



GARMIN.

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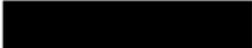
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El número de registro COFETEL/ FETEL puede ser revisado en el manual a través de la siguiente página de internet.



## Quick Start Manual

### Introduction

**WARNING**

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

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Always consult your physician before you begin or modify any exercise program.

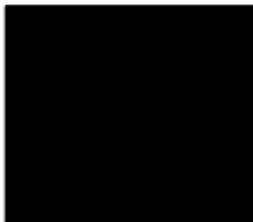
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### Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Press **LIGHT** to turn on the watch (page 5).
- 2 Follow the on-screen instructions to complete the initial setup.  
During the initial setup, you can pair your smartphone with your watch to receive notifications, sync your activities, and more (page 7).
- 3 Charge the device (page 16).
- 4 Start an activity (page 12).

## Device Overview



### ① LIGHT

- Press to turn the backlight on and off.
- Press to turn the device on.
- Hold to view the controls menu.

**NOTE:** While diving, hold functions are disabled.

### ② MENU-UP

- Press to scroll through the glance loop and menus.
- Hold to view the menu.

**NOTE:** You can enable or disable this button for dive activities.

### ③ DOWN

- Press to scroll through the glance loop and menus.
- Press to scroll through the data screens during a dive.
- Hold to view the altimeter, barometer,

EN

and compass (ABC) screen.

**NOTE:** While diving, hold functions are disabled.

#### ④ **START-STOP**

- Press to view the activity list and start or stop an activity.
- Press to choose an option in a menu.
- Press to view the menu during a dive.
- Hold to view the clock menu.

**NOTE:** While diving, hold functions are disabled.

#### ⑤ **BACK**

- Press to return to the previous screen.
- Press to exit a menu during a dive.
- Press to record a lap, rest, or transition during a multisport activity.
- Hold to view the watch face from any screen.
- Hold to return to the primary data screen during a dive.

⑥: Double tap the device to scroll through the data screens during a dive.

## Pairing Your Smartphone

To use the connected features on your watch, you must pair it directly through the Garmin Dive™ app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Dive app.
- 2 During the initial setup, select **✓** when you are prompted to pair with your smartphone.
- 3 Follow the instructions in the app to complete the pairing and setup process.

## Using the Watch

- Hold **LIGHT** to view the controls menu.  
The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, turning on the battery saver feature, and turning the watch off.
- From the watch face, press **UP** or **DOWN** to scroll through the glance loop.  
Your watch comes preloaded with glances that provide access to health data, activity information, on-device

sensors, and more. More glances are available when you pair your watch with a smartphone.

- From the watch face, press **START** to start an activity or open an app (page 12).
- Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

## Diving

### Dive Warnings

#### **WARNING**

- The diving features of this device are for use by certified divers only. This

device should not be used as a sole dive computer. Failure to input the appropriate dive-related information into the device can lead to serious personal injury or death.

- Make sure that you fully understand the use, displays, and limitations of your device. If you have questions about this manual or the device, always resolve any discrepancies or confusion before diving with the device. Always remember that you are responsible for your own safety.

- There is always a risk of decompression sickness (DCS) for any dive profile even if you follow the dive plan provided by the dive tables or a diving device. No procedure, diving device, or dive table will eliminate the possibility of DCS or oxygen toxicity. An individual's physiological make up can vary from day to day. This device cannot account for these variations. You are strongly advised to remain well within the limits provided by this device to minimize the risk of DCS. You should consult a physician regarding your fitness before diving.
- Perform pre-dive safety checks, such as checking proper device function and settings, display function, battery level, tank pressure, and bubble checks to check hoses for leaks.
- Do not dive with a gas if you have not personally verified its contents and input the analyzed value to the device. Failure to verify tank contents and input the appropriate gas values to the device will result in incorrect dive planning information and

- could result in serious injury or death.
- Diving with more than one gas mixture presents a much greater risk than diving with a single gas mixture. Mistakes related to the use of multiple gas mixtures may lead to serious injury or death.
- Always ensure a safe ascent. A rapid ascent increases the risk of DCS.
- Disabling the deco lockout feature on the device can result in an increased risk of DCS, which can result in personal injury or death. Disable this feature at your own risk.
- Violating a required decompression stop may result in serious injury or death. Never ascend above the displayed decompression stop depth.
- Always perform a safety stop between 3 and 5 meters (9.8 and 16.4 feet) for 3 minutes, even if no decompression stop is required.

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### Dive Modes

The [REDACTED] device supports six dive modes. Each dive mode has four phases: dive pre-check, surface display, in-dive, and post-dive.

**Single-Gas:** This mode allows you to dive with a single gas blend. You can set up to 11 additional gases as backup gases.

**Multi-Gas:** This mode allows you to configure multiple gas blends and switch gases during your dive. You can set the oxygen content from 5–100%. This mode supports one bottom gas, and up to 11 additional gases as decompression or backup gases.

**NOTE:** Backup gases are not used in no-decompression limit (NDL) and time to surface (TTS)

decompression calculations until you activate them during a dive.

**CCR:** This mode for closed-circuit rebreather (CCR) diving allows you to configure two partial pressure of oxygen (PO<sub>2</sub>) setpoints, closed-circuit (CC) diluent gases, and open-circuit (OC) decompression and backup gases.

**Gauge:** This mode allows you to dive with basic bottom timer features.

**NOTE:** After diving in gauge mode, the device can only be used in gauge

or apnea mode for 24 hours.

**Apnea:** This mode allows you to free dive with apnea-specific dive data. This mode has a higher data refresh rate.

**Apnea Hunt:** This mode is similar to the Apnea dive mode, but tuned specifically for spearfishers. This mode displays simplified in-dive data, and disables start and stop tones.

### Dive Setup

You can customize the dive settings based on your needs. Not all settings are applicable

for all dive modes. You can also edit the settings before you start a dive.

Hold **MENU**, and select **Dive Setup**.

See the owner's manual for more information.

### Starting a Dive

- 1 From the watch face, press **START**.
- 2 Select a dive mode (page 10).
- 3 If necessary, press **UP** to edit the dive settings, such as the gases, water type, and alerts.
- 4 Wait with your wrist out of the water until the device

acquires GPS signals and the status bar is filled (optional).

The device requires GPS signals to save your dive entry location.

- 5 Press **START** until the primary dive data screen appears.
- 6 Descend to start your dive.

The activity timer starts automatically when you reach a depth of 1.2 m (4 ft.).

- 7 Select an option:
  - Press **DOWN** to scroll through the data screens and dive compass.

- Press **START** to view the in-dive menu.

When you ascend to 1 m (3.3 ft.), the End Dive Delay timer begins counting down. When the timer elapses, the device automatically ends and saves the dive. You should keep your wrist out of the water while the device saves your dive exit location.

### Viewing the Dive Log Glance

The glance displays summaries of your recently recorded dives.

- 1 From the watch face, press **UP** or **DOWN** to view the dive log glance.

- 2 Press **START** to view your most recent dive.
- 3 Press **DOWN** > **START** to view a different dive (optional).
- 3 Press **DOWN** to view your tissue load details.

## Device Information

### Wearing the Device

- Wear the device above your wrist bone.

**NOTE:** The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.

### Viewing the Surface Interval Glance

- 1 From the watch face, press **UP** or **DOWN** to view the surface interval glance.
- 2 Press **START** to view your oxygen toxicity units (OTU) and central nervous system (CNS) percentage.

**NOTE:** The OTU accumulated during a dive expire after 24 hours.

## Changing the QuickFit<sup>®</sup> Bands



**NOTE:** While diving, the device should stay in contact with your skin, and it should not bump into other wrist-worn devices.

**NOTE:** The optical sensor is located on the back of the device.

- See the owner's manual for more information.



**Extra Long Diving Band**  
Your device comes with an extra long band you can wear over a thick exposure suit.

## Charging the Device

### WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Pinch the sides of the charging clip.
- 2 Align the clip with the contacts on the back of the device, and release the clip.



- 3 Plug the USB cable into a USB charging port.



### Tips for Solar Charging

To maximize the battery life of your watch, follow these tips.

- When you are wearing the watch, avoid covering the face with your sleeve.
- When you are not wearing the watch, point the face toward a source of bright light, such as sunlight or fluorescent light.

The watch will charge faster when exposed to sunlight, because the solar charging lens is optimized for the spectrum of sunlight.

- For maximum battery performance, charge the watch in bright sunlight.

**NOTE:** The watch protects itself from overheating and stops charging automatically if the internal temperature exceeds the solar charging temperature thresholdpage 18.

**NOTE:** The watch does not solar charge when connected to an external power source or when the battery is full.

## Specifications

### Operating temperature range:

From -20° to 60°C (from -4° to 140°F)

### Underwater operating

**temperature range:** From 0° to 40°C (from 32° to 104°F)

### Charging temperature range:

From 0° to 45°C (from 32° to 113°F)

Solar charging: From 0° to 60°C (from 32° to 140°F)

**Wireless frequency:** 2.4 GHz  
@ X dBm maximum

**Depth sensor:** Accurate from 0 m to 100 m (0 ft. to 328 ft.) complying with EN 13319

Resolution (m): 0.1 m until 99.9 m, 1 m at 100 m

Resolution (ft.): 1 ft.

**Inspection interval:** Inspect parts before each use for damage. Replace parts as needed.<sup>1</sup>

## Troubleshooting

### Restarting Your Device

- 1 Hold **LIGHT** until the device turns off.
- 2 Hold **LIGHT** to turn on the device.

<sup>1</sup> Aside from normal wear and tear, performance is not affected by aging.

## Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to [garmin.com](http://garmin.com/manuals)  
/manuals, [REDACTED].

## Manuel de démarrage rapide

### Introduction

#### AVERTISSEMENT

Consultez le guide *Informations importantes sur le produit et la sécurité* inclus dans l'emballage du produit pour prendre connaissance

des avertissements et autres informations importantes sur le produit.

Consultez toujours votre médecin avant de commencer ou de modifier tout programme d'exercice physique.

### Mise en route

Lors de la première utilisation de la montre, vous devrez effectuer les opérations suivantes pour la configurer et vous familiariser avec les fonctions de base.

- 1 Appuyez sur le bouton **LIGHT** pour allumer la montre (page 20).

[support.garmin.com](https://support.garmin.com)



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