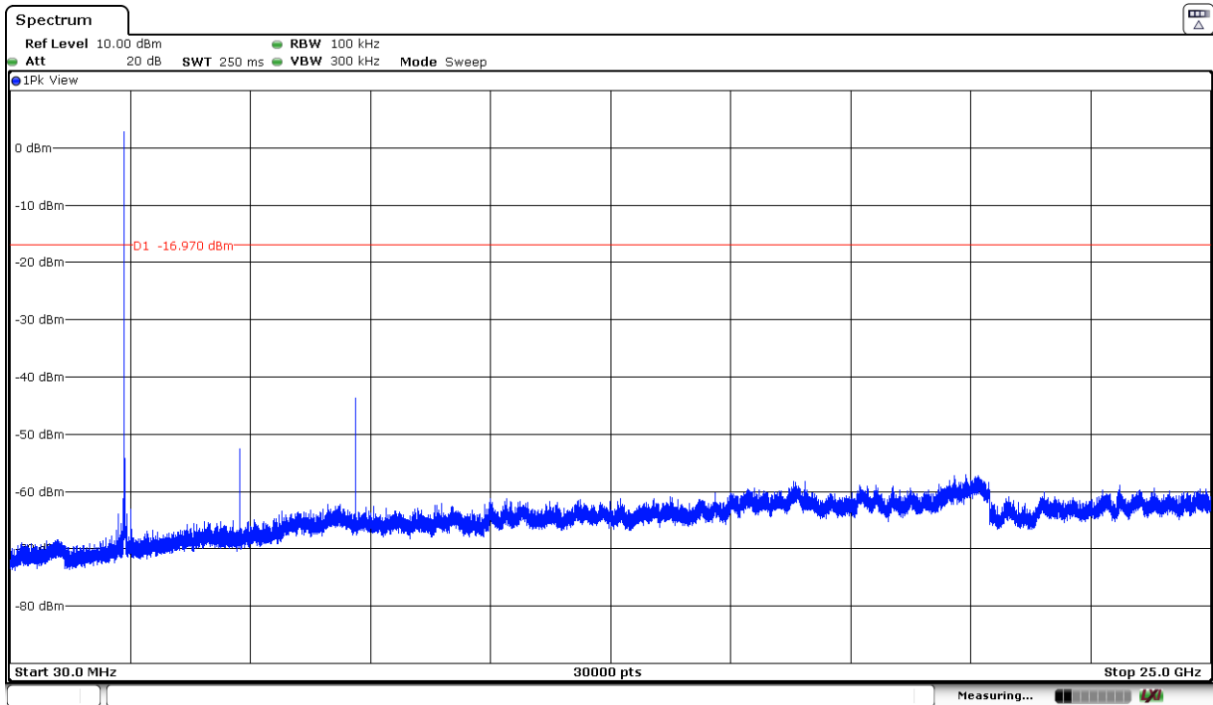
Highest frequency 2480 MHz:

All peaks are more than 20 dB below the limit.

Measurement uncertainty (dB): < 1.56

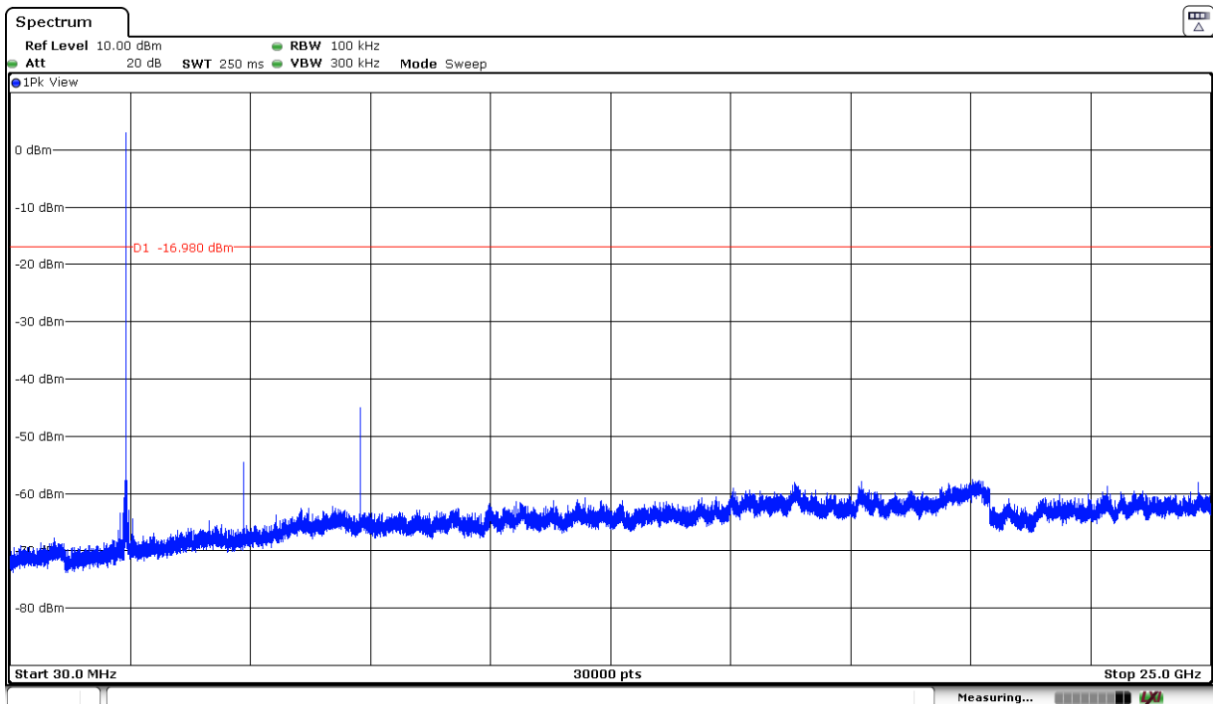
Verdict: PASS

Lowest frequency



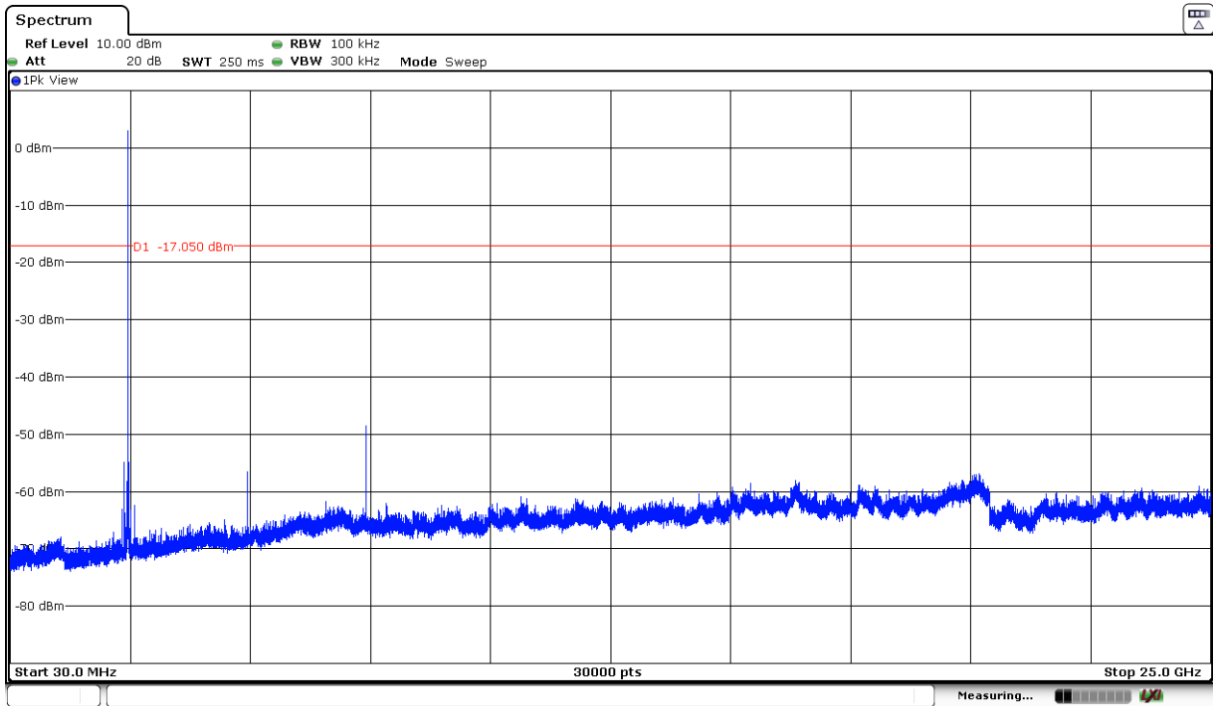
Note: The peak shown in the plot above the limit is the carrier frequency.

Middle frequency



Note: The peak shown in the plot above the limit is the carrier frequency.

Highest frequency



Note: The peak shown in the plot above the limit is the carrier frequency.

FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Band-edge emissions compliance (Transmitter)

SPECIFICATION

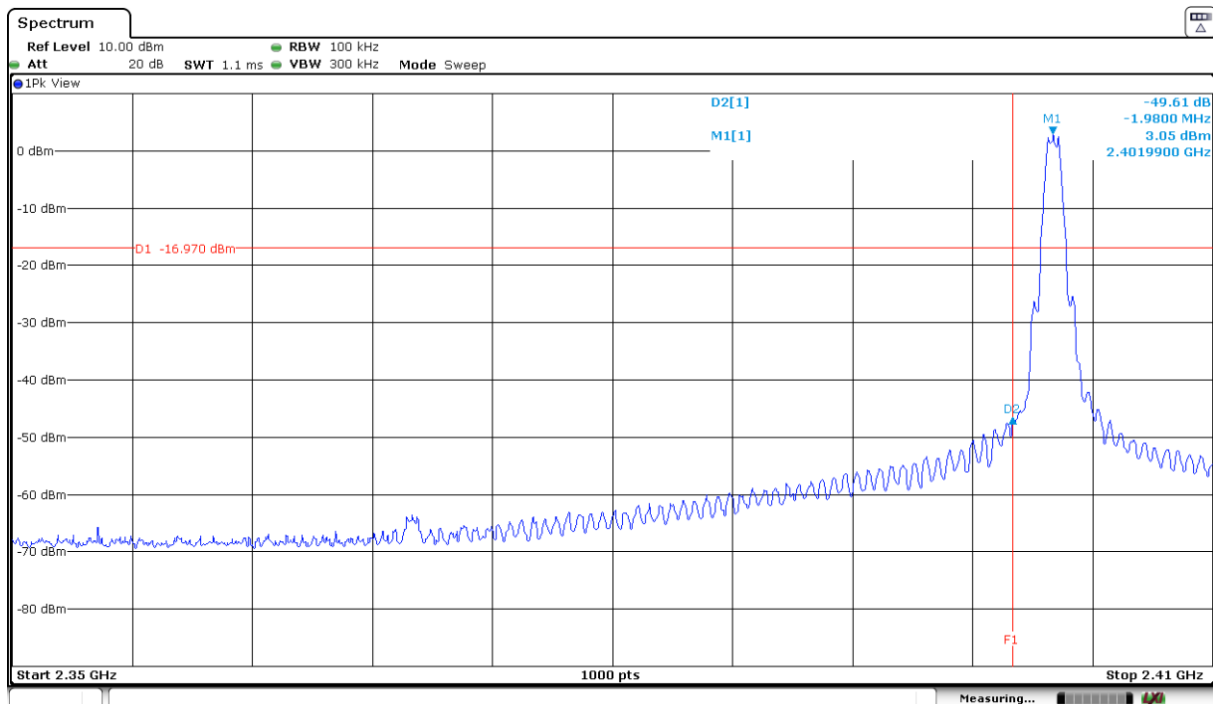
In any 100 kHz bandwidth outside the frequency band in which the digitally modulated intentional radiator is operating, the radio frequency power that is produced by the intentional radiator shall be at least 20 dB below that in the 100 kHz bandwidth within the band that contains the highest level of the desired power. If the transmitter complies with the conducted power limits based on the use of RMS averaging over a time interval, the attenuation required shall be 30 dB instead of 20 dB.

RESULTS:

Note: Radiated measurements were used to show compliance with the limits in the restricted bands 2.31-2.39 GHz and 2.4835-2.5 GHz.

1. LOW FREQUENCY SECTION. CONDUCTED.

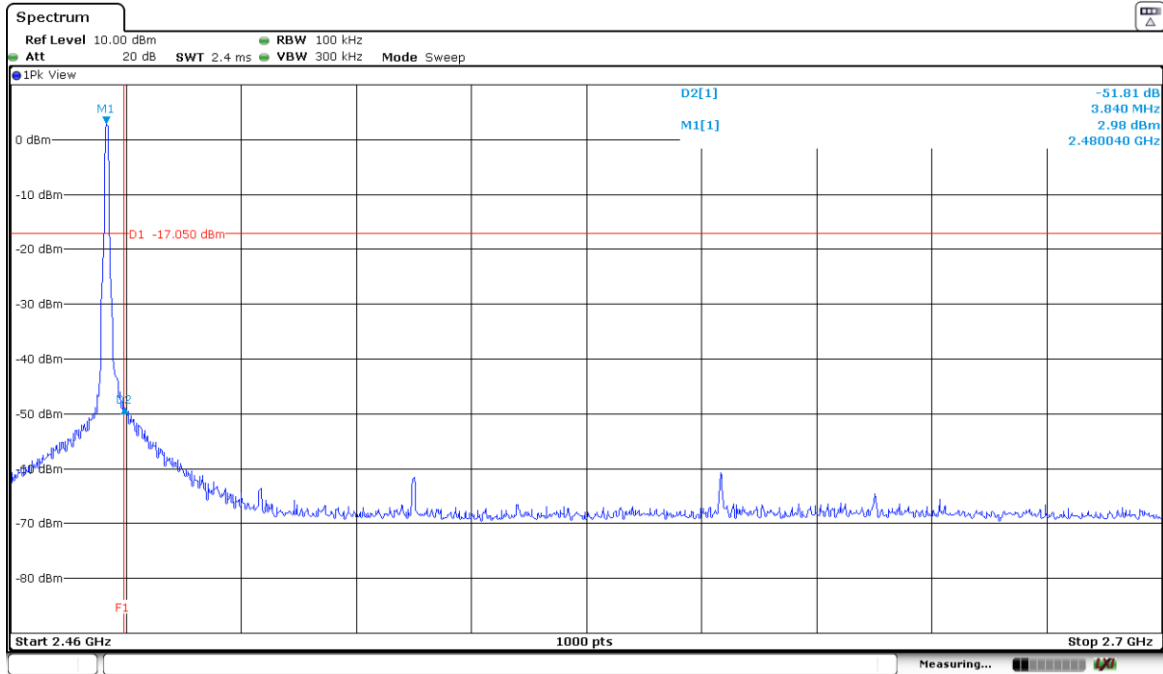
See next plot.



Verdict: PASS

2. HIGH FREQUENCY SECTION. CONDUCTED.

See next plot.



Measurement uncertainty (dB)	< ±1.20
------------------------------	---------

Verdict: PASS

FCC Section 15.247 Subclause (e) / RSS-247 5.2. (b) Power spectral density

SPECIFICATION

For digitally modulated systems, the power spectral density conducted from the intentional radiator to the antenna shall not be greater than 8 dBm in any 3 kHz band during any time interval of continuous transmission.

RESULTS

The maximum power spectral density level in the fundamental emission was measured using the method PKPSD (Peak PSD) according to the Guidance for Performing Compliance Measurements on Digital Transmission System, Frequency Hopping Spread Spectrum System, and Hybrid Systems Devices Operating Under Section 15.247 of the FCC Rules. 558074 D01 Meas Guidance v05 dated August 24, 2018.

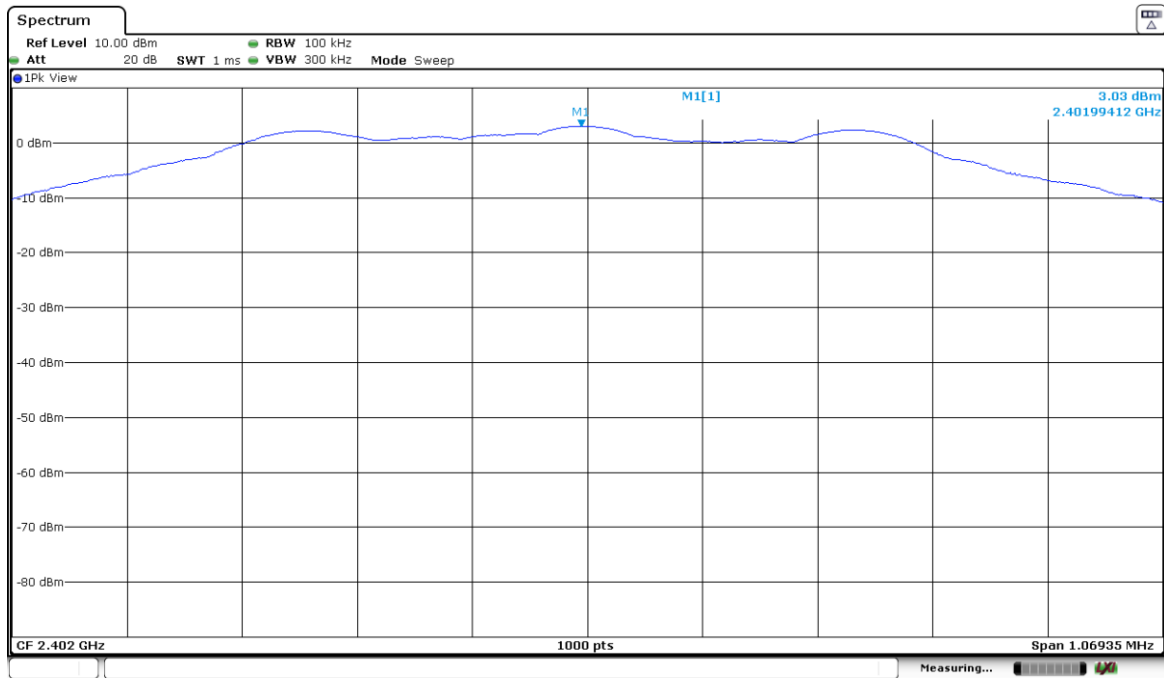
Power spectral density (see next plots).

	Lowest frequency 2402 MHz	Middle frequency 2440 MHz	Highest frequency 2480 MHz
Power spectral density (dBm)	3.03	3.02	2.95
Measurement uncertainty (dB)	<±1.20		

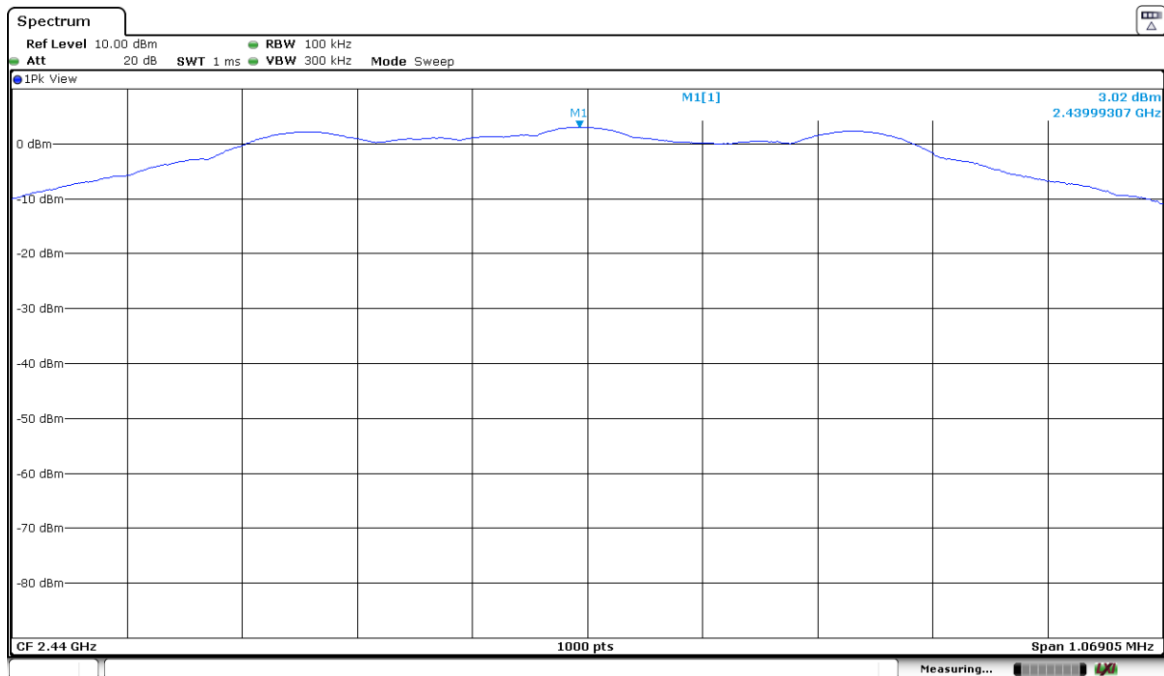
Verdict: PASS

POWER SPECTRAL DENSITY

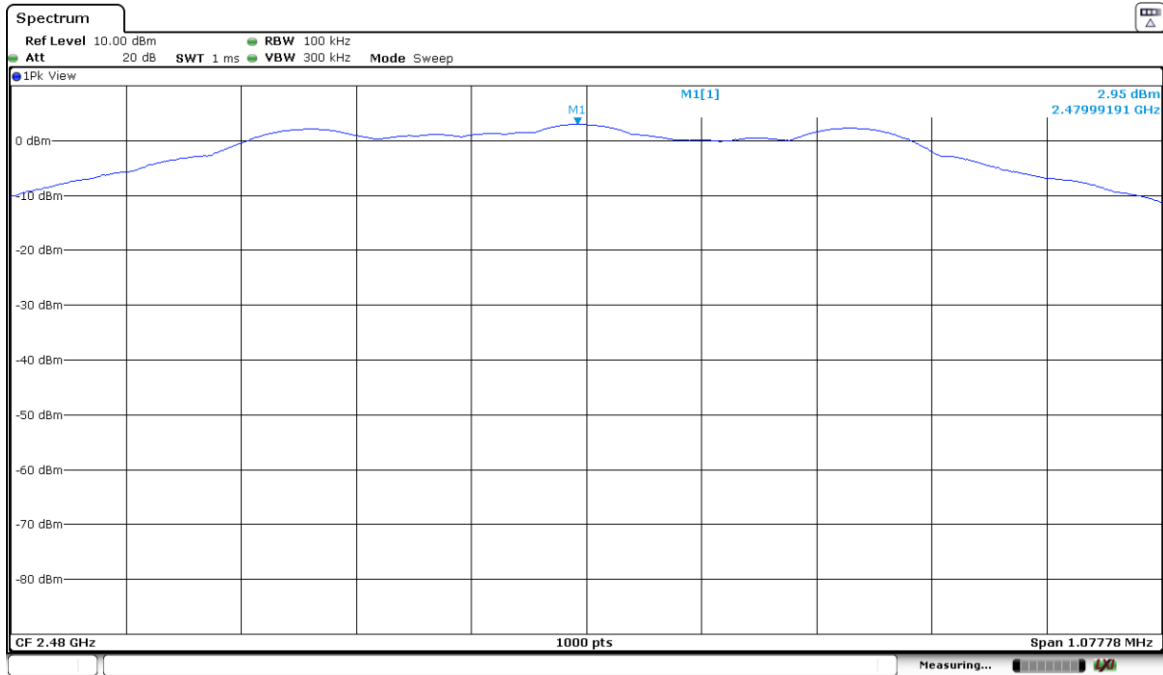
Lowest Channel



Middle Channel



Highest Channel



FCC Section 15.247 Subclause (d) / RSS-247 Clause 5.5. Emission limitations radiated (Transmitter)

SPECIFICATION

Radiated emissions which fall in the restricted bands, as defined in §15.205(a), must also comply with the radiated emission limits specified in §15.209(a) (see §15.205(c) / RSS-Gen):

Frequency Range (MHz)	Field strength ($\mu\text{V/m}$)	Field strength ($\text{dB}\mu\text{V/m}$)	Measurement distance (m)
0.009-0.490	2400/F(kHz)	-	300
0.490-1.705	24000/F(kHz)	-	30
1.705 - 30.0	30	-	30
30 - 88	100	40	3
88 - 216	150	43.5	3
216 - 960	200	46	3
960 - 25000	500	54	3

The emission limits shown in the above table are based on measurements employing CISPR quasi-peak detector except for the frequency bands 9-90 kHz, 110-490 kHz and above 1000 MHz. Radiated emission limits in these three bands are based on measurements employing an average detector.

For average radiated emission measurements above 1000 MHz, there is also a limit corresponding to 20 dB above the indicated values in the table is specified when measuring with peak detector function.

RSS-247. Attenuation below the general field strength limits specified in RSS-Gen is not required.

RESULTS:

The situation and orientation was varied to find the maximum radiated emission. It was also rotated 360° and the antenna height was varied from 1 to 4 meters to find the maximum radiated emission.

Measurements were made in both horizontal and vertical planes of polarization.

All tests were performed in a semi-anechoic chamber at a distance of 3 m for the frequency range 30 MHz-1000 MHz and at distance of 1m for the frequency range 1 GHz-25 GHz.

The field strength is calculated by adding correction factor to the measured level from the spectrum analyzer. This correction factor includes antenna factor, cable loss and pre-amplifiers gain.

Frequency range 30 MHz-1000 MHz.

The spurious signals detected do not depend on the operating channel.

No radiated spurious signals were detected at less than 20 dB from the limit.

Frequency range 1 GHz-25 GHz

The results in the next tables show the maximum measured levels in the 1-25 GHz range including the restricted bands 2.31-2.39 GHz and 2.4835-2.5 GHz (see next plots).

Spurious signals with peak levels above the average limit (54 dB μ V/m at 3 m) are measured with average detector for checking compliance with the average limit.

Lowest Channel

Spurious frequency (GHz)	Polarization	Detector	Emission Level (dB μ V/m)	Measurement Uncertainty (dB)
4.8034	V	Peak	40.56	< \pm 3.70
7.2063	V	Peak	56.65	< \pm 3.70
		Average	52.79	< \pm 3.70
10.5308	V	Peak	51.44	< \pm 3.70

Middle Channel

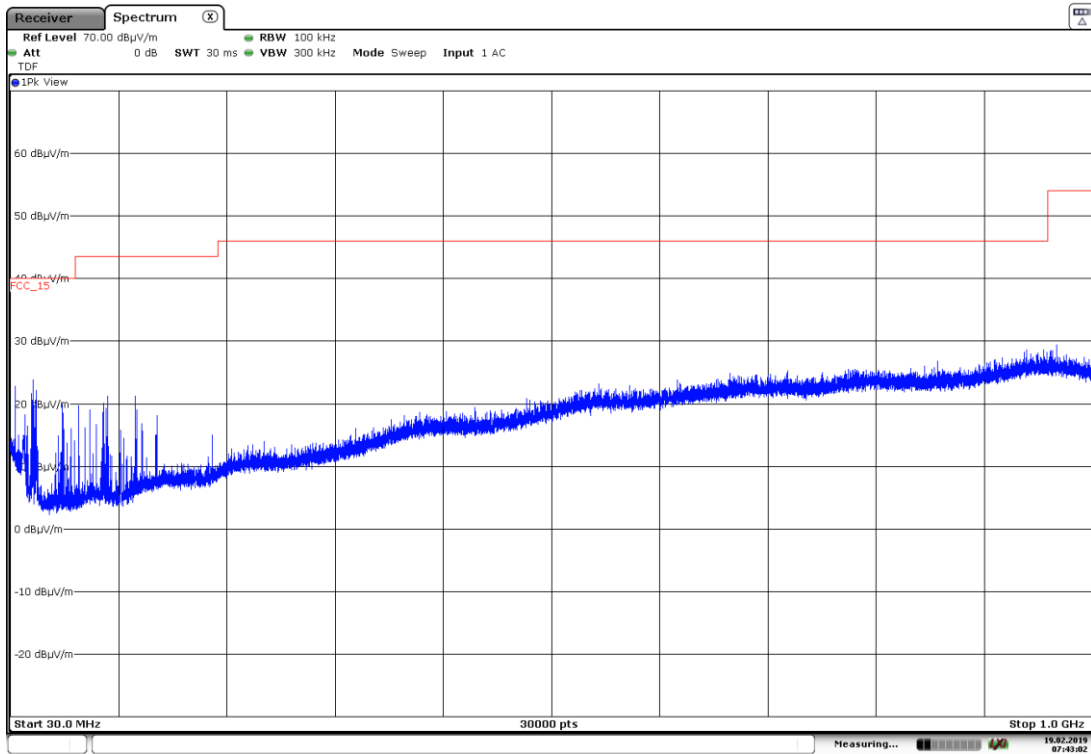
Spurious frequency (GHz)	Polarization	Detector	Emission Level (dB μ V/m)	Measurement Uncertainty (dB)
4.88043	V	Peak	41.56	< \pm 3.70
7.31923	V	Peak	53.94	< \pm 3.70
10.5304	V	Peak	51.40	< \pm 3.70

Highest Channel

Spurious frequency (GHz)	Polarization	Detector	Emission Level (dB μ V/m)	Measurement Uncertainty (dB)
2.48355	H	Peak	56.23	< \pm 3.70
		Average	42.05	< \pm 3.70
4.95977	H	Peak	42.47	< \pm 3.70
7.43917	V	Peak	52.65	< \pm 3.70
9.91895	V	Peak	47.11	< \pm 3.70
10.5304	V	Peak	52.50	< \pm 3.70
11.14661	V	Peak	46.70	< \pm 3.70

Verdict: PASS

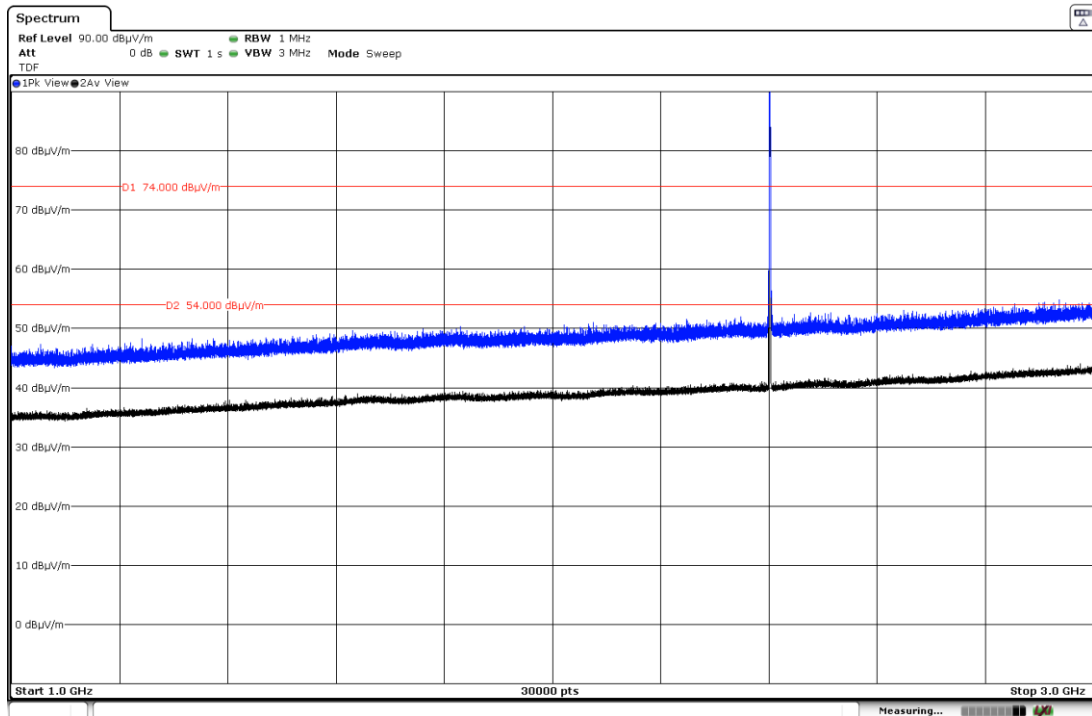
FREQUENCY RANGE 30 MHz-1000 MHz.



(This plot is valid for all three channels).

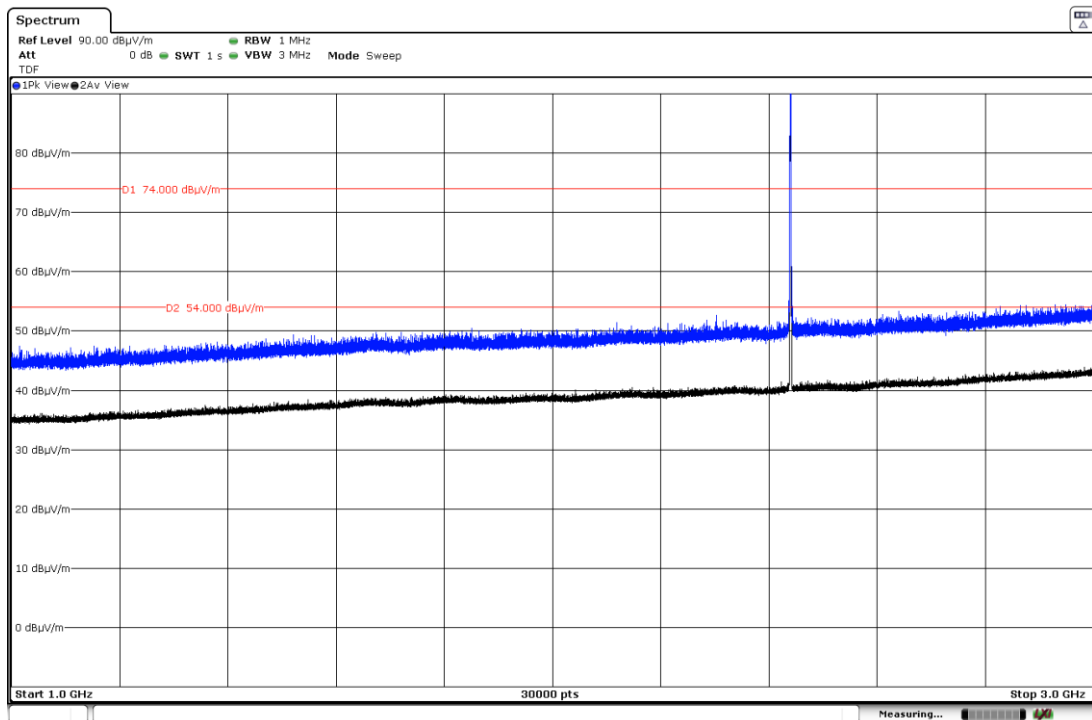
FREQUENCY RANGE 1 GHz to 3 GHz.

CHANNEL: Lowest (2402 MHz).



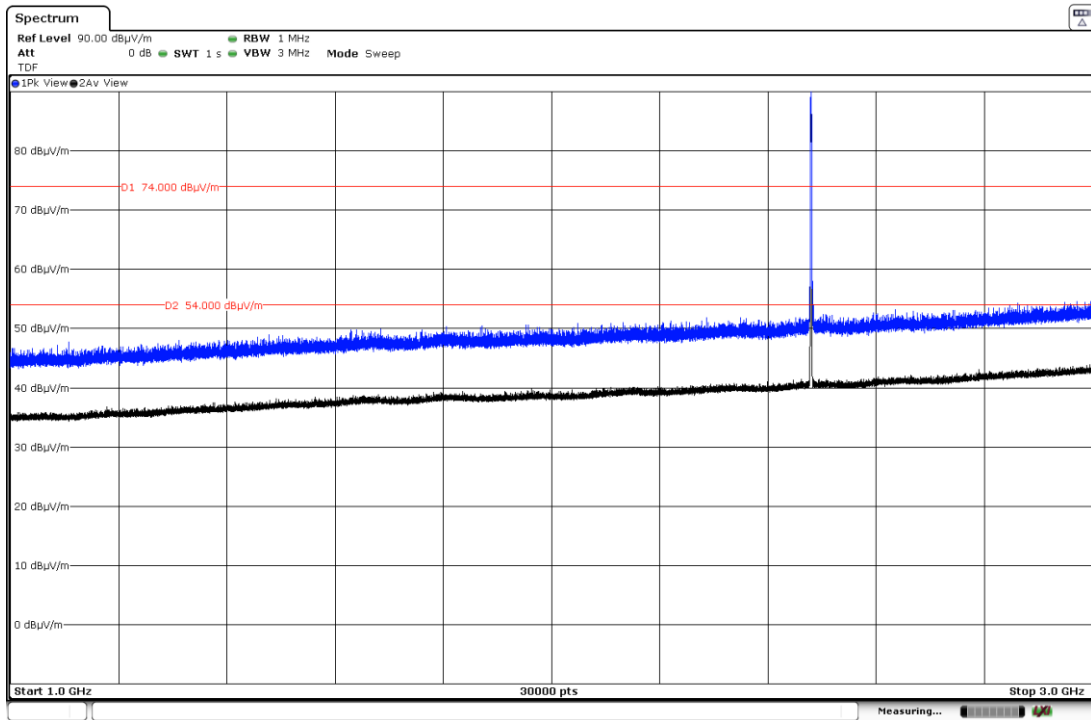
Note: The peak shown in the plot above the limit is the carrier frequency.

CHANNEL: Middle (2440 MHz).



Note: The peak shown in the plot above the limit is the carrier frequency.

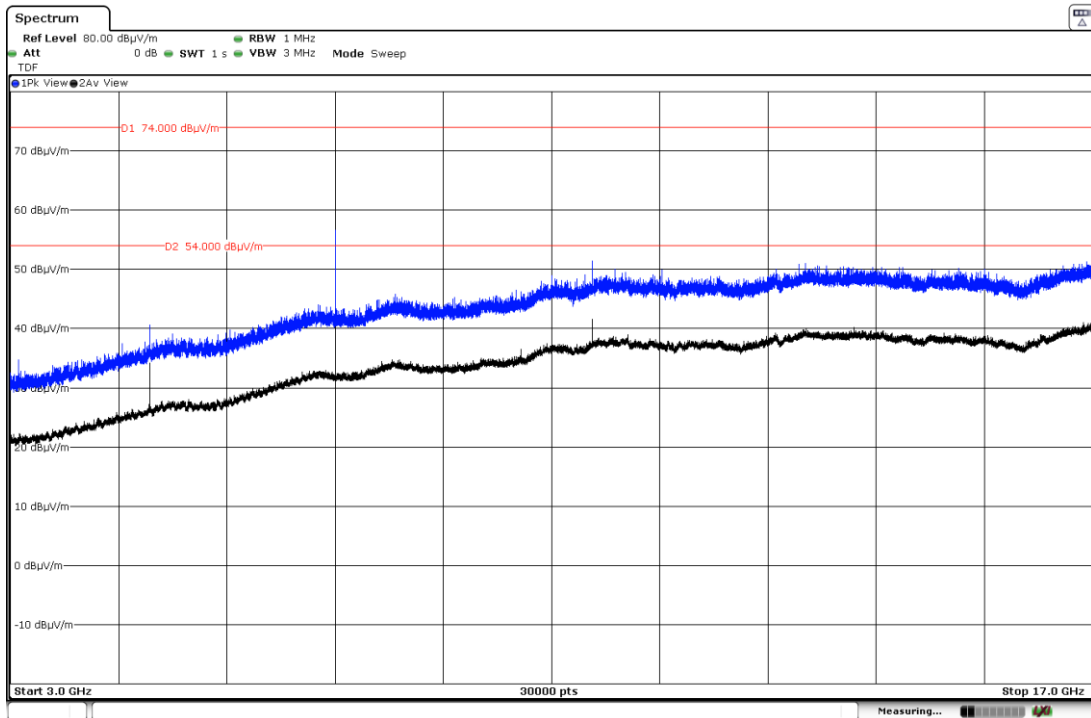
CHANNEL: Highest (2480 MHz).



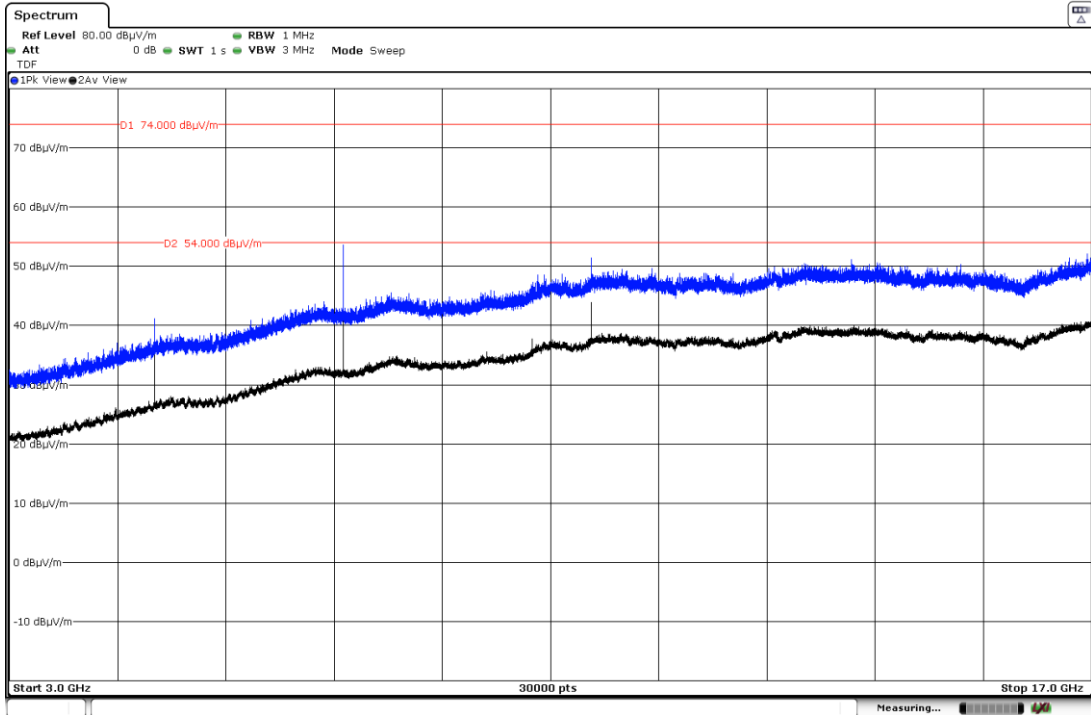
Note: The peak shown in the plot above the limit is the carrier frequency.

FREQUENCY RANGE 3 GHz to 18 GHz.

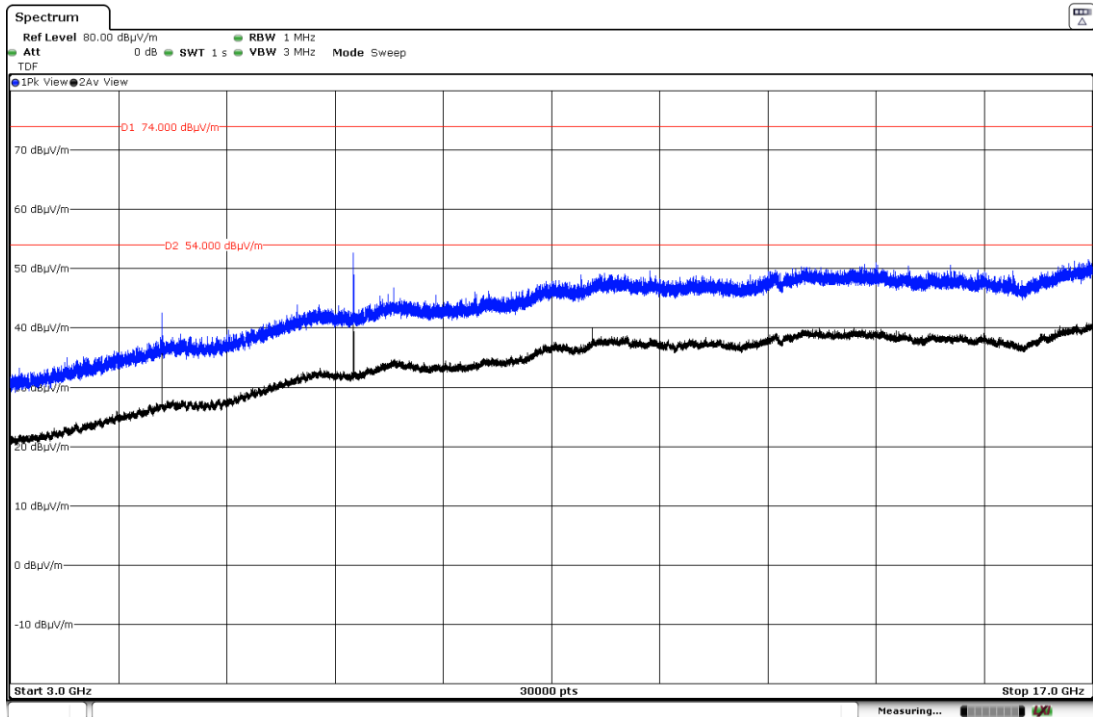
CHANNEL: Lowest (2402 MHz).



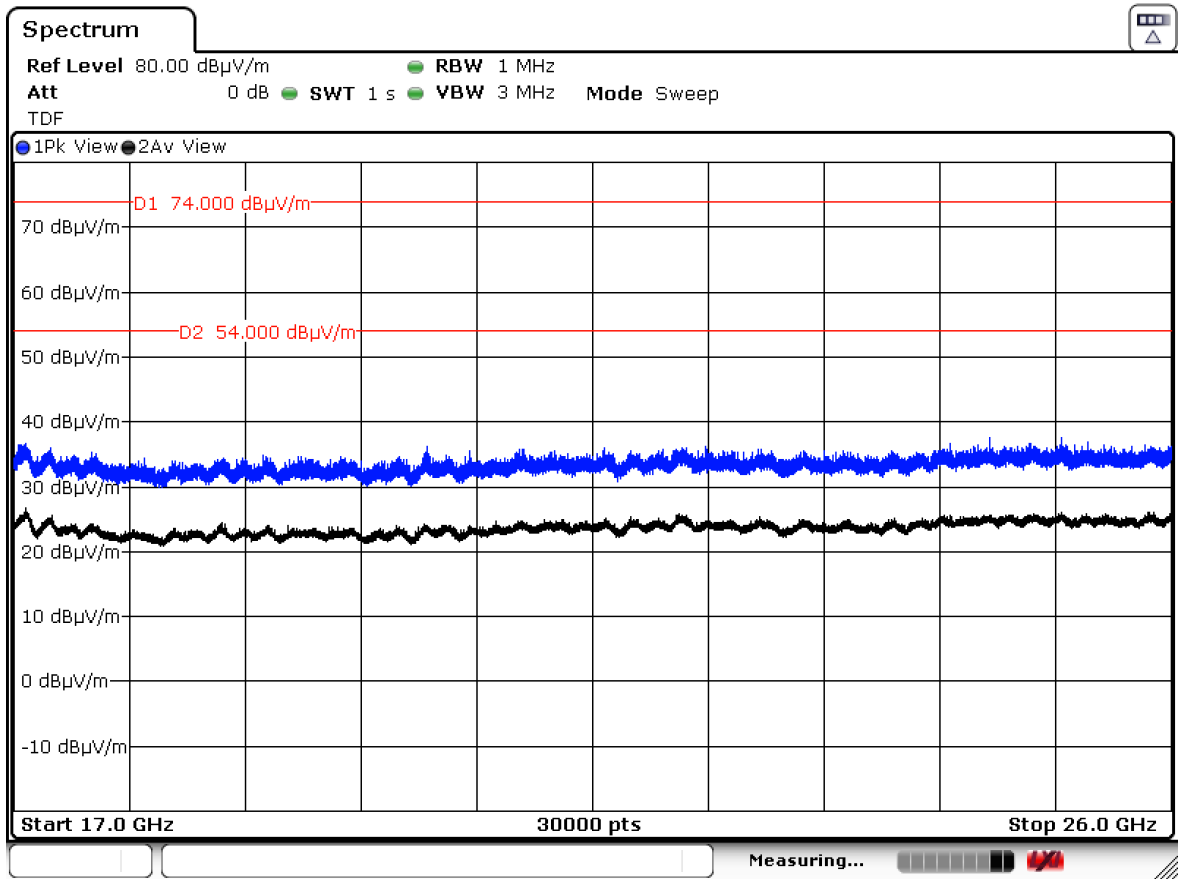
CHANNEL: Middle (2440 MHz).



CHANNEL: Highest (2480 MHz).



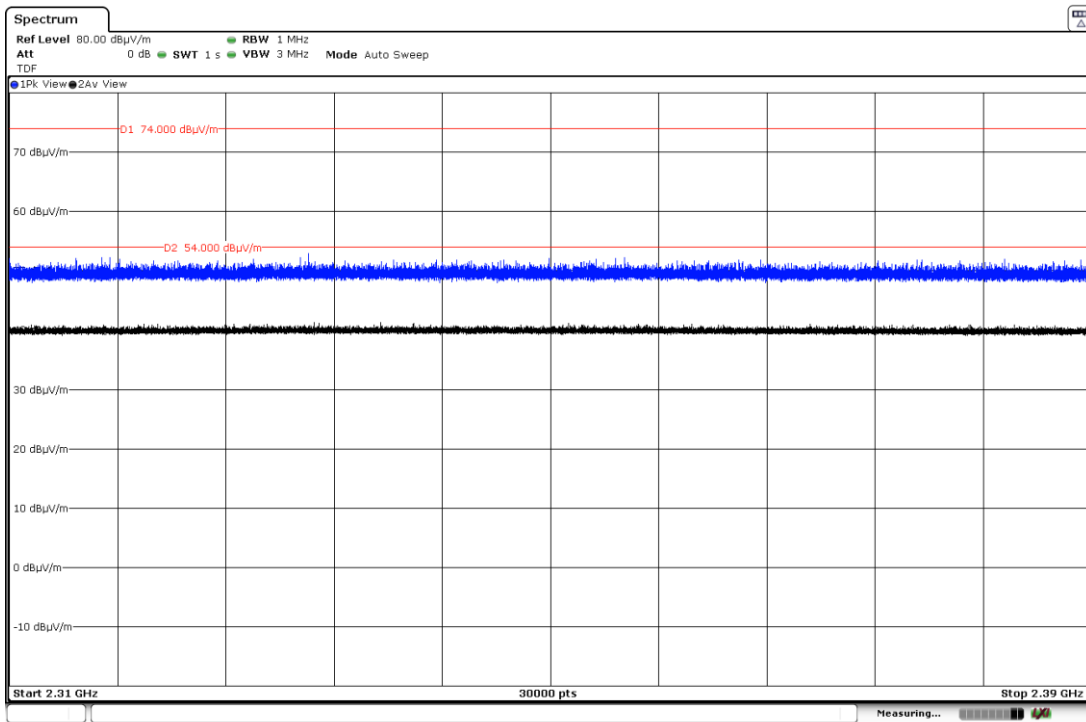
FREQUENCY RANGE 18 GHz to 26 GHz.



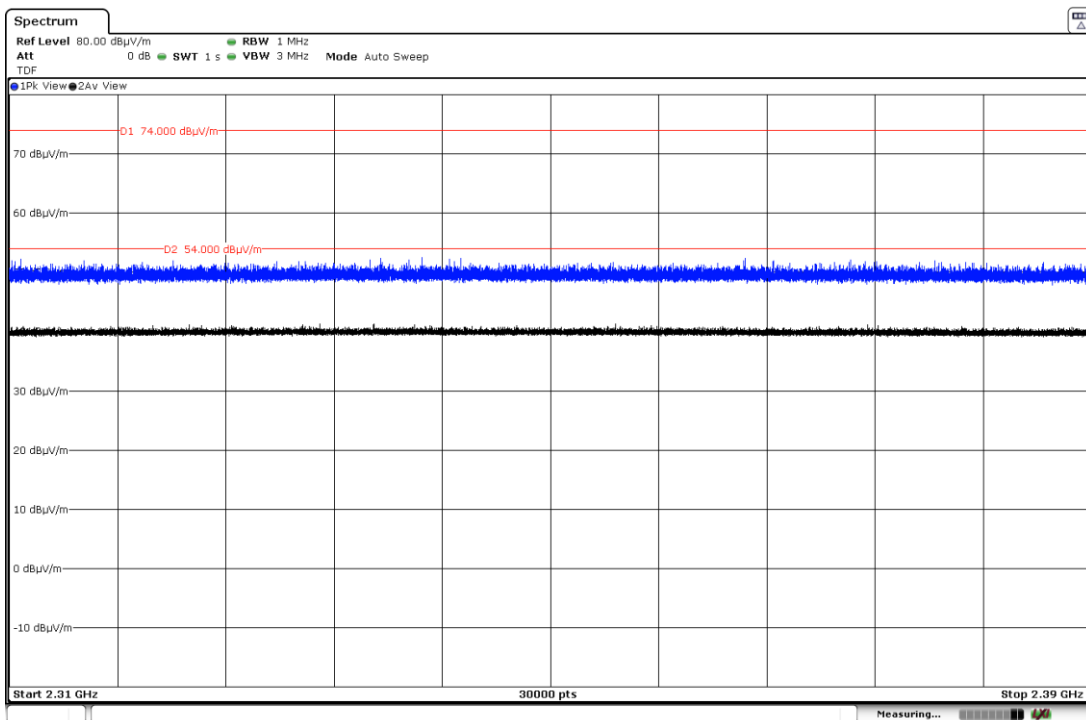
(This plot is valid for all three channels).

FREQUENCY RANGE 2.31 GHz to 2.39 GHz. (RESTRICTED BAND)

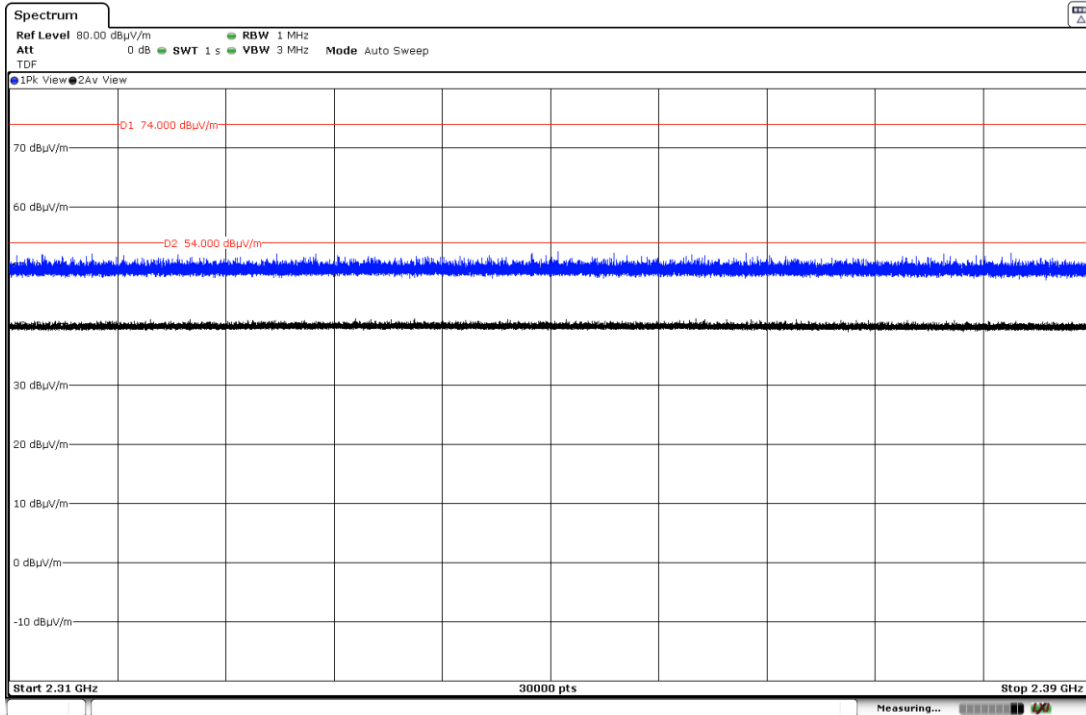
CHANNEL: Lowest (2402 MHz).



CHANNEL: Middle (2440 MHz).

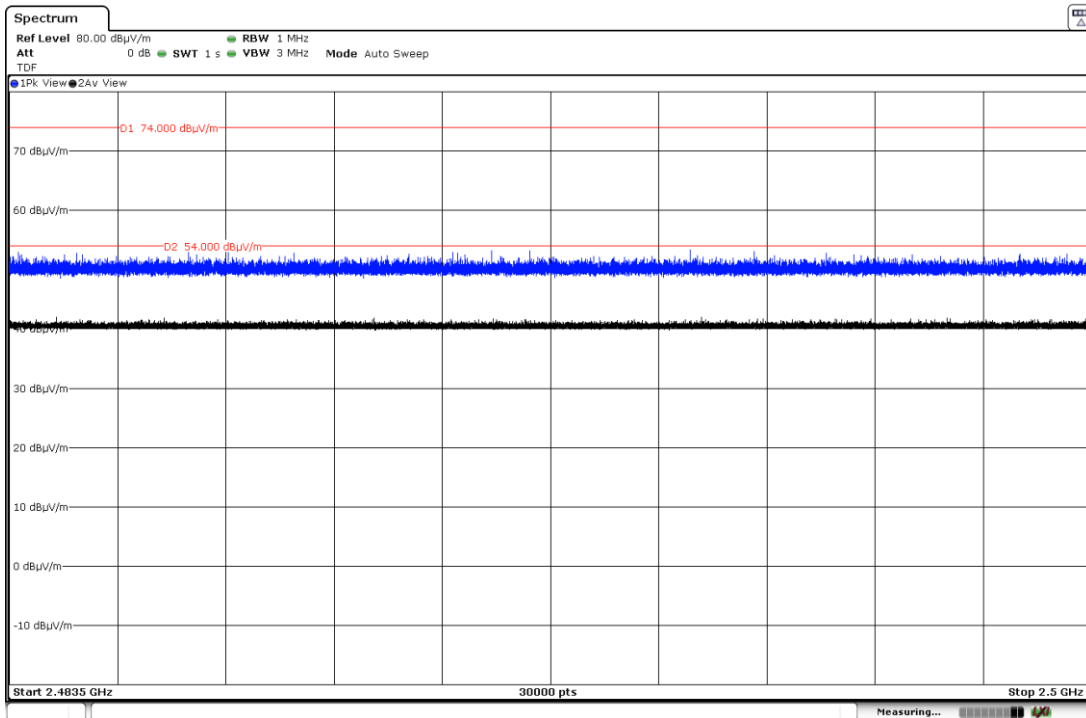


CHANNEL: Highest (2480 MHz).

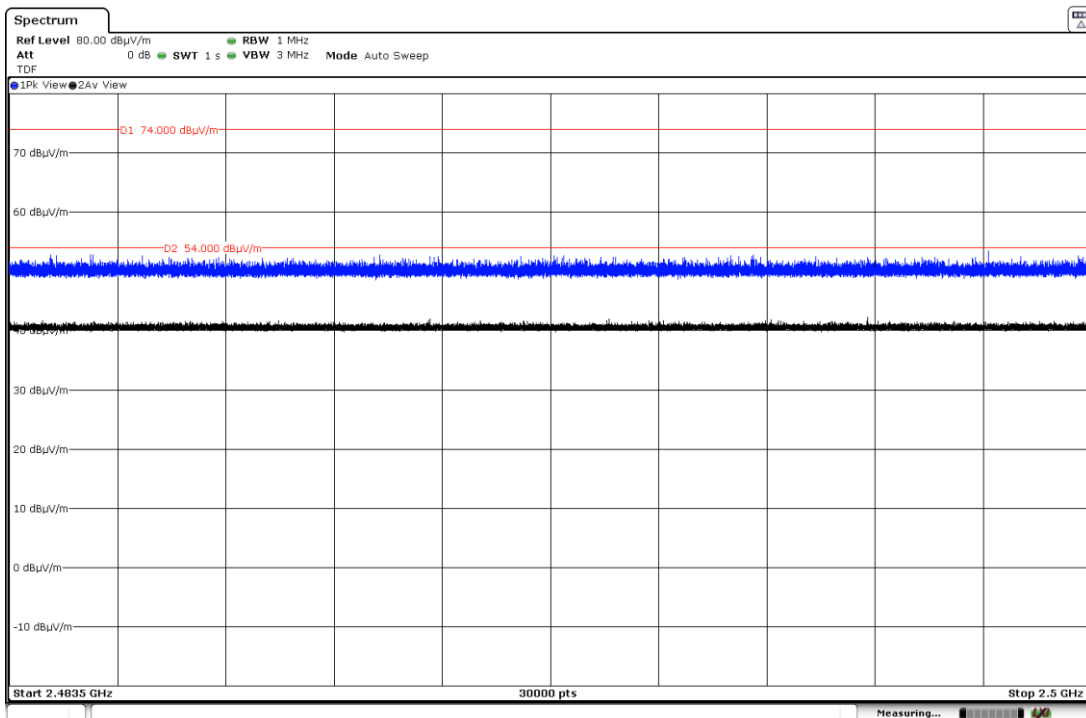


FREQUENCY RANGE 2.4835 GHz to 2.5 GHz. (RESTRICTED BAND).

CHANNEL: Lowest (2402 MHz).



CHANNEL: Middle (2440 MHz).



CHANNEL: Highest (2480 MHz).

