

SONR e6e487cf-8222-4d80-b700-a16ddcd09b

SONR Dual Receiver Pack Swim Coach Communicator User Manual

Model: e6e487cf-8222-4d80-b700-a16ddcd09b

INTRODUCTION

The SONR Dual Receiver Pack Swim Coach Communicator is an innovative system designed to facilitate real-time, two-way communication between a swim coach and swimmers during training sessions. Utilizing bone conduction technology, this system allows swimmers to receive clear instructions even while submerged, enhancing training efficiency and swimmer development. This manual provides comprehensive instructions for the setup, operation, and maintenance of your SONR system.



Image: The SONR Dual Receiver Pack, featuring the main radio transmitter and two blue SONR receivers, ready for use.

PRODUCT OVERVIEW

Components

- **Radio Transmitter:** Used by the coach to send voice commands.
- **SONR Receivers (2 pcs):** Worn by swimmers to receive audio via bone conduction.
- **User Manual:** This document.

Key Features

- **Shout-Free Training:** Enables coaches to provide instructions without raising their voice.
- **Bone Conduction Technology:** Delivers sound directly to the inner ear, allowing clear audio reception underwater.
- **Waterproof Design:** Both the transmitter and receivers are designed for use in aquatic environments.
- **Built-in Metronome:** Assists swimmers with tempo and pace tracking.
- **Wireless Operation:** No earbuds or Bluetooth required for the receivers.
- **Rechargeable:** Both receiver and radio transmitter units are rechargeable.

SETUP

1. **Charge Devices:** Ensure both the radio transmitter and SONR receivers are fully charged before first use. Use the provided charging cables.
2. **Coach's Transmitter:** The coach holds the radio transmitter. An additional headset with a microphone (not included) can be connected for hands-free operation.
3. **Swimmer's Receiver Placement:** The SONR receiver should be placed against the swimmer's temple or cheekbone. It can be secured under a swimming cap or attached to the straps of swim goggles for optimal contact and stability.



Swimmers hear the coach during the training, even underwater

Image: A swimmer demonstrates the correct placement of the SONR receiver under a swim cap for secure and effective bone conduction.

OPERATING INSTRUCTIONS

Basic Communication

1. **Power On:** Turn on the radio transmitter and all SONR receivers.
2. **Coach Speaks:** The coach speaks into the radio transmitter's microphone.
3. **Swimmer Hears:** Swimmers wearing the receivers will hear the coach's voice clearly, even underwater, due to bone conduction.



With SONR Coach coaching swimmers becomes easier

Image: A coach holds the SONR radio transmitter and a receiver, demonstrating readiness for a training session by the pool.

Metronome Function

The SONR system includes a built-in metronome. This feature helps swimmers maintain a consistent tempo and pace during drills. Refer to the specific controls on your receiver for activating and adjusting the metronome settings.

Personalized or Simultaneous Coaching

The SONR Dual Receiver Pack allows for coaching two swimmers simultaneously. Each swimmer receives the same instructions from the coach. For individualized guidance, the coach can address each swimmer by name or provide specific cues that only apply to one swimmer, ensuring both athletes receive tailored feedback.



Increase the efficiency of training sessions, ensuring that both swimmers receive personalized guidance

Image: A coach hands a SONR receiver to a young swimmer, illustrating the ease of distributing devices for training.

DISTANCE AND DEPTH GUIDELINES

- **Open Water:** The receiving distance is up to 984 feet (300 meters).
- **Pool:** The receiving distance is up to 164 feet (50 meters).
- **Depth:** The system is effective up to 3 feet (1 meter) in depth.

For optimal sound clarity, it is recommended to use earplugs, as they can enhance the bone conduction experience by reducing ambient water noise.



Image: An underwater shot of a swimmer, illustrating the effective use of the SONR receiver for communication while submerged.

MAINTENANCE

- **Cleaning:** After each use, rinse the receivers and transmitter with fresh water to remove chlorine or salt. Wipe dry with a soft cloth.
- **Charging:** Recharge devices regularly to maintain battery health. Avoid overcharging.
- **Storage:** Store the devices in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check for any signs of wear or damage to ensure the waterproof seal remains intact.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No sound from receiver	Receiver or transmitter is off; low battery; out of range.	Ensure both devices are on and charged. Move closer to the transmitter.
Poor sound clarity	Improper receiver placement; water interference; earplugs not used.	Adjust receiver placement for better contact. Consider using earplugs.
Device not charging	Faulty cable or adapter; charging port obstruction.	Try a different charging cable/adapter. Clean charging port carefully.

SPECIFICATIONS





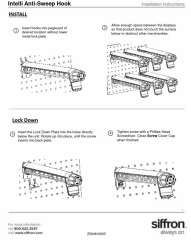
- **Item Weight:** 2.31 pounds
- **Package Dimensions:** 8.9 x 8.74 x 6.06 inches
- **Item Model Number:** e6e487cf-8222-4d80-b700-a16ddcd09b
- **Brand:** SONR
- **Color:** Blue
- **Number of Channels:** 6
- **Special Feature:** Waterproof
- **Talking Range Maximum (Pool):** 50 meters (164 feet)


- **Talking Range Maximum (Open Water):** 300 meters (984 feet)
- **Voltage:** 3.7 Volts (DC)
- **Water Resistance Level:** Waterproof
- **Included Components:** Radio, 2 pcs. SONR receiver, manual
- **UPC:** 658238085476

WARRANTY AND SUPPORT

The SONR Dual Receiver Pack Swim Coach Communicator comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. For warranty claims, technical support, or further assistance, please refer to the contact information provided with your product packaging or visit the official SONR website.

Related Documents - e6e487cf-8222-4d80-b700-a16ddcdfd09b

	<p>SONR MUSIC Quick Start Guide and Instruction Manual</p> <p>Comprehensive guide to using the SONR MUSIC bone conduction headphones, covering setup, playback, charging, music import, technical specifications, and warranty information.</p>
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	<p>Sony DSX-B700/DSX-B700W/DSX-B710D Käyttöopas</p> <p>Tämä käyttöopas tarjoaa kattavat ohjeet Sony DSX-B700, DSX-B700W ja DSX-B710D -autojärjestelmien käyttöön. Opas kattaa asennuksen, Bluetooth-yhteyden, radion, median toiston, handsfree-puhelut ja vianmäärittymisen, auttaen käyttäjiä hyödyntämään laitteen ominaisuuksia täysin.</p>
	<p>STRONG SRT 8222 Digital Terrestrial HD Twin Tuner Receiver User Manual</p> <p>This user manual provides comprehensive instructions for the STRONG SRT 8222 Digital Terrestrial HD Twin Tuner Receiver. It covers setup, connections, operation, troubleshooting, technical specifications, and safety information.</p>
	<p>Intelli Anti-Sweep Hook Installation and Operation Guide</p> <p>Comprehensive guide for installing and operating the Siffron Intelli Anti-Sweep Hook, covering setup, merchandise loading, dispensing, receiver functions, and FCC compliance.</p>

	<p>EDIFIER B700 Soundbar - User Manual and Operating Instructions</p> <p>Discover the EDIFIER B700 soundbar with this comprehensive user manual. Learn about setup, features, connectivity options like HDMI ARC, Optical, AUX, and Bluetooth, and troubleshooting tips for an optimal home audio experience.</p>
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