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## Foreword

Thank you for choosing a bike computer from SIGMA SPORT®.

Your new ROX GPS 7.0 will be a loyal companion for your bike trips for years to come. To familiarise yourself with and learn how to use the many functions of your new bike computer, please read these operating instructions carefully.

SIGMA SPORT® wishes you hours of fun and enjoyment with your ROX GPS 7.0.
1 Packaging contents

Black or white ROX GPS 7.0 bike computer

GPS bracket

USB type - A to micro-B cable

Mounting material

Quick Guide ROX GPS 7.0

DATA CENTER
Assembly
**Before initial use**

**NOTE**
Fully charge the ROX GPS 7.0.

Charge the device using the micro USB cable and the USB port on your PC. Alternatively, use the USB charger. The process takes approximately 3 hours. To charge the device, plug the USB cable into the micro USB port on the back of the ROX GPS 7.0 and the USB port on your PC or the USB charger (not included in the delivery).

### 3.1 Initial use

1. Press and hold the **START** button for 5 seconds (right upper button).

2. Press **START** to change the language.

3. Now press the **PLUS** or **MINUS** buttons to select your desired language and then press the **START** button.

4. Configure the remaining settings using the same principle.

### 4 Operation / Button functions / Menu overview

#### 4.1 Operating concept

A continually visible navigation level makes the ROX GPS 7.0 menu navigation far easier for the user. The possible functions of the **BACK** and **ENTER** buttons are displayed in this level to:

- Go to the next level down (**START**),
- Go back to the next level up (**STOP**)
- To scroll within the menu level forward or backward or to increase or reduce values (**PLUS** or **MINUS**)
4.2 Button functions

STOP button:
Press this button to exit the sub-menus or stop a running data log.

MINUS button:
Use this button to change the training views during training. In the menu, navigate through the separate points or reduce a value to be set.

Enable/Disable light mode
By simultaneous pressing of the PLUS and MINUS buttons the light mode is activated or deactivated.
**START button:**

Press this button to reach the sub-menus or start the data log.

During a data log you can also press this button to start a new lap.

Press and hold the button to switch the ROX GPS 7.0 on and off.

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**PLUS button:**

Use this button to change the training views during training.

In the menu, navigate through the individual points or increase a value to be set.

**ONLY IN TRAINING**

Press and hold to open the Quick Menu in training.
4.3 Menu overview

- **Training**
  - Select sport profiles
  - Start training

- **Load track**
  - Driven tracks or stored tracks
  - Select track
  - Select sport profiles and start track navigation

- **Strava**
  - Enable / Disable segment
  - Select competitor for each segment

- **Memory**
  - Activities
  - Total Values
  - Personal Best

- **Setting**
  - Device
  - Altitude
  - Sport profiles
  - Track settings
  - User
  - Firmware update
  - Factory reset
Training with the ROX GPS 7.0 / Start a recording

INFO ON THE SPORT PROFILES
The ROX GPS 7.0 has the so-called “SPORT PROFILES”. These help you to link the different settings with the chosen sport. Thus all the important settings are connected to the SPORT PROFILE. If you change the sport profile, functions such as the training views and the settings for the Automatic Pause are automatically set. Once set, there is no more need to check the settings. The training views can only be set in the SPORT PROFILE using the DATA CENTER.

5.1 Start training

After the desired SPORT PROFILE has been selected, it searches for the GPS. After a successful search of the GPS, the various views can be changed using the PLUS or MINUS button.

To start the training or the recording, the START button must be pressed once. If the stopwatch is running, it is always recorded.
5.2 Settings relevant to training in the Quick Menu

If you want to make more training-relevant settings before starting, such as calibration of the altitude, press the PLUS button and hold down to reach the Quick Menu. The following settings can be configured:

| Short Menu |  |
|-------------|  |
| Altitude    |  |
| Sport Profiles |  |
| Load Track  |  |
| Same Track Back |  |

a. Current activity

This item appears when you start a training. This lets you see all important values on your ROX GPS 7.0 during the journey.

b. Calibrating the altitude IAC+

The ROX GPS 7.0’s altitude measurement is determined on the basis of the barometric air pressure. Any change to the weather means a change in the air pressure, which can lead to a change in your current altitude. To compensate these changes in air pressure, you must enter a reference altitude into the ROX GPS 7.0 (process known as calibration).

The ROX GPS 7.0 offers three types of calibration (only one has to be used):

1. Home altitude 1–3
   The home altitude is the altitude of your start location. You can set three different home altitudes.

2. Current altitude
   The current altitude is the altitude at your current location. The current altitude is used if you are out on your bike and altitude information is provided.

3. Air pressure at sea level
   If you are at an unknown altitude, you can enter the ‘air pressure reduced to sea level’ to calculate the current altitude. The air pressure reduced to sea level can be found online [e.g. www.meteo24.de], in the daily newspaper, or at airports.

4. GPS calibration
   If you do not have a reference point or any indication of your current altitude, you can determine this by means of GPS. The accuracy of the displayed altitude depends on the GPS receiver and is shown in the display [e.g. +/−10m].
c. Selection of the sport profile

If you have accidentally selected the wrong sport profile, you can change this again here. This is only possible as long as the training has not been started.

d. Load track

A track can be loaded here at any given time.

e. Strava live segments

Here you can find your Strava segments or disable Strava.

f. Auto pause

You can start training as soon as you have pressed Start. The ROX GPS 7.0 waits till it can detect a speed over 2.2 km/h to begin recording the training. From then on, the activated Auto Pause function ensures that the training time pauses for speeds of less than 2.2 km/h (‘Auto Pause’ appears on the display) and restarts at speeds of over 2.2 km/h (Auto Start).

g. Automatic lap

You have the option in the settings to choose among the criteria distance, time or calories. If you have chosen, for example, 5 km for an Automatic Lap, a lap is always saved automatically after 5 km. This can be analysed in detail in the DATA CENTER.

h. Compass calibration

Calibrate the compass to have the best possible orientation of the tracks while standing.

i. Zoom

Here you have the option to choose a fixed or automatic zoom level for the track view. When automatic is set, the zoom level will change depending on the speed.
5.3 Ending training & transferring data

If you want to end your training or trip, you must press the **STOP** button twice. There comes a query, if you want to save or continue the training. End with the **STOP** button and save the training. Thereby, it can now be transferred to the DATA CENTER. For this, simply connect the ROX GPS 7.0 to the DATA CENTER and follow the instructions in the DATA CENTER.

### 6 Load track

This function enables you to select, start, display, and delete finished or stored tracks.

**NOTE**
The track management can also be performed quickly and conveniently via the DATA CENTER.

### 6.1 Driven tracks

This area displays all the tracks you have already finished.

“After selecting a track by pressing the START button you have four options to choose from:”

- Starte track
- Start track reverse
- Show track
- Show altitude profile

#### 6.1.1 Start track

Use “Start track” to retrace the selected track.

Once you have selected ‘Start track’ by pressing the function buttons and confirmed your selection by pressing the **START** button, the track starts. The display automatically switches to the **SPORT PROFILE** selection.

**NOTE**
If you have not defined any track view in your training views, another page is loaded for the track view.
6.1.2 Start track reverse

Use “Start track reverse” to reverse the direction of the selected track. Once you have selected 'Start track reverse' by pressing the function buttons and confirmed your selection by pressing START button, the track starts. The starting point and the destination point of the selected route are reversed.

6.1.3 Show track

Select ‘Show track’ to display the route for the selected tour.

6.1.4 Show altitude profile

Use ‘Show altitude profile’ to view a graphical representation of the route’s altitude profile.

6.2 Stored tracks

Here, you can find your tracks that you have transferred to the ROX GPS 7.0 with the help of DATA CENTER.

The Data Center enables you to download, modify, and store tracks from other users or plan your own tracks on an interactive map. These tracks can then be loaded onto the ROX GPS 7.0. Further information about the DATA CENTER can be found in the DATA CENTER instructions.

After selecting a track by pressing the START button, you have five options to choose from:

- Start track
- Start track reverse
- Show track
- Show altitude profile
- Show details
6.2.1 Start track

Select ‘Start track’ to travel the selected track. Once you have selected the ‘Start track’ item by pressing the START button, the track starts.

6.2.2 Start track reverse

Use “Start track reverse” to reverse the direction of the selected track.

6.2.3 Show track

Select ‘Show track’ to display the route for the selected tour.

6.2.4 Show altitude profile

Use ‘Show altitude profile’ to view a graphical representation of the trip’s altitude profile.

6.2.5 Show details

Here you can find the following detailed data for the selected trip:

- Distance
- Altitude ascent ▲
7 How do I get the Strava segments on the ROX GPS 7.0?

The ROX GPS 7.0 offers a special function to Strava fans, the Strava live segments. Thus you need not wait until after the trip to see whether you have scored a new personal best.

7.1 laying Strava segments on the ROX GPS 7.0

The Strava segments can be transferred exclusively via the DATA CENTER onto the ROX GPS 7.0. To transfer Strava segments you need a Strava user account (registration at www.strava.com).

IMPORTANT
Only the Strava segments that have been marked as favourites on www.strava.com are transferred!

To transfer the Strava segments, please connect your ROX GPS 7.0 to the DATA CENTER. The most important information on your device will appear on the dashboard. Here you have the option now to transfer the marked segments on Strava onto your ROX GPS 7.0 by a click.
8.1 Activities

You will find all values of your activities sorted by date. The most recent activity is shown first. The data are divided into the following 10 sub-areas:

1. Time
2. Speed/Distance
3. Altitude
4. Calories
5. Temperature
6. Laps
7. Auto laps
8. Show track
9. Show altitude
10. Segments

NOTE
It is possible to view the segments only if you have loaded the STRAVA segments data onto the ROX GPS 7.0 beforehand.

8.2 Total values

You will find all total values for the ROX GPS 7.0:

1. Number of trainings
2. Training time
3. Distance
4. Altitude uphill
5. Altitude downhill
6. Calories
7. Reset all values

Settings

All important functions can be set either directly on the ROX GPS 7.0 or on the PC and then transferred to the ROX GPS 7.0.

9.1 Device

9.1.1 Language  (DE, ENG, FR, ES, IT, NL, CZ, PL)

Using the PLUS and MINUS buttons, followed by pressing the START button, you can choose the language for the ROX GPS 7.0.
You have the option to reset the total values. Use the PLUS or MINUS buttons to select the item ‘RESET ALL VALUES’ and press the START button.

**FOLLOWING INDICATION WILL APPEAR:**
'To reset ALL values press ENTER. To retain the values press BACK'. Press ENTER button again to reset the total values.

### 8.3 Personal best

You will find your personal bests subdivided for the following sub-areas:

<table>
<thead>
<tr>
<th>Personal Best</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Longest T.Time</td>
<td>25.07.16 00:43:52 h</td>
</tr>
<tr>
<td>Fastest Ride</td>
<td>42.94 km/h</td>
</tr>
<tr>
<td>Longest Distance</td>
<td>31.40 km</td>
</tr>
<tr>
<td>Most Ascent</td>
<td>139 m</td>
</tr>
</tbody>
</table>

1. Longest training time  
2. Fastest training session  
3. Longest trip distance  
4. Most altitude ascent  
5. Most calories  
6. Best 5k (5 kilometres)  
7. Reset personal best

You have the option to reset the personal bests. Use the PLUS and MINUS buttons to select the item “Reset personal best” and press the START button.

### 9 Settings

All important functions can be set either directly on the ROX GPS 7.0 or on the PC and then transferred to the ROX GPS 7.0.

#### 9.1 Device

**9.1.1 Language (DE, ENG, FR, ES, IT, NL, CZ, PL)**

Using the PLUS and MINUS buttons, followed by pressing the START button, you can choose the language for the ROX GPS 7.0.
9.1.2 Units

You can specify the following measurement units for the ROX GPS 7.0:

- Speed (km/h, mph)
- Distance (km, miles)
- Altitude (meter, feet)
- Temperature (°C, °F)
- GPS coordinate format (hddd°mm’ss,s or hddd°mm,mmm)

9.1.3 Autom. Off (On/Off)

9.1.4 Backlight time

Press the PLUS and MINUS buttons followed by the START button to set the backlight time (permanent, 5 min on, 2 min on, 30 sec on) for the ROX GPS 7.0.

9.1.5 Backlight brightness

Press the PLUS and MINUS buttons followed by the START button to set the brightness (1–3) on the ROX GPS 7.0.

9.1.6 Button tone (On/Off)

9.1.7 System tone (On/Off)

9.1.8 Contrast

Press the PLUS and MINUS buttons followed by the START button to set the contrast (1–10) on the ROX GPS 7.0.

9.1.9 Time setting

You can make the following time settings for the ROX GPS 7.0:

Time zone

Press the PLUS and MINUS buttons followed by the START button to set the appropriate time zone (e.g. Berlin + 01:00, London + 00:00, etc.).
9.1.10 Summer time (On/Off)

9.1.11 Time (24h, 12h)

9.2 Altitude

The home altitude is the altitude of your usual start location (usually your home). You can find this information on road or country maps. It is only set once on the ROX GPS 7.0. You can set three different home altitudes on the ROX GPS 7.0.

- Home altitude 1
- Home altitude 2
- Home altitude 3
- Altitude points list

The altitude measurement points from the IAC+ altitude calibration are stored in this list.

**NOTE**
To enable this altitude, you must select the preset altitude in training!

9.3 Sport profiles

You can make the following settings:

9.3.1 Automatic laps

Settings of automatic laps for distance, time or calories.

9.3.2 Automatic pause (On/Off)

9.3.3 Training views

This can only be set via the DATA CENTER.

9.4 Track settings

9.4.1 Off-track alarm

Press the PLUS and MINUS buttons followed by the START button to select between the settings 40 m, 80 m or 120 m.
9.4.2 Waypoint alarm

Press the PLUS and MINUS buttons followed by the START button to select between the settings 40 m, 80 m or 120 m.

9.5 Gender

To load the appropriate segments in Strava, you must choose between male or female.

9.6 Firmware update

The ROX GPS 7.0 can be updated. If a new firmware version is available, you will be informed via the DATA CENTER. Follow the steps as described in the DATA CENTER.

**ATTENTION**
Back up all your data **BEFOREHAND**. With a firmware update, all data will be lost and **CANNOT** be restored!

9.7 Reset factory settings

If you want your ROX GPS 7.0 to be reset to the original state, select this item and follow the directions.

**ATTENTION**
By doing this, all values will be lost and **CANNOT** be restored!

10 Function overview

- Speed
- Average speed
- Maximum speed
- Distance
- Training time
- Duration
- Calories
- Time
- Date
- Temperature
- Minimum temperature
### 9.4.2 Waypoint alarm
Press the **PLUS** and **MINUS** buttons followed by the **START** button to select between the settings 40 m, 80 m or 120 m.

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### 10 Function overview

<table>
<thead>
<tr>
<th>Metric</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed</td>
<td>Average speed</td>
</tr>
<tr>
<td></td>
<td>Maximum speed</td>
</tr>
<tr>
<td>Distance</td>
<td>Training time</td>
</tr>
<tr>
<td>Duration</td>
<td>Calorie consumption</td>
</tr>
<tr>
<td>Time</td>
<td>Date</td>
</tr>
<tr>
<td>Temperature</td>
<td>Minimum temperature</td>
</tr>
<tr>
<td></td>
<td>Maximum temperature</td>
</tr>
<tr>
<td>Incline in %</td>
<td>Rate of ascent in m/min</td>
</tr>
<tr>
<td>Altitude profile in m/min</td>
<td>Altitude uphill</td>
</tr>
<tr>
<td>Maximum altitude</td>
<td>Distance downhill</td>
</tr>
<tr>
<td>Training time uphill</td>
<td>Average speed downhill</td>
</tr>
<tr>
<td>Average rate of ascent</td>
<td>Average rate of descent</td>
</tr>
<tr>
<td>Maximum rate of ascent</td>
<td>Average slope downhill</td>
</tr>
<tr>
<td>Maximum incline uphill</td>
<td>Maximum slope downhill</td>
</tr>
<tr>
<td>Average incline uphill</td>
<td>Battery capacity (in %)</td>
</tr>
<tr>
<td>Maximum incline uphill</td>
<td>GPS Accuracy</td>
</tr>
<tr>
<td>Altitude downhill</td>
<td>Time to destination</td>
</tr>
<tr>
<td>Distance downhill</td>
<td>Estimated time of arrival</td>
</tr>
<tr>
<td>Training time downhill</td>
<td>Dist. to destination</td>
</tr>
<tr>
<td>Average speed downhill</td>
<td>Drive direction</td>
</tr>
<tr>
<td>Average rate of descent</td>
<td>Track view</td>
</tr>
<tr>
<td>Maximum rate of descent</td>
<td>Number of automatic laps</td>
</tr>
<tr>
<td>Average slope downhill</td>
<td>Time in automatic lap</td>
</tr>
<tr>
<td>Maximum slope downhill</td>
<td>Distance in automatic lap</td>
</tr>
<tr>
<td>Battery capacity (in %)</td>
<td>Average speed in automatic lap</td>
</tr>
<tr>
<td>GPS Accuracy</td>
<td>Maximum speed in automatic lap</td>
</tr>
<tr>
<td>Time to destination</td>
<td>Calories in automatic lap</td>
</tr>
<tr>
<td>Estimated time of arrival</td>
<td>Average altitude in automatic lap</td>
</tr>
<tr>
<td>Dist. to destination</td>
<td>Maximum altitude in automatic lap</td>
</tr>
<tr>
<td>Drive direction</td>
<td>Elevation gain in automatic lap</td>
</tr>
<tr>
<td>Parameter</td>
<td>Description</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Elevation loss in automatic lap</td>
<td></td>
</tr>
<tr>
<td>Average incline in automatic lap</td>
<td></td>
</tr>
<tr>
<td>Average downward slope in automatic lap</td>
<td></td>
</tr>
<tr>
<td>Average rate of ascent in automatic lap</td>
<td></td>
</tr>
<tr>
<td>Average rate of descent in automatic lap</td>
<td></td>
</tr>
<tr>
<td>Number of laps</td>
<td></td>
</tr>
<tr>
<td>Time in lap</td>
<td></td>
</tr>
<tr>
<td>Distance in lap</td>
<td></td>
</tr>
<tr>
<td>Average speed in lap</td>
<td></td>
</tr>
<tr>
<td>Maximum speed in lap</td>
<td></td>
</tr>
<tr>
<td>Calories in lap</td>
<td></td>
</tr>
<tr>
<td>Average altitude in lap</td>
<td></td>
</tr>
<tr>
<td>Maximum altitude in lap</td>
<td></td>
</tr>
<tr>
<td>Elevation gain in lap</td>
<td></td>
</tr>
<tr>
<td>Elevation loss in lap</td>
<td></td>
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<tr>
<td>Average incline in lap</td>
<td></td>
</tr>
<tr>
<td>Average downward slope in lap</td>
<td></td>
</tr>
<tr>
<td>Average rate of ascent in lap</td>
<td></td>
</tr>
<tr>
<td>Average rate of descent in lap</td>
<td></td>
</tr>
</tbody>
</table>

### 11 Technical data

#### 11.1 Memory

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training memory</td>
<td>Up to 400 h</td>
</tr>
<tr>
<td>Tracks</td>
<td>100 (up to 100,000 track points)</td>
</tr>
<tr>
<td>Waypoints</td>
<td>1000</td>
</tr>
<tr>
<td>Strava segments</td>
<td>100</td>
</tr>
</tbody>
</table>

#### 11.2 Ambient temperature

Ambient temperature +60 °C/-10 °C
12.1 Water resistance of the ROX GPS 7.0

The ROX GPS 7.0 is waterproof according to IPX7 standard. It can be used in the rain without any risk of damage. The buttons can be pressed.

12.2 Training instruction

Consult your physician before starting training to avoid health risks. This particularly applies if you suffer from any underlying cardiovascular diseases.

If you wear a pacemaker, always check with your physician that this is compatible with our systems before using them!

13 Guarantee, Warranty, Legal Disclaimer

We are liable to our contracting partners for defects in line with legal provisions. The warranty does not extend to batteries. In the event of a warranty claim, please contact the retailer from whom you purchased your bike computer. You can also send your bike computer, together with your receipt and all accessories, to the address below. Please ensure you pay sufficient postage.

SIGMA-Elektro GmbH
Dr.-Julius-Leber-Straße 15
D-67433 Neustadt/Weinstraße
Service tel. +49-(0)6321-9120-118
Email: kundenservice@sigmasport.com

In the event of justified warranty claims, you will receive a replacement device. You will only be entitled to the model available at the time of replacement. The manufacturer retains the right to make technical modifications.
Batteries must not be disposed of in household waste (Battery Law - BattG)! Please take the batteries to an official collection point or to the retailer for disposal.

Electronic devices must not be disposed of in household waste. Please take the device to an official waste collection point or to the retailer.

Before disposal, all relevant personal data must be deleted from the device.

The CE declaration can be found at: ce.sigmasport.com/rox7

EU-DECLARATION OF CONFORMITY

We, SIGMA-ELEKTRO GmbH, Dr. Julius Leber Str. 15, D- 67433 Neustadt / Weinstraße, declare under our responsibility that the product ROX GPS 7.0 is compliant with the essential requirements and other relevant requirements of the RED Directive 2014 / 53 / EU and the RoHS Directive 2011/65/EU.
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LI = Lithium Ionen

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This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications made to this equipment not expressly approved by SIGMA may void the FCC authorization to operate this equipment. This Class B digital apparatus complies with Canadian ICES-003. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced technician for help.
This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

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