

**FCC LISTED, REGISTRATION  
NUMBER: 905266**

**IC LISTED REGISTRATION NUMBER  
IC 4621**

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**TEST REPORT**

**REFERENCE STANDARD: USA FCC Part 15.249 and 15.109**

**CANADA RSS-210**

**Radio Frequency Devices. Operation within the bands 902 - 928 MHz, 2400 - 2483.5 MHz, 5725 - 5875 MHz, and 24.0 - 24.25 GHz.**

**Radio Frequency Devices. Radiated emission limits.**

**Low Power Licence-Exempt Radiocommunication Devices (All Frequency Bands): Category I Equipment.**

NIE.....	32446RET.001
Approved by (name / position & signature) .....	A. Llamas/RF Lab. Manager .....
Elaboration date .....	2010-12-01
<b>Identification of item tested</b> .....	STRIDE SENSOR
Trademark .....	Polar
Model and/or type reference .....	S3+
Serial number .....	F045U70212348, F045U70400381, F045U70400413
Other identification of the product .....	Commercial name: S3+ STRIDE SENSOR FCC ID: INWU7 IC ID: 6248A-U7
Features .....	Operating frequency : 2471 MHz (Transmitter) and 2474 MHz (Receiver), GFSK modulation, Channel Bandwidth 1 MHz, 3 V <sub>DC</sub> supplied by lithium battery.
Description .....	Wireless sensor which measures various running parameters and sends them to the Polar running computer: running speed/space, distance, cadence and stride length.
<b>Applicant</b> .....	POLAR ELECTRO OY.
Address.....	Professorintie 5, 90440 Kempele, FINLAND
CIF/NIF/Passport.....	VAT FI02099112
Contact person:	Kari Parkkisenniemi
Telephone / Fax.....	+358 8 5202100
e-mail: .....	Kari.parkkisenniemi@polar.fi
<b>Test samples supplier</b> .....	Same as applicant
<b>Manufacturer</b> .....	Same as applicant

**Test method requested** .....

Standard ..... USA FCC Part 15.249 (10-1-09 Edition).  
 USA FCC Part 15.109 (10-1-09 Edition).  
 CANADA RSS-210 Issue 7 (June 2007).

Test procedure ..... PEET041: Medidas radioeléctricas en equipos de corto alcance y rango de frecuencias entre 1 GHz y 40 GHz

Non-standardized test method ..... N/A

**Used instrumentation** .....

		Last Cal. date	Cal. due date
1.	Semianechoic Absorber Lined Chamber IR 11. BS	N.A.	N.A.
2.	Control Chamber IR 12.BC	N.A.	N.A.
3.	Hybrid Bilog antenna Sunol Sciences Corporation JB6	2008-10	2011-10
4.	Antenna mast EM 1072 NMT	N.A.	N.A.
5.	Rotating table EM 1084-4. ON	N.A.	N.A.
6.	Double-ridge Guide Horn antenna 1-18 GHz HP 11966E	2008/03	2011/03
7.	Double-ridge Guide Horn antenna 18-40 GHz Agilent 119665J	2008/09	2011/09
8.	EMI Test Receiver R&S ESIB26	2009/09	2011/09
9.	RF pre-amplifier Miteq JS4-12002600-30-5A.	2010/07	2012/07
10.	Multi Device Controller EMCO 2090	N.A.	N.A.
11.	Spectrum Analyzer R&S ESU40	2009/11	2011/11
12.	RF pre-amplifier Miteq AFS5-04001300-15-10P-6.	2010/07	2012/07
13.	RF pre-amplifier Schaffner CPA 9231.	2009/03	2011/03
14.	Antenna tripod EMCO 11968C.	N.A.	N.A.
15.	Spectrum analyser Agilent PSA E4440A	2010/02	2012/02

**Report template No.** ..... FDT08\_12

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### **Competences and guarantees**

Centro de Tecnología de las Comunicaciones (AT4 wireless), S.A. is a laboratory with a measurement facility in compliance with the requirements of Section 2.948 of the FCC rules and has been added to the list of facilities whose measurements data will be accepted in conjunction with applications for Certification under Parts 15 or 18 of the Commission's Rules. Registration Number: 905266.

Centro de Tecnología de las Comunicaciones (AT4 wireless), S.A. 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: IC 4621.

In order to assure the traceability to other national and international laboratories, AT4 wireless has a calibration and maintenance programme for its measurement equipment.

AT4 wireless 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 AT4 wireless at the time of performance of the test.

AT4 wireless 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.

### **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 AT4 wireless.
4. This test report cannot be used partially or in full for publicity and/or promotional purposes without previous written permission of AT4 wireless and the Accreditation Bodies.

### **Uncertainty**

Uncertainty (factor  $k=2$ ) was calculated according to the AT4 wireless internal document PODT000.

## Usage of samples

Samples undergoing test have been selected by: **the client**.

Sample M/01 is composed of the following elements:

<u>Control N°</u>	<u>Description</u>	<u>Model</u>	<u>Serial N°</u>	<u>Date of reception</u>
32446/02	Stride sensor with integral antenna	S3+	F045U70212348	24/11/2010

Sample M/02 is composed of the following elements:

<u>Control N°</u>	<u>Description</u>	<u>Model</u>	<u>Serial N°</u>	<u>Date of reception</u>
32446/01	Stride sensor with integral antenna	S3+	F045U70400413	24/11/2010

Sample M/03 is composed of the following elements:

<u>Control N°</u>	<u>Description</u>	<u>Model</u>	<u>Serial N°</u>	<u>Date of reception</u>
32446/05	Stride sensor with antenna connector and dummy battery	S3+	F045U70400381	24/11/2010

1. Sample M/01 has undergone following test(s).  
Radiated tests for transmitter indicated in appendix A.
2. Sample M/01 has undergone following test(s).  
Radiated tests for receiver indicated in appendix A.
3. Sample M/03 has undergone following test(s).  
20 dB Bandwidth indicated in appendix A.

## Testing period

The performed test started on 2010-11-24 and finished on 2010-11-25.

The tests have been performed at AT4 wireless.

## Environmental conditions

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

Temperature	Min. = 20.6 °C Max. = 21.7 °C
Relative humidity	Min. = 56.3 % Max. = 57.9 %
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 0,5 Ω

In the semianechoic chamber (21 meters x 11 meters x 8 meters), the following limits were not exceeded during the test.

Temperature	Min. = 21.3 °C Max. = 22.5 °C
Relative humidity	Min. = 51 % Max. = 52 %
Air pressure	Min. = 1005 mbar Max. = 1007 mbar
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 0,5 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. = 24.4 °C Max. = 25.1 °C
Relative humidity	Min. = 41.3 % Max. = 49.6 %
Air pressure	Min. = 1014 mbar Max. = 1014 mbar
Shielding effectiveness	> 100 dB
Electric insulation	> 10 kΩ
Reference resistance to earth	< 0,5 Ω

**Summary**

Considering the results of the performed test according to standard USA FCC Part 15.249, Part 15.109 / RSS-210, the item/s under test is **IN COMPLIANCE** with the requested specifications specified in the standard.

NOTE: The results presented in this Test Report apply only to the particular item under test established in page 1 of this document, as presented for test on the date(s) shown in section, "USAGE OF SAMPLES, TESTING PERIOD AND ENVIRONMENTAL CONDITIONS".

**Remarks and comments**

None.

**Testing verdicts**

Not applicable .....: NA

Pass.....: P

Fail .....: F

Not measured.....: NM

FCC PART 15 PARAGRAPH / RSS-210		VERDICT			
		NA	P	F	NM
FCC 15.249 Subclause (a) / RSS-210 A.2.9. (a)	Field strength of fundamental and harmonics emissions.		P		
FCC 15.249 Subclause (d) / RSS-210 A.2.9. (b)	Emissions radiated outside of the specific frequency bands		P		
FCC 15.109 / RSS-210 2.7	Radiated emissions limits for receiver		P		

## **APPENDIX A: Test result**



## INDEX

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## TEST CONDITIONS

Power supply (V):

$$V_{\text{nominal}} = 3.0 \text{ Vdc}$$

Type of power supply = DC voltage supplied by lithium battery

Type of antenna = Integral antenna

TEST FREQUENCIES:

Transmitter channel: 2471 MHz

Receiver channel: 2474 MHz

The test set-up was made in accordance to the general provisions of ANSI C63.4: 2003.

### CONDUCTED MEASUREMENTS

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

### RADIATED MEASUREMENTS

All radiated tests were performed in a semi-anechoic chamber. The measurement antenna is situated at a distance of 3 m for the frequency range 30 MHz-1000 MHz (30 MHz-1000 MHz Bilog antenna) and at a distance of 1m for the frequency range 1 GHz-25 GHz (1 GHz-18 GHz Double ridge horn antenna and 18 GHz-40 GHz horn antenna).

For radiated emissions in the range 1 GHz-25 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.

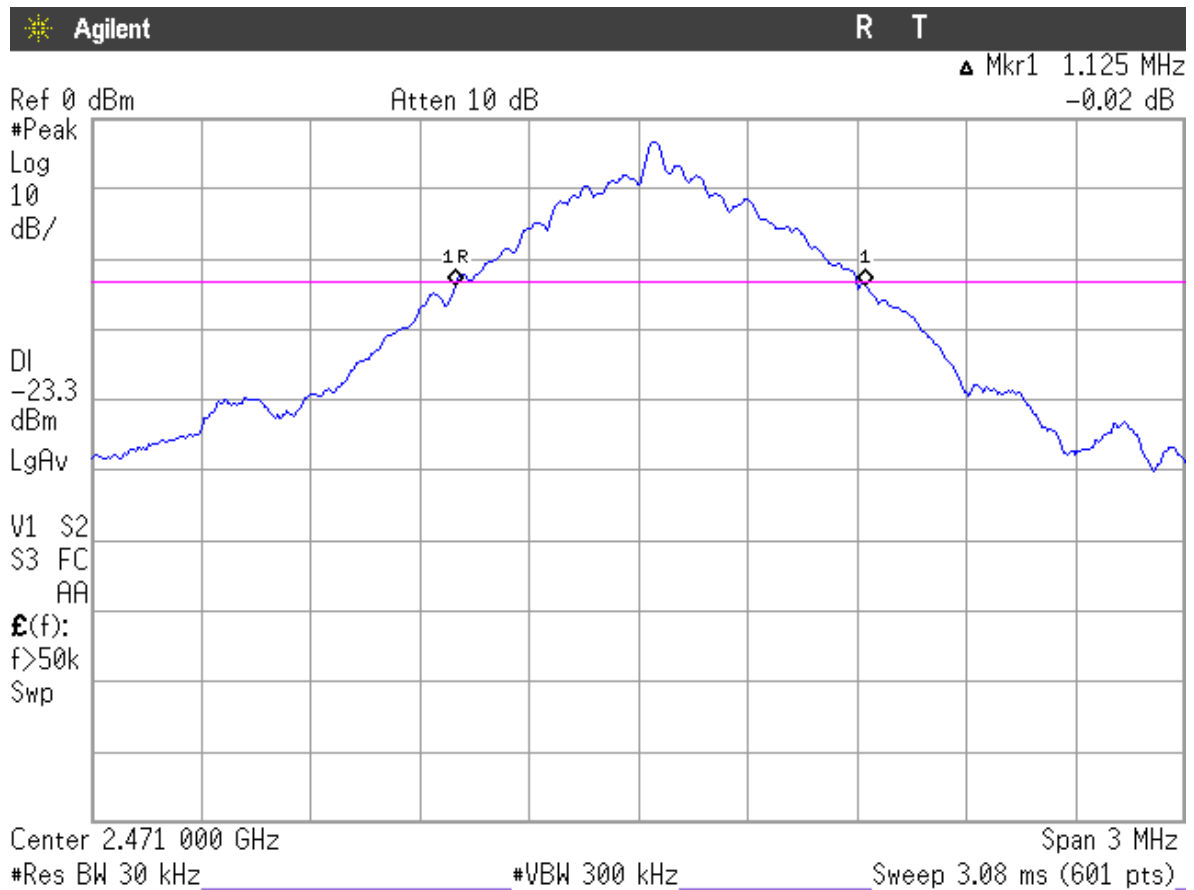
The equipment under test was set up on a non-conductive (wooden) platform one meter above the ground plane and the situation and orientation was varied to find the maximum radiated emission. It was also rotated 360° and the antenna height was varied from 1 to 4 meters to find the maximum radiated emission.

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

## Section 15.215 Subclause (c). 20 dB Bandwidth

### RESULTS

20 dB Spectrum bandwidth (MHz)	1.125
Measurement uncertainty (kHz)	±11.5



**Section 15.249 Subclause (a). Field strength of Fundamental**

SPECIFICATION

The field strength of emissions from intentional radiators shall comply with the following

Fundamental frequency (MHz)	Field strength of fundamental (mV/m)	Field strength (dB $\mu$ V/m)	Measurement distance (m)
902 - 928	50	93.98	3
2400 – 2483.5	50	93.98	3
5725 - 5875	50	93.98	3
24000-24250	250	107.96	3

for frequencies above 1000 MHz, the above field strength limits are based on average limits. However, the peak field strength of any emission shall not exceed the maximum permitted average limits specified above by more than 20 dB under any condition of modulation.

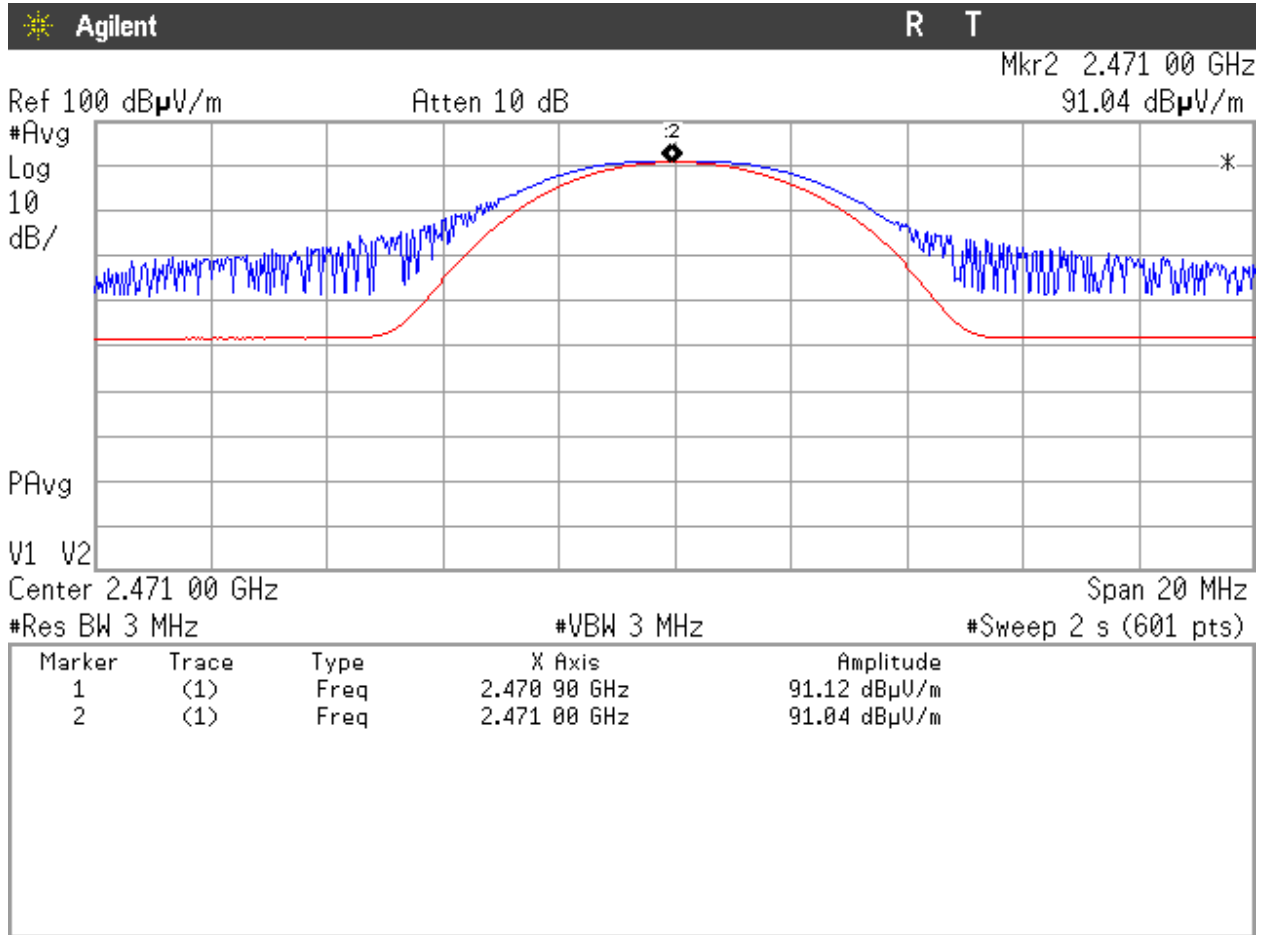
RESULTS

(see next plot).

Maximum Field strength (dB $\mu$ V/m) average	91.04
Maximum Field strength (dB $\mu$ V/m) peak	91.12
Measurement uncertainty (dB)	$\pm 4.0$

Verdict: PASS

FIELD STRENGTH



## **Section 15.249 Subclause (a) and (d). Radiated emissions (Transmitter)**

### SPECIFICATION

The field strength of harmonics from intentional radiators shall comply with the following

Fundamental frequency (MHz)	Field strength of harmonics ( $\mu\text{V/m}$ )	Field strength of harmonics ( $\text{dB}\mu\text{V/m}$ )	Measurement distance (m)
902 - 928	500	54	3
2400 – 2483.5	500	54	3
5725 - 5875	500	54	3
24000-24250	2500	67.96	3

Emissions radiated outside of the specific frequency bands, except for harmonics, shall be attenuated by at least 50 dB below the level of fundamental or to the general radiated emission limits specified in section 15.209:

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)	-	300
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

Whichever is the lesser attenuation

### 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 analyser. This correction factor includes antenna factor, cable loss and pre-amplifiers gain.

**Frequency range 30 MHz-1000 MHz.**

No spurious signals were found.

**Frequency range 1 GHz-25 GHz**

Spurious frequency (MHz)	Polarization	Detector	Emission Level (dB $\mu$ V/m)	Measurement Uncertainty (dB)
4941.967	V	Peak	41.44	$\pm 4.0$
4941.967	V	Average	36.10	$\pm 4.0$

Restricted band 2310-2390 MHz:

All peaks are more than 20 dB below the limit.

Restricted band 2483.5-2500 MHz:

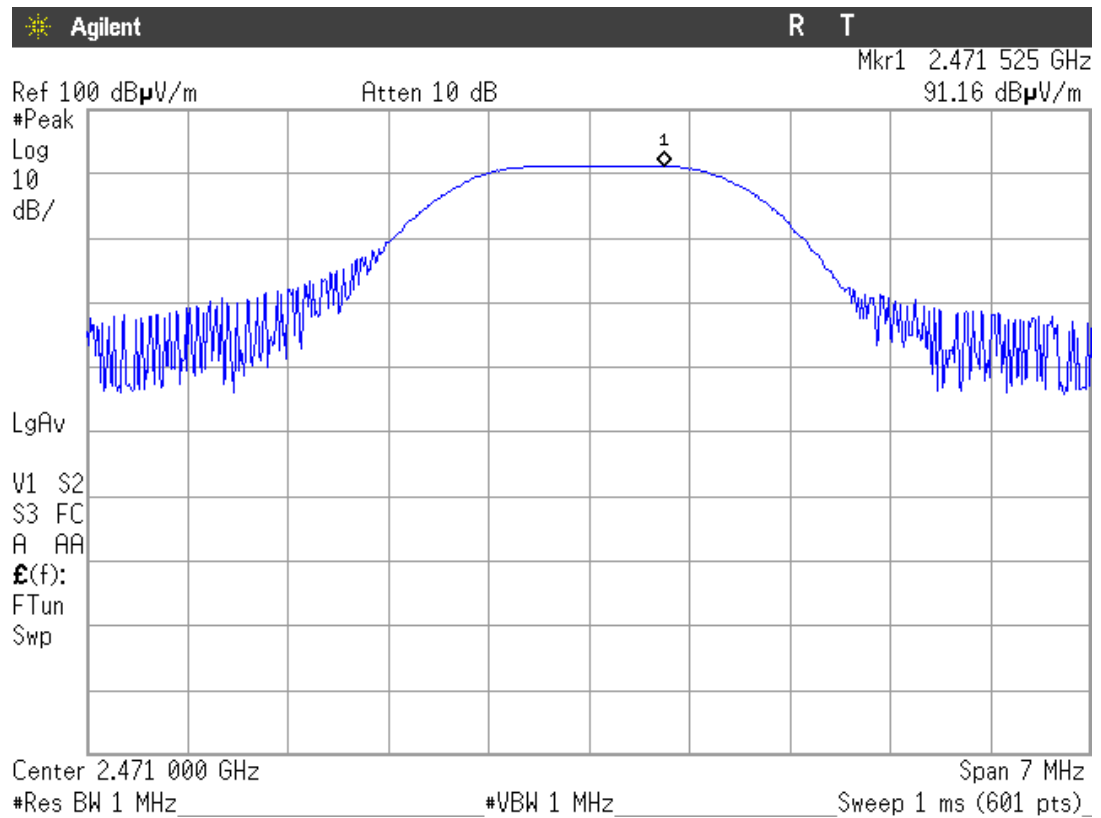
All peaks are more than 20 dB below the limit.

Verdict: PASS

**Band-edge compliance of radiated emissions at restricted band 2483.5-2500 MHz**

Maximum peak and average field strength of fundamental emission at 3 m distance

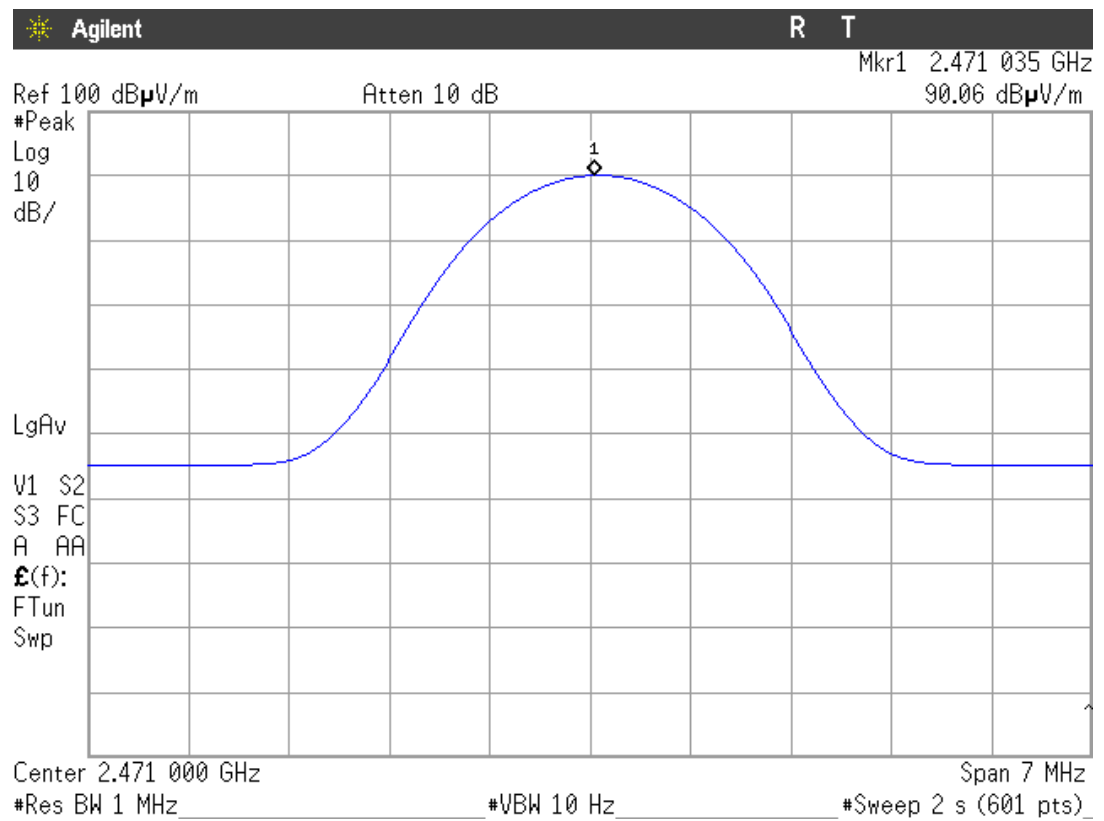
Maximum field strength at 3 m. Peak value.



Note: The correction factor is already included in the spectrum analyzer as a transducer factor so that the marker shows directly the field strength level.

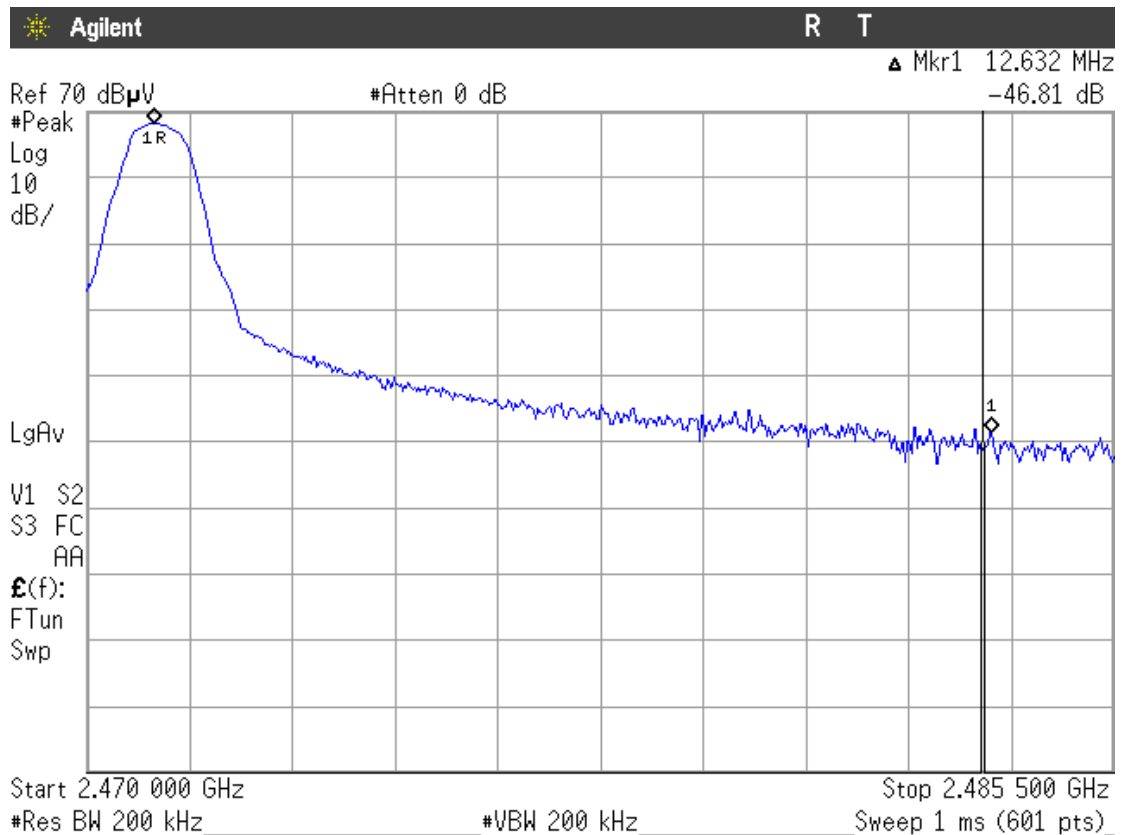


Maximum field strength at 3 m. Average value.



Note: The correction factor is already included in the spectrum analyzer as a transducer factor so that the marker shows directly the field strength level.

BAND-EDGE COMPLIANCE. RADIATED. Marker-Delta Method.



Note: No correction is applied for this relative measurement.

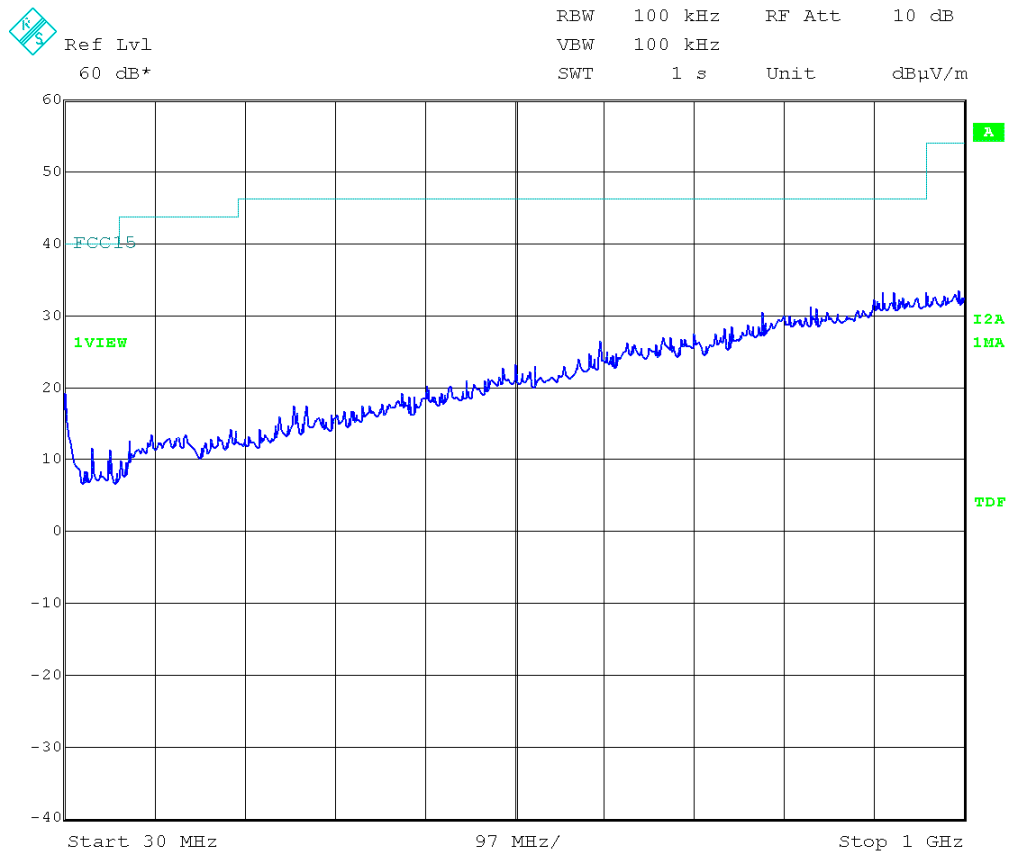
Band edge compliance of radiated emissions

Fundamental max. average value 3 m	Delta value	Calculated value 3 m	Limit
90.06 dB $\mu$ V/m	46.81 dB	43.25 dB $\mu$ V/m	54 dB $\mu$ V/m

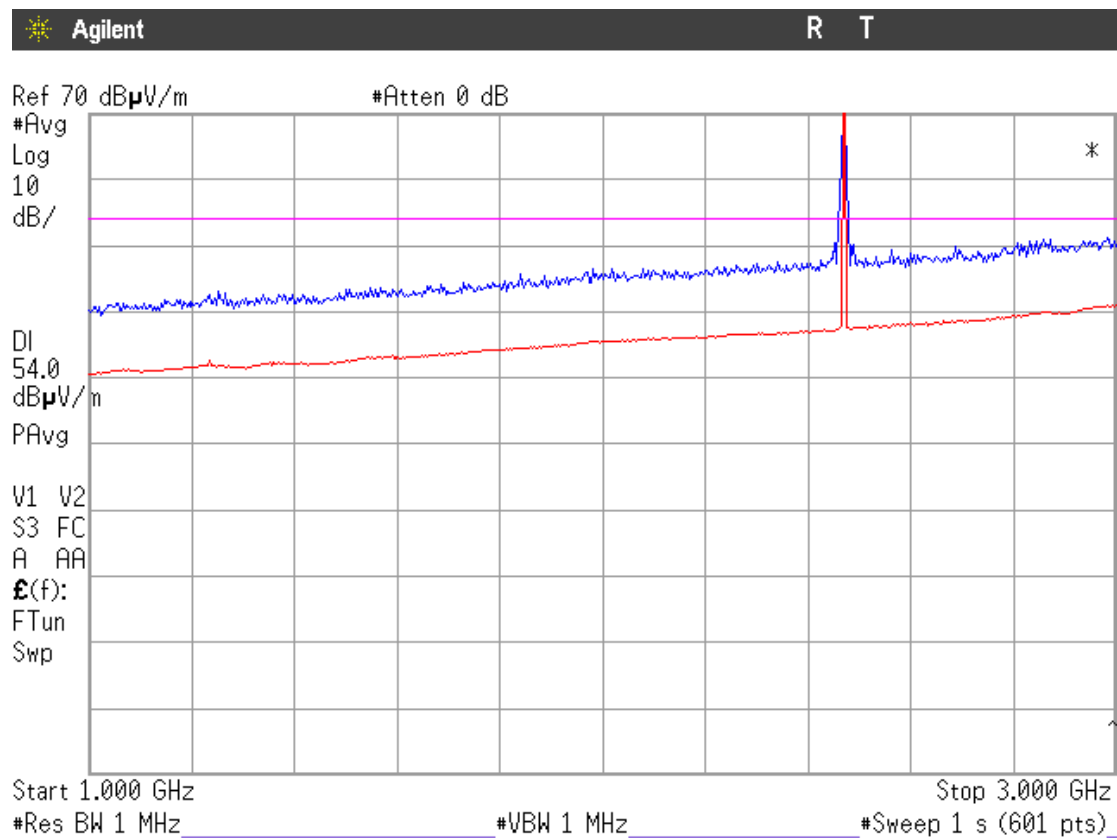
Fundamental max. Peak value 3 m	Delta value	Calculated value 3 m	Limit
91.16 dB $\mu$ V/m	46.81 dB	44.35 dB $\mu$ V/m	74 dB $\mu$ V/m

Verdict: PASS

FREQUENCY RANGE 30 MHz-1000 MHz.

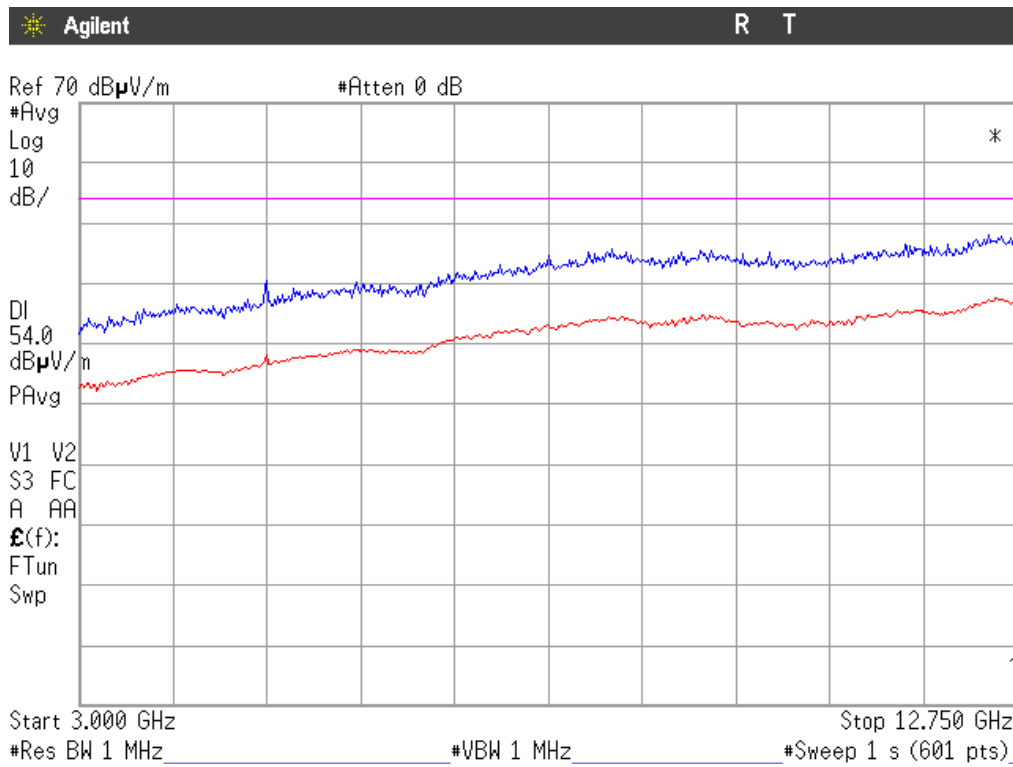


FREQUENCY RANGE 1 GHz to 3 GHz.

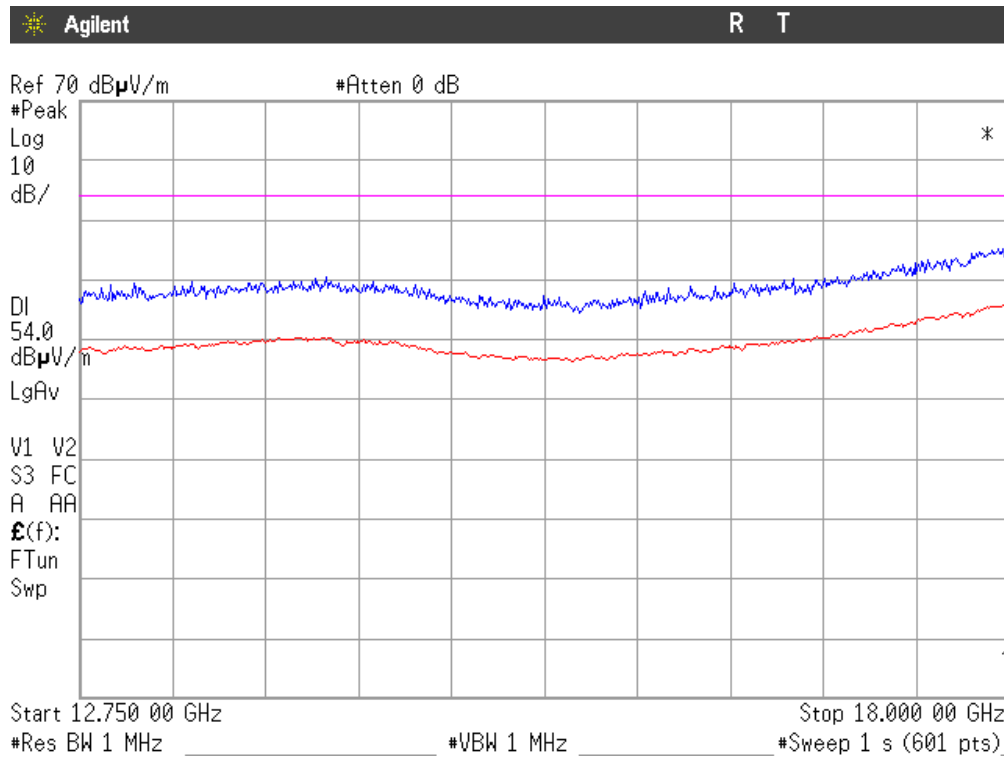


Note: The peak shown in the plot is the carrier frequency.

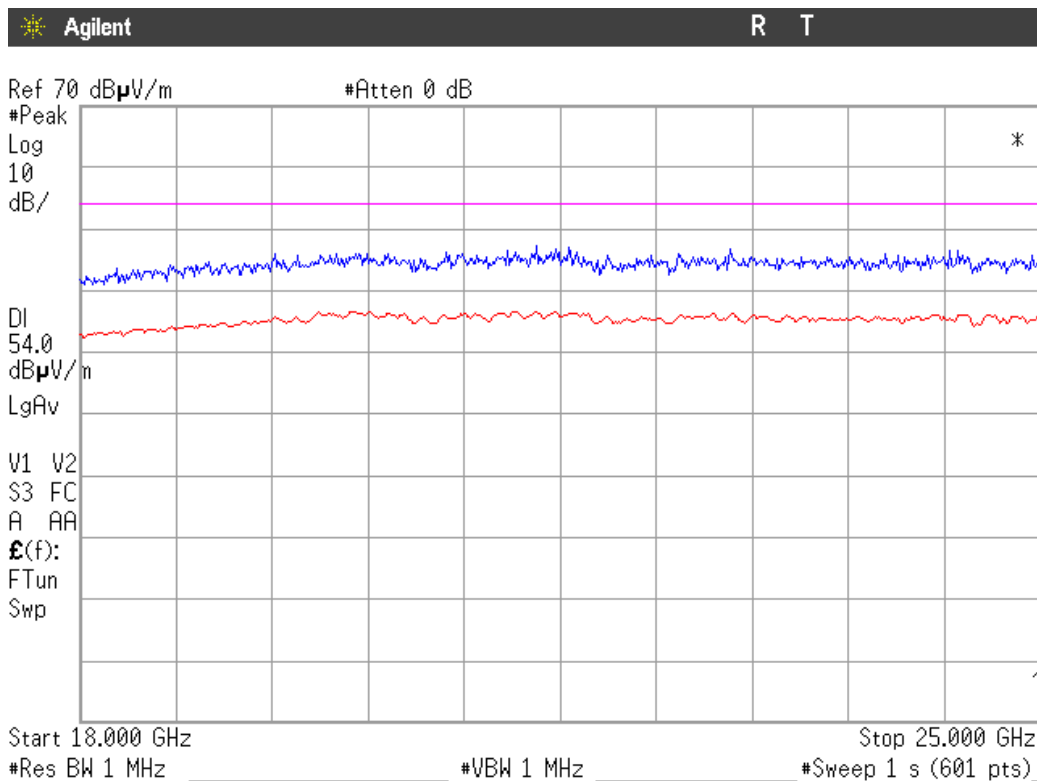
FREQUENCY RANGE 3 GHz to 12.75 GHz.



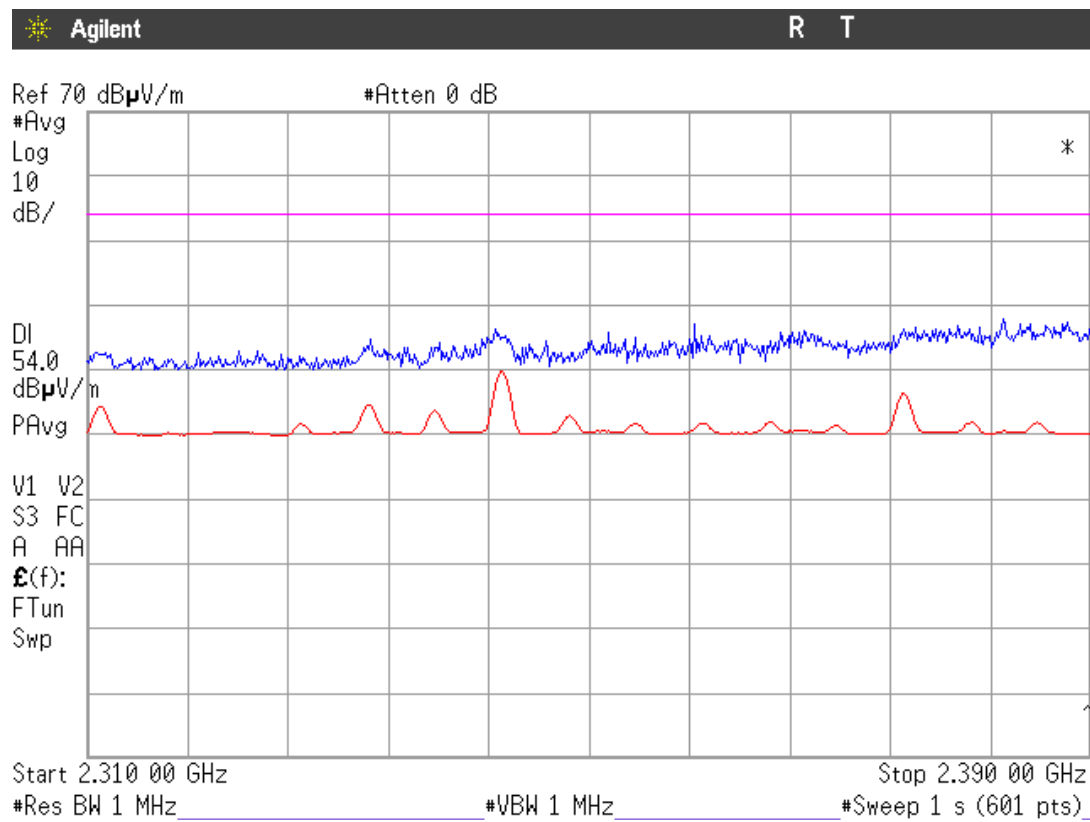
FREQUENCY RANGE 12.75 GHz to 18 GHz.



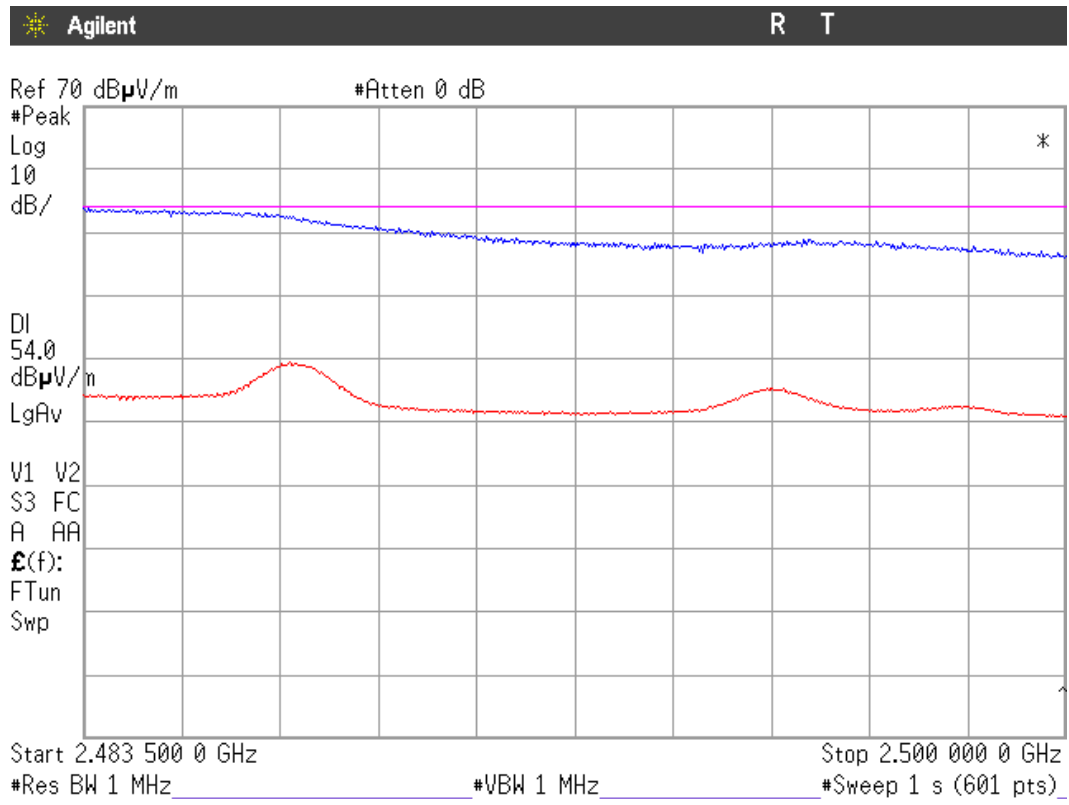
FREQUENCY RANGE 18 GHz to 25 GHz.



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



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





## **Section 15.109. Receiver spurious radiation**

### SPECIFICATION

The field strength shall not exceed the following values:

Frequency Range (MHz)	Field strength ( $\mu\text{V}/\text{m}$ )	Field strength ( $\text{dB}\mu\text{V}/\text{m}$ )	Measurement distance (m)
0.009-0.490	2400/F(kHz)	-	300
0.490-1.705	24000/F(kHz)	-	300
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.

### 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 analyser. This correction factor includes antenna factor, cable loss and pre-amplifiers gain.

**Frequency range 30 MHz-1000 MHz.**

No spurious signals were found in the three operating channels.

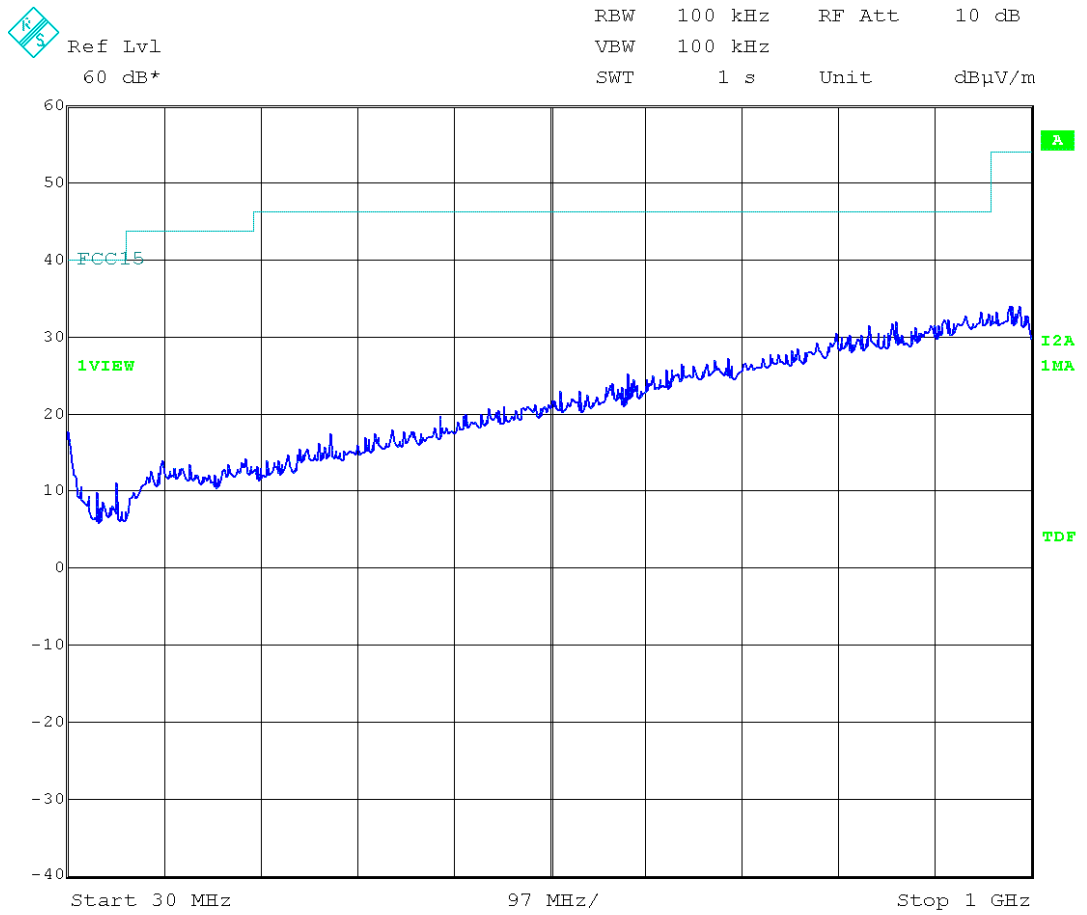
**Frequency range 1 GHz-25 GHz**

Spurious frequency (MHz)	Polarization	Detector	Emission Level (dB $\mu$ V/m)	Measurement Uncertainty (dB)
1412.967	H	Peak	32.82	$\pm 4.0$
1412.967	H	Average	27.65	$\pm 4.0$
2826.200	H	Peak	46.56	$\pm 4.0$
2826.200	H	Average	45.05	$\pm 4.0$

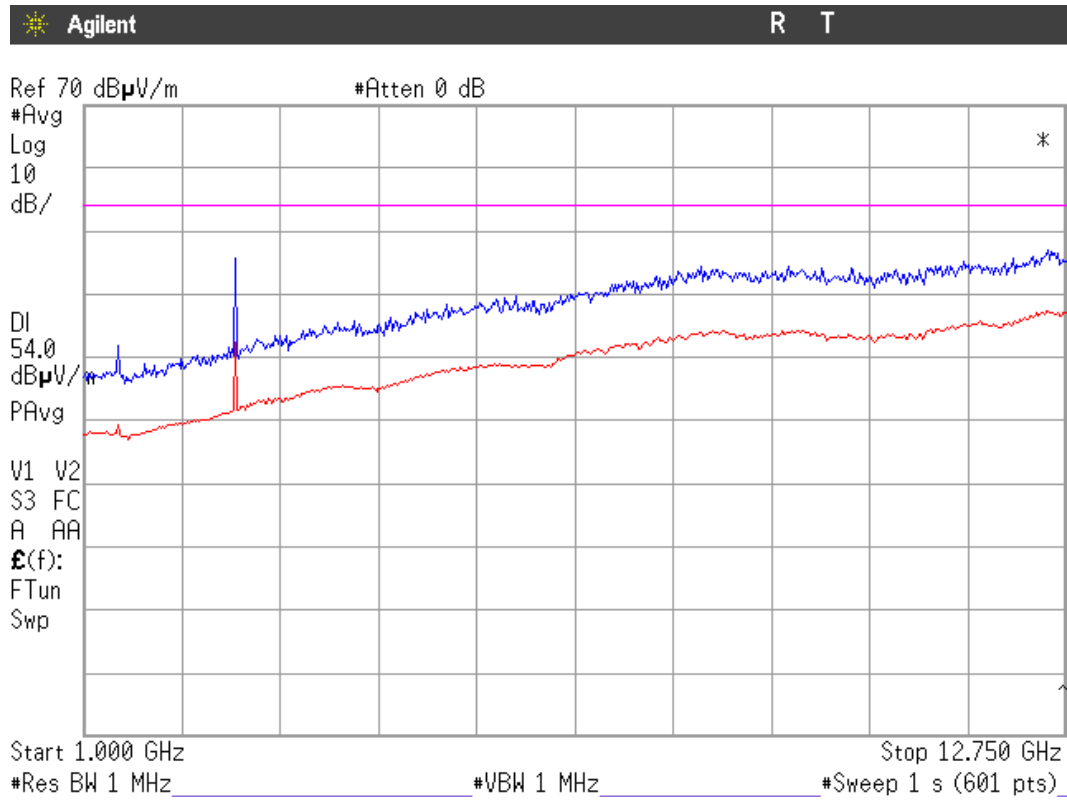
No spurious signals were found inside restricted bands 2310-2390 MHz and 2483.5-2500 MHz.

Verdict: PASS.

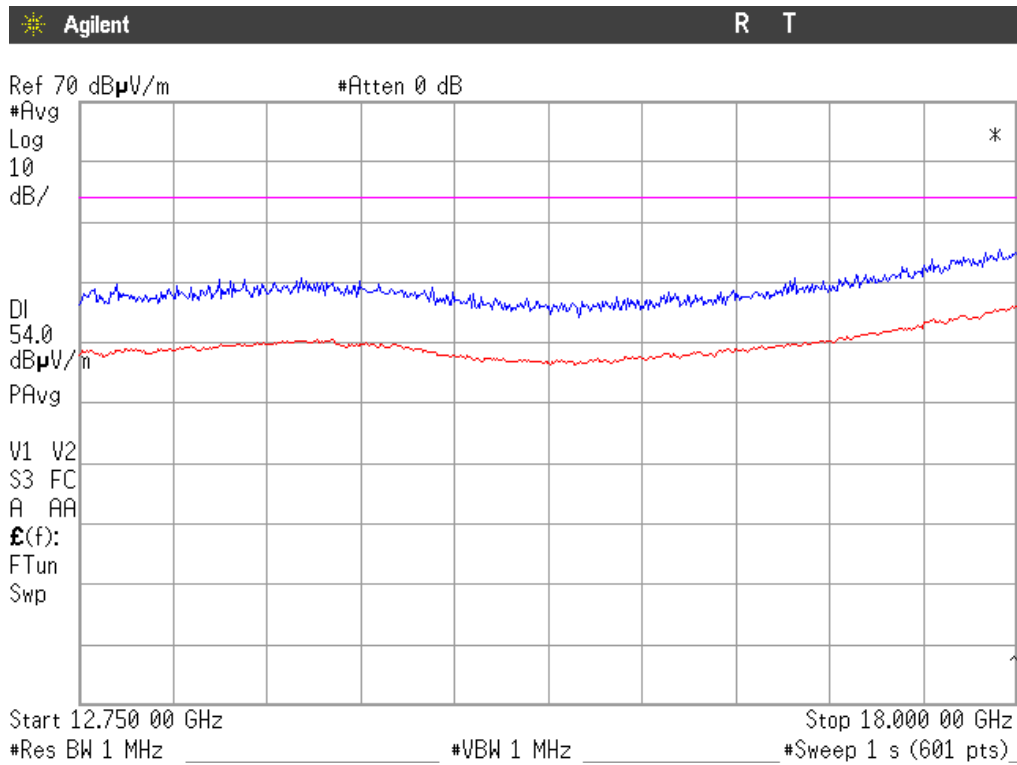
FREQUENCY RANGE 30 MHz-1000 MHz.



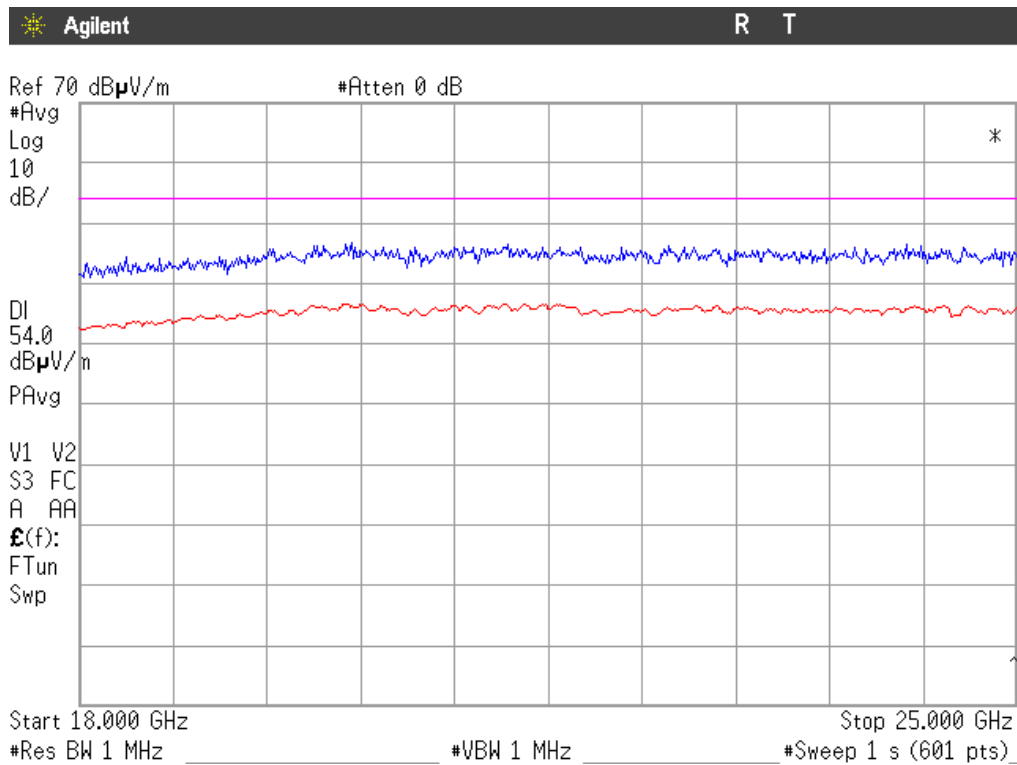
FREQUENCY RANGE 1 GHz-12.75 GHz.



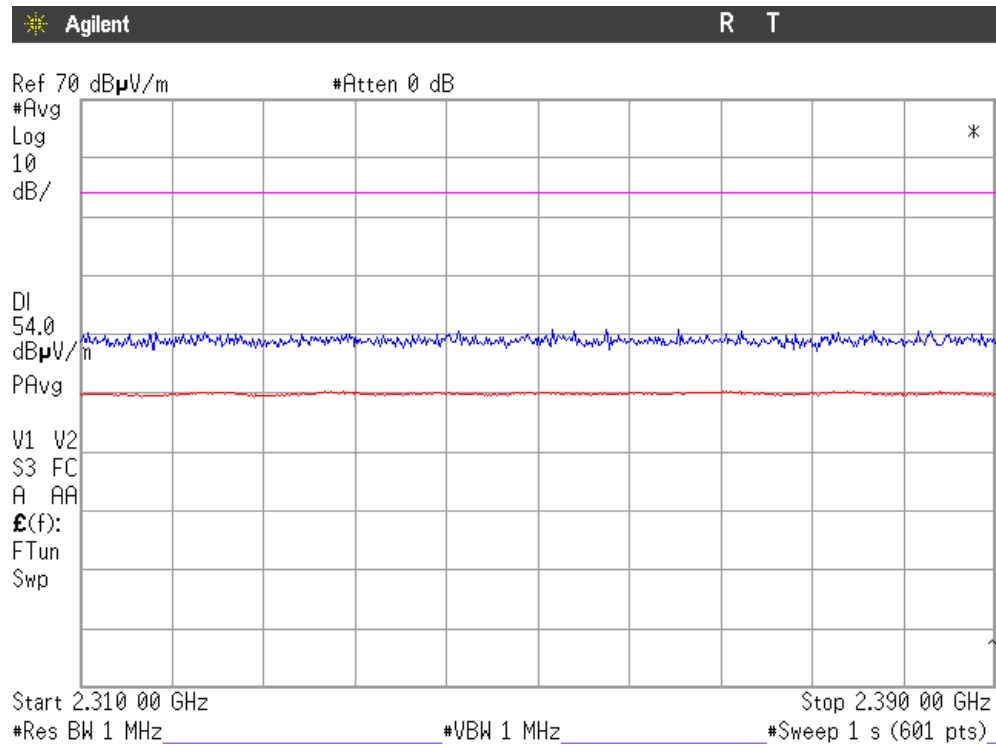
FREQUENCY RANGE 12.75 GHz-18 GHz.



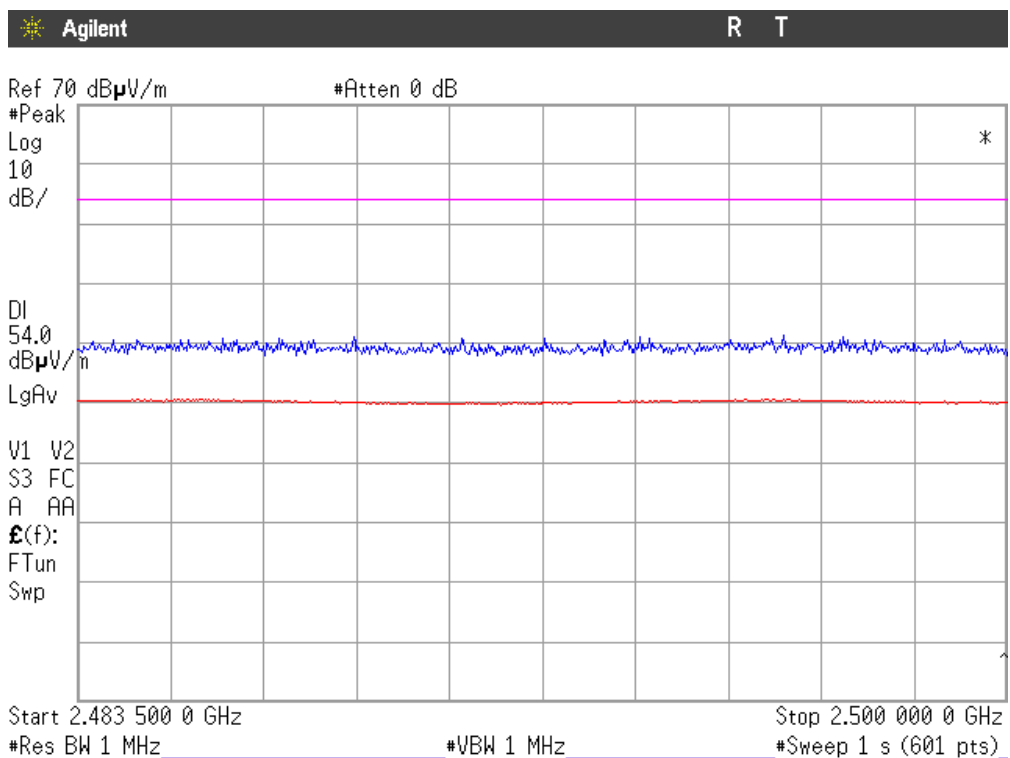
FREQUENCY RANGE 18 GHz-25 GHz.



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



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



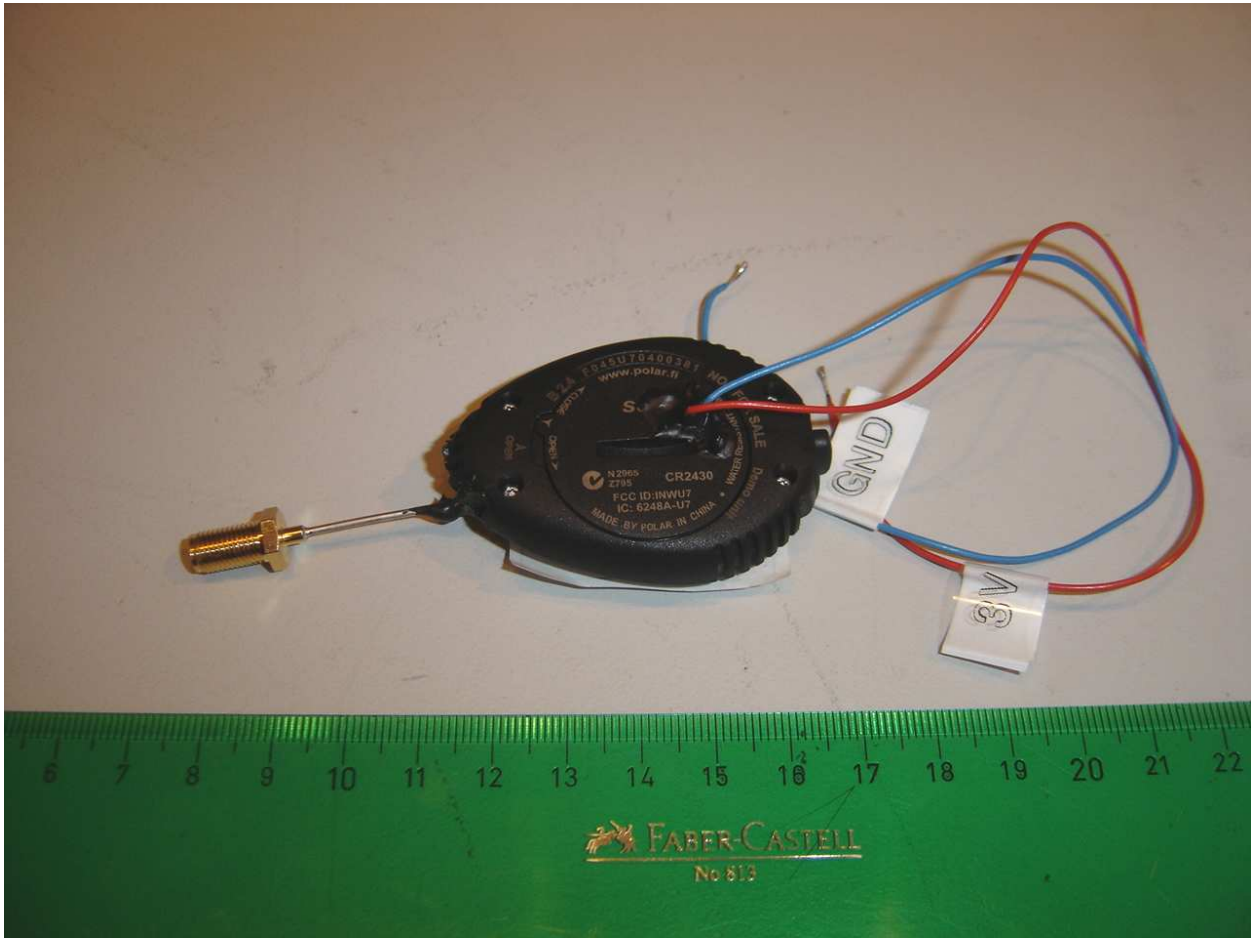
## **APPENDIX B: Photographs**

EQUIPMENT FOR RADIATED MEASUREMENTS

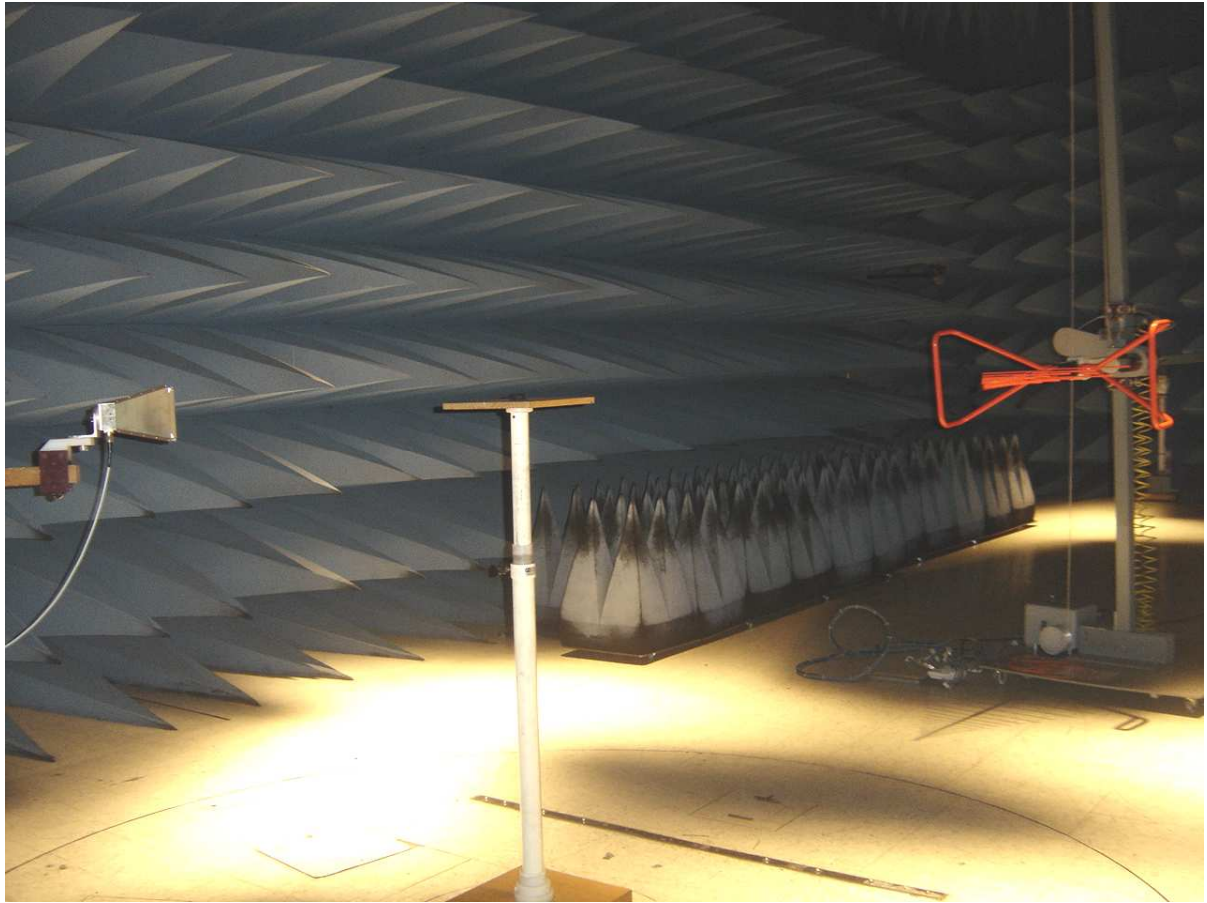




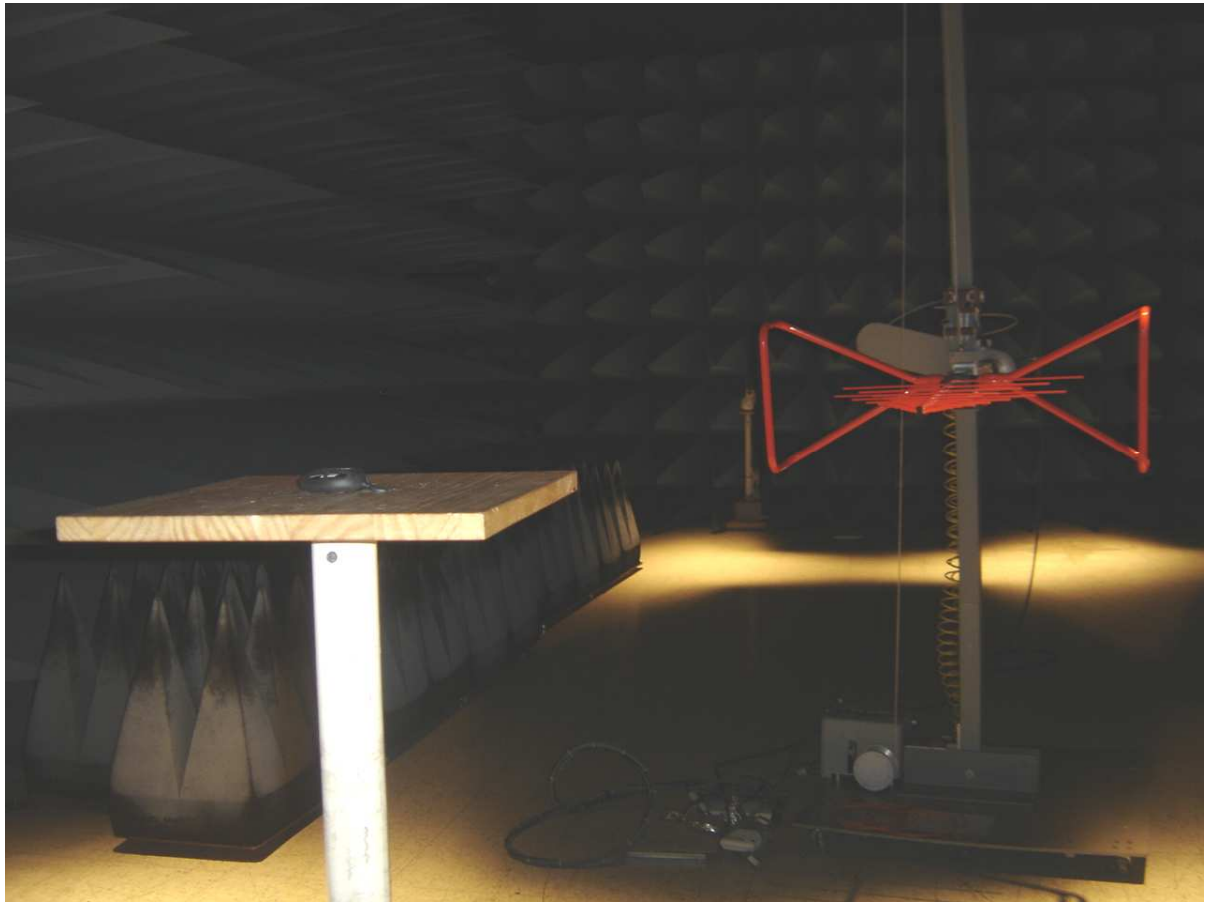
**EQUIPMENT FOR CONDUCTED MEASUREMENTS**



**GENERAL SET-UP FOR RADIATED MEASUREMENTS**



**TEST SET-UP FOR RADIATED MEASUREMENTS BELOW 1 GHz**



**TEST SET-UP FOR RADIATED MEASUREMENTS ABOVE 1GHz**

