

User manual

Congratulations for purchasing your Vaaka kayak cadence sensor. This user manual is designed to get you up and running as well as inform you of how to look after your sensor to keep it working for many years!

Instructions for set up and use of the Vaaka kayak cadence sensor

The Vaaka Kayak Cadence Sensor uses ANT+ wireless technology to send data to the receiving device. It is compatible with most ANT+ enabled devices designed to receive cadence data. Garmin has adopted ANT+ extensively in its GPS sports products. Other sports watch manufacturers have also adopted ANT+ wireless technology they include Xplover, Wahoo-fitness, Timex, Bontrager, CycleOps, Digifit for

iPhone and iPad, and O-Synce, Magellan and Globalsat. ANT+ protocols provide common communication between cadence devices. Please check your product to ensure it can receive cadence data and uses ANT+ wireless technology.

Pairing the watch and sensor

Your sports watch will need to be paired with the Vaaka kayak cadence sensor before it will pick up the cadence signal. After one minute of inactivity the Vaaka cadence sensor will go into sleep mode. Your sports watch will not pair with it when in sleep mode. To activate the cadence sensor hold it in your hand and tilt it backwards and forwards replicating the paddle motion. After three or four movements you will see the red LED illuminate underneath the sensor. The Vaaka kayak cadence sensor is now live and ready for pairing. ANT+ compliant watches will try to pair with any sensor within 10 meters. To guarantee accurate pairing ensure you are well away from other sensors during the pairing process. Once pairing is successful other sensors will be ignored. Each GPS sports product will require a slightly different setup procedure.

In particular the Vaaka sensor can use two types of ANT+ protocol and you will need to select the one that suits you best by selecting it on your GPS device. In most cases selecting the 'Cadence only' ANT protocol is ideal. Some watches do not have this option. If it is not available then select Speed/Cadence ANT protocol.

Care of the Sensor

- The Vaaka kayak cadence sensor is designed to provide years of use while at the same time needing almost zero maintenance.
- A standard AAA Alkaline battery will provide power for up to 12 months of regular paddling. The internal movement sensor will turn the electronics off when not in use.
- After use in salt water the sensor should be rinsed to prevent salt residue build up.
- The casing is UV resistant but all plastic will gradually degrade on UV exposure so when not in use it is best to rinse the sensor and store it out of direct sunlight.
- The sensor is designed and tested to operate from -5C to 40C.
- Extremes of temperature can damage the electronics so don't leave the sensor where it will overheat such as on the dashboard of a car.

Setting up the 310xt Forerunner Garmin watch to receive the cadence signal

The instructions that follow relate to the Garmin 310xt and will not be correct for other GPS sports watches. You will need to refer to your products user instructions for specific advice.



Change watch to bike mode

1. Turn on the watch.
2. Press and hold the mode button until the screen shows the various sports.
3. Scroll down to Bike, press enter.

Press the mode button several times until you see the 'History' screen

1. Use the down arrow to scroll down to the 'settings' function and press enter.
2. Scroll to 'Bike settings' and press enter.
3. Scroll to 'Bike' and press enter.
4. Scroll to 'ANT + Spd/Cad' press enter.
5. Set bike sensor present to 'YES'
6. Scroll down to 'more' and press enter.
7. Tick Cad only sensor or Spd/Cad Sensor'.
8. Press the mode button to return to the 'Bike Sensor present' screen.

9. Scroll down to 'Restart Scan' press enter to scan for the Vaaka Kayak Cadence sensor.
10. Wake the Vaaka Kayak Cadence sensor by holding it in your hand and simulating a paddle stroke. You will see the red LED on the underside of the device activate, which indicates the device is powered up and sending data.
11. The watch will display a message that it has found the Cadence Sensor. This may take a few seconds.
12. Position the cadence sensor in the middle of the paddle shaft. The supplied rubber strap will fit most kayak paddle shafts. You are now ready to start your training session. You do not need to pair the device every time you paddle. Once paired with the Vaaka Kayak Cadence sensor your Garmin watch will look for the Vaaka sensor every time it is turned on. Just turn on your watch and start paddling. If for any reason the pairing is lost repeat the above steps to re-establish the pairing.

Warranty and Service

Your Vaaka cadence sensor is warranted against manufacturing defects by Insight Sport Technology Inc for a period of three months from the original purchase date. This warranty does not affect your statutory rights.

Replacing the Battery

The Vaaka kayak cadence sensor contains no serviceable electronic parts. After prolonged use the internal AAA alkaline battery will need to be replaced. This is a simple procedure and can be performed by the user. Take special care to ensure the device and surrounding environment is dry before attempting to replace the battery. Any water entry will render the sensor beyond repair.

1. Select an appropriate screwdriver that fits the screws snugly and allows a good hand grip. Use of a poorly fitting screwdriver will make it difficult to produce a waterproof seal and tends to damage the screw heads. If you are unable to source an appropriate screwdriver

you can take the Vaaka sensor to any watch repairer who will replace the battery for a small charge.

2. Unscrew the eight screws and allow the two halves of the casing to fall apart. The electronics will be attached to the lower part of the casing.
3. Eject the old battery and replace with a new battery. Be careful to replace the battery with the correct + and - orientation
4. Check the 'O' ring is properly seated in its groove and is undamaged. Clean away any dirt or debris.
5. Check that the red LED light is now functioning.
6. Reassemble the two halves of the casing making sure the red LED is visible after the casings are reconnected.
7. Gently tighten all eight screws then go around the unit and firmly retighten the eight screws again. It is essential that a water tight seal is obtained on the fitted O ring. The screws need to be firm so that the two plastic halves of the casing are touching.