# A300

## USER GUIDE

**English**

# Welcome

Navman's 300 series GPS Sport.Tools provide an affordable and reliable way to track and store a variety of personal performance indicators.

Please read this guide carefully and familiarize yourself with the interface and functions, as well as the intended use and limitations of the Navman A300 GPS Sport.Tool.

This product complies with CE, FCC, Canada 210, and C-Tick regulations.

Operation is subject to the following two conditions:
(1) this device may not cause interference
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

**WARNING: Entering information or handling the Navman Sport.Tool while moving is unsafe and may cause you to be distracted or fail to observe safe practices necessary to avoid death, serious injury, collisions or accidents to you or others. Use the memory functions to review data when you are not moving.**

**CAUTION: The Navman A300 GPS Sport.Tool is intended for recreational use only. Do not use this product for obtaining measurements that require professional or industrial precision. Consult your physician before starting or changing any exercise programs.**

# Content

# 1.0 General information

## 1.1 Checklist

The A300 package should contain the following items:

- Navman A300 GPS Sport.Tool
- armband
- quick guide
- user guide
- 1 x AA battery
- registration card

## 1.2 Care and maintenance

Do not attempt to disassemble the A300; there are no user serviceable components in this product.

The A300 is of robust design. However, care should be taken to protect from shocks or extreme heat.

Clean using only a soft cloth with mild soap and warm water. Do not use abrasive cleaning materials or products. We recommend rinsing the A300 with fresh water after any exposure to salt water.
**CAUTION: Please ensure battery cover is in place during cleaning.**

Store the A300 away from direct sunlight or extreme heat sources. (Remove battery before storing for an extended period.)

## 1.3 Water resistance

The Navman A300 GPS Sport.Tool is water resistant.

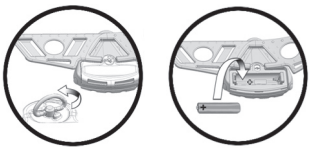
## 1.4 Altitude measurement

Due to the nature of GPS, inaccurate altitude measurements can sometimes be observed. Altitude readings should be viewed as indicative measurements only.

## 1.5 Changing the battery

Always shut down the A300 before changing the battery.

**Note: All system settings, and the calculated data that was stored at the last controlled shutdown*, are retained when the battery is removed. This information persists indefinitely until updated or reset.**



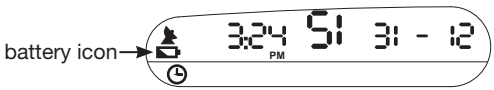
1. Turn D-ring anti-clockwise and slide enclosure cover down to open battery enclosure.

2. Insert battery with «+» end as indicated inside enclosure.

3. Replace enclosure cover (ensuring lugs at the bottom of the cover are aligned with slots in the enclosure surround), turn D-ring clockwise to seal.

**! For best performance:**
**General use = Alkaline**
**Below 5 °C = NiMH**

If battery power becomes low during operation the battery icon is displayed.




constant = low power
flashing = approx. 5 min before automatic shutdown**

* Press and hold ◉ to perform a controlled shutdown.
** When battery power becomes too low to continue operation, a controlled shutdown is automatically executed (current data is saved).

# 2.0 Navman A300 interface

## 2.1 Button functions

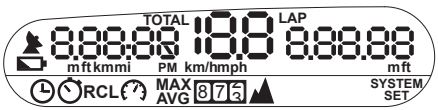
There are two control buttons, ◉ and ▶. These buttons are pressed separately or together to turn the unit on and off, cycle through modes, and select mode options.

Throughout this guide the button icons are used as follows:

◉ = press this button
▶ = press this button
◉▶ = press both buttons together

**Note: where it is required to press and HOLD buttons, a countdown begins. To perform the required action continue to hold until the counter reaches zero; if you release the button sooner the action will not be performed.**

## 2.2 Display screen




The illustration above shows the complete display capability of the A300. Only a sub-set of these elements appear at any time during operation.

The upper screen section displays the antenna and battery icons, as well as all values and units. The lower screen section displays the mode icons and the setup icon (SYSTEM SET).

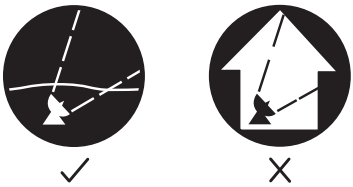
**Mode Icons**

| | | | |
|---|---|---|---|
| Clock | | Speed (Average) | AVG |
| Timer | | Speed (Maximum) | MAX |
| Timer recall | RCL | Odometer | |
| Speed | | Altitude | |

# 3.0 Getting started

## 3.1 Be outdoors

The A300 is not intended for operation indoors or under water as it uses Global Positioning System (GPS) satellites to get time and date information, and to calculate distance and speed. For best results, always use the A300 outdoors with an unobstructed view of the sky.



## 3.2 Fit the A300

The A300 is designed to be worn on the left upper arm. The easiest way to fit the unit is to feed the strap through the fastener to create a loose enclosure. Then slide your left arm through the enclosure and tighten the strap after the unit is in a comfortable position.


## 3.3 Startup

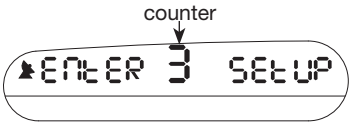
Press and hold ◉ to turn the power on and enter setup, OR press ◉ to turn the power on and start normal operation.
First start may take up to 80 seconds to get all the satellite data

- Flashing = seeking GPS data
- Constant = GPS data obtained

**! Always enter setup first if you wish to change settings. To enter setup after starting normal operation, you will need to shut down and re-start the unit.**

### 3.3.1 Enter setup

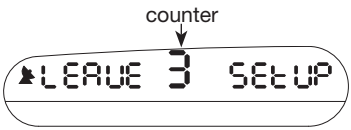
**To enter setup**
Press and hold ◉ to turn the power on and enter setup.




When the counter reaches zero, the A300 will enter setup. If you release ◉ before the counter reaches zero the A300 will immediately start normal operation.

**Note: To enter setup after starting normal operation you will need to restart the A300. For details about changing settings see Section 4.0.**

**To leave setup**
Press and hold ◉ to leave setup and start normal operation.




When the counter reaches zero, the A300 will leave setup and start normal operation in Speed mode. If you release ◉ before the counter reaches zero the A300 will remain in setup.

**Note: you must leave setup first if you want to turn the power off.**

### 3.3.2 Start normal operation

**To start normal operation**
Press ◉ to turn the power on and start normal operation.

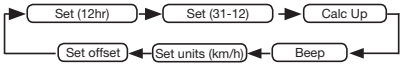
When starting directly into normal operation, the A300 will start in the mode it was in at last shutdown. (Speed mode is always displayed first when starting normal operation after leaving setup.) For details about normal operating modes see Section 5.0.

# 4.0 Setup

## 4.1 Setting options

Press and hold ◉ to turn the power on and enter setup.
Press ▶ repeatedly to step through the setting options.

Setting options are accessed in the order shown below. See subsequent sections for details about editing settings.




**Set (12hr)**
lets you set 12hr or 24hr time format

**Set (31-12)**
lets you set dd-mm or mm-dd date format

**Calc up**
lets you set the A300 to calculate data for all movement (uphill and downhill) or for downhill movement only

**Beep**
When beep is ON a beep will sound when the buttons are pushed.

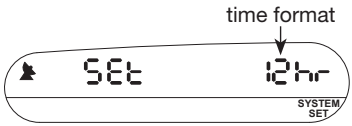
**Set units (km/h)**
lets you set the speed units to km/h or mph

**Set offset (set local time)**
lets you adjust the A300 to display local time

Press and hold ◉ to leave setup and start normal operation.

### 4.1.1 Set time format

Set 12hr or 24hr time display format.

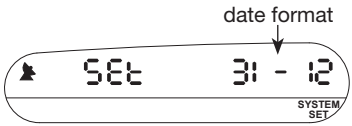



**To access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ⊙ repeatedly until the screen appears as shown above.

**To set time format**
1) Press ◉⊙ to start editing (time format option flashes).
2) Press ◉ or ⊙ to select 12hr or 24hr.
3) Press ◉⊙ to stop editing.
4) Press ⊙ to go to the next option, or hold ◉ to leave setup.

### 4.1.2 Set date format

Set 'dd-mm' or 'mm-dd' date display format.




**To access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ⊙ repeatedly until the screen appears as shown above.

**To set the date format**
1) Press ◉⊙ to start editing (date format example flashes).
2) Press ◉ or ⊙ to select dd-mm or mm-dd.
3) Press ◉⊙ to stop editing.
4) Press ⊙ to go to the next option, or hold ◉ to leave setup.

### 4.1.3 Calc up

This option lets you choose to monitor and record information for all movement (uphill and downhill), or for downhill movement only.

When uphill calculation is ON, all information displayed by the Navman A300 is based on uphill and downhill movement; laps must be entered manually.

When uphill calculation is OFF, all information displayed is based on downhill movement only; laps are automatically entered if uphill movement is detected after downhill movement. Additionally, laps may be entered manually. For example, a skier may wish to enter multiple laps at certain markers on a single downhill run.


**Access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ▶ repeatedly until the screen appears as shown above.

**To set the Calc up status**
1) Press ◉▶ to start editing (status flashes).
2) Press ◉ or ▶ to select ON or OFF.
3) Press ◉▶ to stop editing.
4) Press ▶ to go to the next option, or hold ◉ to leave setup.

### 4.1.4 Beep

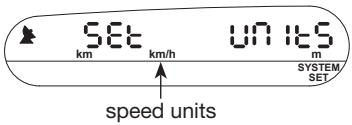
Set beep ON or beep OFF. When beep is ON, an audible 'beep' will sound when buttons are pressed.


**Access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ▶ repeatedly until the screen appears as shown above.

**To set button beep status**
1) Press ◉▶ to start editing (setting status flashes).
2) Press ◉ or ▶ to select On or OFF.
3) Press ◉▶ to stop editing.
4) Press ▶ to go to the next option, or hold ◉ to leave setup.

### 4.1.5 Set speed units

Set units for speed (km/h or mph).




**Access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ▶ repeatedly until the screen appears as shown above.

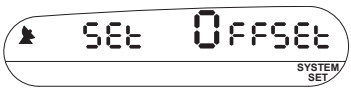
**To set speed units**
1) Press ◉▶ to start editing (speed units flash).
2) Press ◉ or ▶ to select km/h or mph.
3) Press ◉▶ to stop editing.
4) Press ▶ to go to the next option, or hold ◉ to leave setup.

**Note: Distance and altitude are displayed in units that correspond to user selected speed units. For example, if you select speed units 'km/h', then distance is displayed in 'km' and altitude in 'm'.**

### 4.1.6 Set offset (set local time)

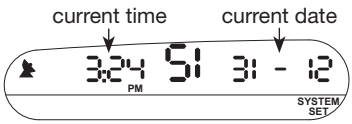
This option lets you adjust the A300 to display local time*. You only need to do this once, unless operating the unit in a new time zone.
(* By default the A300 displays GPS time. The A300 will perform all functions accurately without adjusting the offset to display your local time.)

Note: If you attempt to change the time offset before all GPS data are obtained, the screen displays 'no GPS' and the antenna icon flashes until all GPS data are received.




**Access this option**
If necessary, press and hold ◉ to turn the power on and enter setup. Press ▶ repeatedly until the screen appears as shown above.

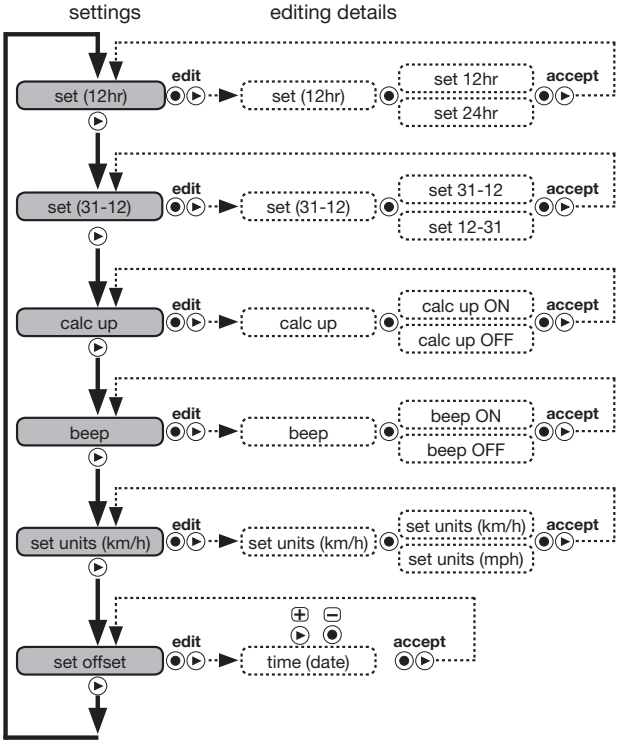
**To set local time**
1) Press ◉▶ to start editing (the screen now appears as shown below). The current time value flashes. The date is displayed to ensure that adjustments are made in the correct direction.




2) Press ▶ repeatedly to set time display forward (press and hold ▶ to set time display forward quickly), or press ◉ repeatedly to set time display backward (press and hold ◉ to set time display backward quickly**).
3) Press ◉▶ to stop editing.
4) Press ▶ to go to the next option, or hold ◉ to exit setup.

** While editing is active, holding ◉ will not exit setup.

### 4.1.7 Editing settings (overview)



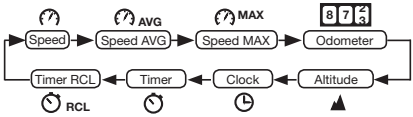

KEY
= press this button
= press this button
= press both buttons together

# 5.0 Normal operation

## 5.1 Modes

Press ◉ to turn the power on and start normal operation.
Press ▶ repeatedly to step through the modes (press and hold ▶ to cycle through the modes quickly).

Modes are accessed in the order shown below. See subsequent sections for details about using different modes.




**Speed mode**
shows distance and speed

**Speed (AVG) mode**
shows distance and average speed

**Speed (MAX) mode**
shows distance and maximum speed

**Odometer mode**
shows total distance from last odometer reset

**Altitude mode**
shows total accumulated altitude and current altitude

**Clock mode**
shows current time and date

GPS time is displayed unless you set local time, see Section 4.1.6.

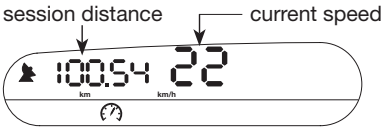
**Timer mode**
shows session* and lap* times

**Timer recall mode**
recalls stored session and lap times

(*See glossary.)

### 5.1.1 Speed mode

This mode lets you monitor session distance and current speed.

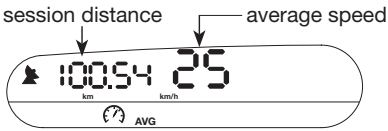



**To access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Speed mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear all* session data. (*Does not clear odometer.)
- Press ▶ to go to the next mode.

### 5.1.2 Speed (Average) mode

This mode lets you monitor session distance and average speed.

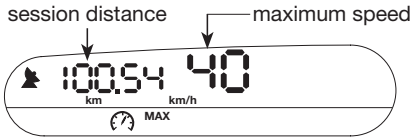



**To access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Speed (Average) mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear all* session data. (*Does not clear odometer.)
- Press ▶ to go to the next mode.

### 5.1.3 Speed (Maximum) mode

This mode lets you monitor session distance and maximum speed.

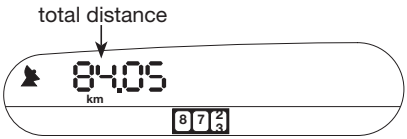



**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Speed (Maximum) mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear maximum speed only.
- Press ▶ to go to the next mode.

### 5.1.4 Odometer mode

This mode shows total distance since odometer was last reset.



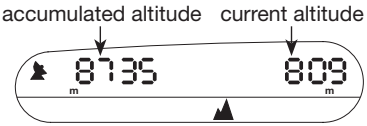

**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Odometer mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear odometer only.
- Press ▶ to go to the next mode.

**Note: The A300 displays distance in units corresponding to speed units (see section 4.1.5).**

### 5.1.5 Altitude mode

This mode shows total accumulated altitude and the current altitude.




**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

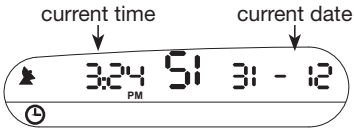
**While in Altitude mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear accumulated altitude only.
- Press ▶ to go to the next mode.

**Note: The Navman A300 displays altitude in units corresponding to speed units (see section 4.1.5).**

### 5.1.6 Clock mode

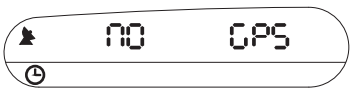
Clock mode shows the current time and date.

(Time is only displayed while GPS satellite signals are available. By default, GPS time is displayed. See section 4.1.6 for instructions on setting local time.)




**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

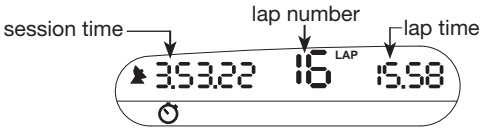
**While in Clock mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear all* session data. (*Does not clear odometer).
- Press ▶ to go to the next mode.




**Note: If GPS signals are not yet obtained a 'no GPS' alert is displayed. The antenna icon flashes until GPS signals are received.**

### 5.1.7 Timer mode

Timer mode lets you monitor session time, lap number and current lap time. Up to 50 laps may be stored during each session. Each lap entry resets the current lap time to zero.



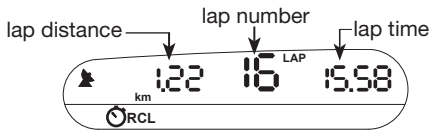

**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Timer mode**
- Press ◉ to store current lap data (the screen briefly shows the lap distance, lap number, and lap time that is being stored).
- Press and hold ◉▶ to clear all* session data. (*Does not clear odometer.)
- Press ▶ to go to the next mode.

**Note: The timer starts automatically whenever you start moving and stops whenever you stop moving. Uphill movement does not start the timer if 'Calc up' is OFF.**

### 5.1.8 Timer recall mode

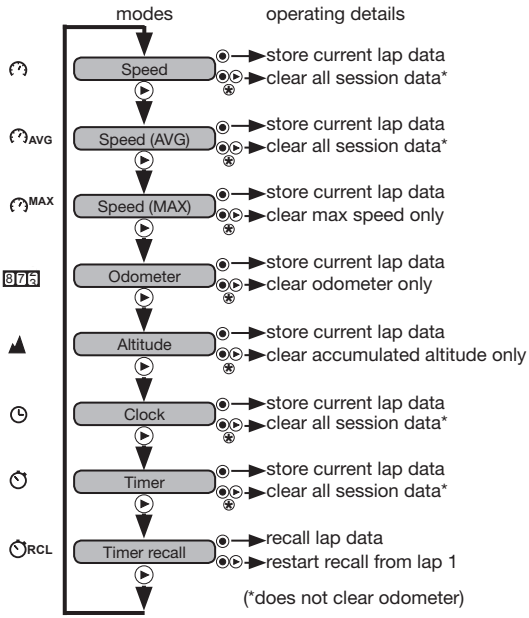
This mode lets you recall stored lap data.




**Access this mode**
If necessary, press ◉ to turn the power on and start normal operation. Press ▶ repeatedly until the screen appears as shown above.

**While in Timer recall mode**
- press ◉ repeatedly to step through lap data
- press ◉▶ to start recall again from lap 1
- press ▶ to go to the next mode

## 5.1.9 Mode operation (overview)

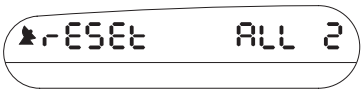



KEY
= press this button
= press this button
= press both buttons together
= press and hold both buttons together

# 6.0 Restoring default settings

**! WARNING: Restoring factory default settings clears all stored data and all user selected settings!**

**To restore all default factory settings**
1) make sure the unit is off
2) press and hold ◉ to turn the unit on – DO NOT RELEASE ◉
3) while holding ◉, press ▶ five times




**When restoring default settings**
The screen displays the message 'reset all' and a counter. If you stop any time down to 1 on the counter, default settings will not be restored and all current settings and data will not be cleared. After pressing the fifth time, the 'reset done' message appears and all settings are restored to factory defaults. A controlled shutdown is executed automatically after defaults are restored.

After factory default settings have been restored, when the A300 is next turned on you will need to enter setup if you want to display local time or adjust other setting preferences.

# 7.0 Glossary

**Global Positioning System (GPS)**
A satellite tracking system.

**Lap**
A lap is the distance travelled in the time between the current lap entry and the previous lap entry.

**Session**
A session includes all time that the Sport.Tool has been actively operating since first start-up, or since the session data was last cleared. Clearing the session data removes all stored data from the previous session except the odometer value, which must be cleared separately.

# 8.0 Copyright

# 9.0 Additional warnings, disclaimers, and limitations on liability

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