



Manual

REV 1.0 15.06.2016

LTF/EN





Important Note:

Every effort has been made to ensure that the information in this manual is correct, but please remember that it has been produced for guidance only. It should not be used as a "how to fly" manual. This owner's manual is subject to changes without prior notice. Please check www.aircross.eu for the latest information regarding the U Relax and other Aircross products.

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Thank you for choosing the



Dear paragliding pilot,

thank you for choosing our harness U Relax. We are convinced that this harness will provide you with an extraordinary comfort, easy adjustment and many unforgettable moments during your flights.

The manual contains all information on how to adjust the harness correctly, how to use the harness and how to maintain it. This knowledge is necessary for a safe operation of the harness.

The harness U Relax is designated for paragliding purposes only.

The manual should remain with the harness in case of technical control or in case of reselling to a 3rd person.

We wish you many nice flights with safe and happy landings!

Yours

AirCross team

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Safety notice

This harness is designated only for paragliding purposes. Our harness has passed the most demanding safety tests in accordance with the CE certifications requirements EN1651 and German LTF tests. Successfully passing these certifications we confirm the highest quality of our products.



!!! ATTENTION !!!

Before use of the harness the operating instructions enclosed to the harness must be studied carefully.



It is necessary to visually control the harness before each flight - whether all supporting/load-bearing parts are in good condition.



We recommend the beginners to install the rescue system directly at the manufacturer or dealer who is authorized and entitled to install the rescue system.



Carabiners and other load-bearing components that are not certified for this purpose, must not be used on the harness.

In case of accident due to non-approved supporting/load-bearing components we as the manufacturer cannot be held responsible.

Technical specifications

LTF/EN

Sizes	S	M	L
Max. pilot height (cm)	150 - 170	165 - 185	180 - 200
Weight of the U Relax incl. Carabiner (kg)	3,7	4,1	4,7
Width of the seat (mm)	34	36	39
Depth of seat (mm)	39	41	43
Attachment height (mm)	42	44	46
Width of chest strap (mm)	43 - 54	43 - 54	43 - 54
Side pockets and radios mounts	ja	ja	ja
Colors	black-orange / black-lime		
Strength test EN 1651	120 kg		
Certification EN/LTF	PH 162.2016		



Colors



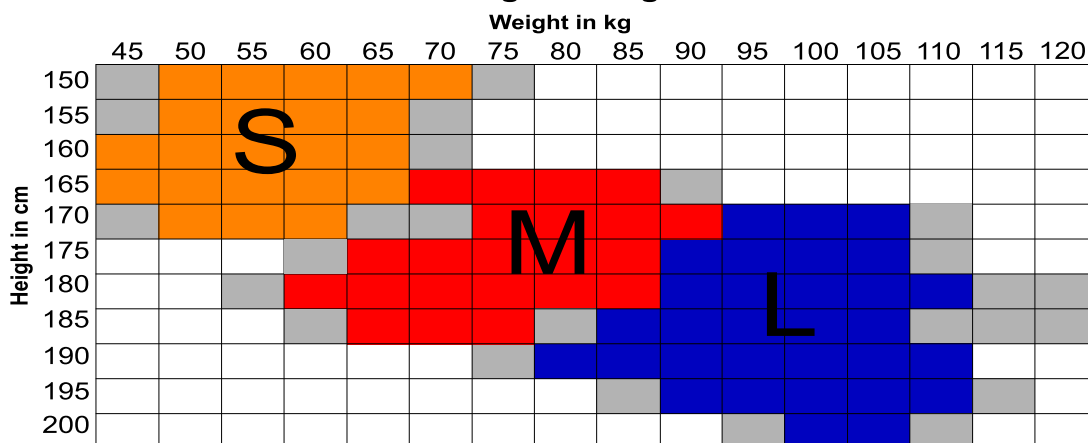
Material

Outside	Nylon Ripstop
Inside	Nylon Ripstop
Leg strap	Polyester 25 mm
Shoulder-, chest- and main straps	Polyester 25 mm
Closing system	T-Look - AustriAlpin GmbH
Protector	EPE foam 20 cm, back 5 cm
Snap link	Edelrid "Alias"

PILOT QUALIFICATION

	SCHOOL	BEGINNER	INTERMEDIATE	ADVANCED
U RELAX				

Weight x Height



Please check these sizes by testing them at your dealer

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Attaching a rescue system

The harness is compatible with all available rescue systems designed for paragliding.

Connecting rescue system with harness

In this manual we give you two examples of connecting harness and rescue system:

1. Example: First please connect short loop (delivered with rescue system) with the long V straps (delivered with the harness/fixed on the harness). Please draw these straps through themselves and make the loop and drag.

Please look at the pictures below that will help you to attach the rescue system with the harness.

Connecting rescue system with harness by loop



Step 1



Step 2



Step 3



Step 4

2. Example: A connection can also be made by a mallion/carabiner.
The carabiner should be coated with the neoprene sock of the rescue system, as it protected the screw from opening as that could weakened the carabiner.

Please look at the pictures below that will help you to attach the rescue system with the harness.

Connecting rescue system with harness by mallion/ carabiner



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

Please lead the line through the loop on the left side of the container. Then put the line through the eyelets on the flaps and secure with a rescue thorn.

Please do the same on right side.

Below you can find pictures that will help you in installing the rescue system:



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



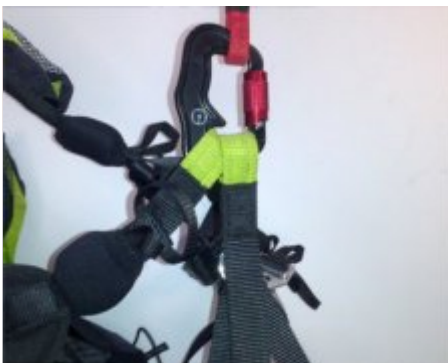
Step 8



Step 9

Mounting a paraglider

The paraglider is attached to the main carabiners that are integral part of the harness. An example of attaching the paraglider with the carabiner is shown below in the picture:



Attachment of a winch (towing) release

In case there are no special loops for a winch, please attach the winch release (towing release) into the carabiner. Please look at the photo below:

From safety reasons we recommend two-parts release.

The towing release is not part of the harness!



How to adjust a harness before take off, after take off and before landing

The first basic adjustment of the harness should be made in standing position.

As the first step fasten leg straps and breast straps.

Then adjust the shoulder straps to the same lengths so that the harness board does not press itself to your bottom.

In case you do not feel the board in knee bend position it is too low, then please shorten the shoulder straps and repeat the knee bend position.

For ideal adjustment please verify in knee bend position so that it is hard to put your hand in between the board and the bottom.

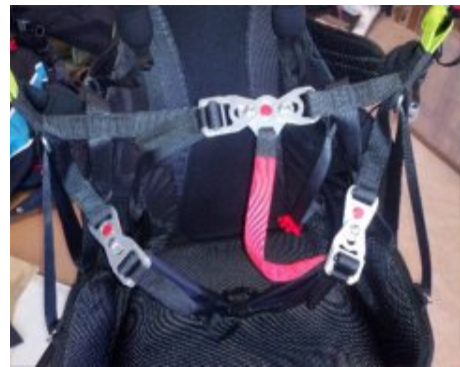
Then please hang in the harness in safe height under an anchor. Please adjust the depth and basic angle of seating with the straps on both sides.

The aim is to achieve a half-lying-sitting position. Neither a straight up nor a lying position is good. In case of the front edge of the board pushing into lower part of thighs, please lower the depth of the seating.

At the end please make a control of the distance between the main carabiners. We recommend to adjust it to 42cm.

Please hang in the harness a few minutes. The seating should be comfortable. The straps and the board edge should not push and the back is well leaning.

Once the harness is adjusted it is prepared for using.



How to adjust the speed system

The U Relax is delivered with a speed system. The adjustment can be made as follows:

1. Hang the harness up
2. Fasten paraglider risers into main carabiners
3. Fasten speed system into risers
4. Release (unfasten) knots on the speed system
5. Simulate full speed on risers
6. Push both legs and adjust the length of speed lines
7. Make a knot and fix the length of the lines in this way

It is not necessary to have the speed system very short. In case you adjust the speed system too short for running, you will have bended legs in case of full speed and it is not comfortable and very exhausting in flight.

It is important to adjust the speed so that you have legs comfortably extended with full speed!!!



With various paraglider types, the speed travel is changing and it is necessary to adjust it before take off.

Details concerning purposes and function of other places for attachments indicated by manufacturer

Back protector and seat protector

The U Relax is equipped with two independent foam protectors. The seat protector is made from separate EPE foam that successfully absorbs shocks into seating part of the harness. This protector is already installed by the manufacturer.

Back protector is made from technical PUR foam and is one-piece that protects the spine over the whole length.

Install back protector to the harness through the zipper that is in the backpack compartment of the harness.

After unzipping, you will see a special pocket for the protector. Please unzip the zipper and place the protector into the special pocket. This protector is already installed by the producer.

Camel bag

In the back compartment you can store a Camel bag. Please lead the tube through the hole and pull it out onto the shoulder strap.

Preparation for walkie-talkie

There is a pocket prepared for a walkie-talkie on the shoulder strap. In case of placing a walkie-talkie into the compartment, please lead the cable of the external microphone through the small spacing and pull it outside on to the shoulder strap.

Frequent mandatory inspection by manufacturer

Your harness needs constant inspection that are aimed mainly on solid sewing, straps and firm parts of the harness. In case the harness is not inspected regularly by the manufacturer or an authorized person, the manufacturer is not responsible for the technical condition of the harness and any damages or losses (material, financial, health and others) resulting from the above. In case there is a need to exchange any part of the harness, it must be exchanged only through a original part and repaired by the manufacturer or an authorized person/company only.

The manufacturer states obligatory inspections every 2 years.

SERIAL NUMBER OF THE HARNESS:

<p>Inspection after 2 years from date of purchase</p>	<p>Stamp and signature of the manufacturer or authorized person</p>
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Maximum pilot's weight

Maximum pilot weight for the U Relax sizes are as follows:

S	120 kg
M	120 kg
L	120 kg

The maximum rescue volume for the different sizes is as follows:

S = 6400 cm³, M= 7790 cm³, L= 8550 cm³

Cleaning and maintenance

In order to clean the harness, please use soap and clean water only. The harness must not be cleaned with any chemicals, excessive force, hot water or a washing machine!!! Any cleaning with chemicals or hot water can weaken or damage the fabric on the harness.

Before you store the harness after cleaning, please ensure that the harness is really completely dry.

Cleaning of the harness is recommended with regards to the control of its condition.

Storage

The harness has to be stored in a dark and well ventilated room away from heat and temperature fluctuations. The harness must not be stored in a room where petrol, solvents or other chemicals are stored.

In case you are not flying for a longer time, we recommend opening the backpack and ventilating the equipment.

In case the harness was wet, let it dry completely!

Guarantee

The manufacturer supplies a guarantee of twenty four months for the harness – for the correct and faultless function of the harness. His guarantee covers only failures caused by production or function problems for which the manufacturer is responsible.

This guarantee does not include hidden problems of material and fabrics and any faults made by misuse, not correct handling, unsuitable storage, damages during transport or cruel manipulation and handling that are not in accordance with the harness construction and purpose.

The guarantee also does not include the following points:

- Colour fading from the material and fabrics
- Damage caused by chemicals, solvents, petrol, sand or sea water
- Damage before, during and after the flight caused by accidents and emergency situations
- Damage caused by negligence
- Any damage or loss caused by landing directly on the harness
- Any modification of the harness or unauthorized exchange of any part of the harness
- Any damage or loss caused by changing standard equipment supplied with each harness such as back protector, side protectors, etc.

Closing words

The U Relax harness will provide many extraordinary, pleasant, comfortable and unforgettable moments during your flights.

We ask all pilots to fly careful and to respect the law and regulations in the interests of our sport.

SEE YOU AT THE CLOUDBASE !

Your

AirCross team