



REGULATORY INFORMATION

WHOOP



## IMPORTANT SAFETY & PRODUCT INFORMATION



### Warning

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

#### Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using an athletic tracking device such as a WHOOP Strap that monitors heart rate, heart rate variability, ambient temperature, and motion.
- Always consult your physician before beginning or modifying any exercise program.
- The WHOOP Strap, accessories, and data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate, heart rate variability, and other readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the WHOOP Strap typically provides an accurate estimate of a user's heart rate and heart rate variability, there are inherent limitations with the technology that may cause some of the heart rate/rate variability readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity. WHOOP Straps rely on sensors that track your motion, heart rate, heart rate variability, and other metrics. The data and information provided by

these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, heart rate variability, and calorie data.

#### Battery Warnings

- Lithium-ion polymer batteries are used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, or injury.
- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazard.
- Do not immerse or expose removed batteries to water or other liquids.
- Do not use a sharp object to remove the removable batteries.
- KEEP BATTERIES AWAY FROM CHILDREN.
- NEVER PUT BATTERIES IN MOUTH. Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 hours of ingestion. Seek medical attention immediately!
- Do not use a charging cable that is not approved or supplied by WHOOP.
- Do not operate the device outside of the temperature range of 0-60 C
- When storing the device for an extended time period, store within the temperature range of 0-35 C.
- Contact your local waste disposal department to dispose of the device/ batteries in accordance with applicable local laws and regulations.



## WHOOP // USER MANUAL

### PRODUCT SAFETY INFORMATION

WHOOP Strap 3.0

Model #: WS30

Bluetooth Qualification Declaration ID: D025845

**Working Frequency Range:**

BLE: 2402-2480MHz

NFC: 13.56 MHz

**Maximum RF Output Power of the Product:**

BLE: 1.24dBm

NFC: -5.27dB $\mu$ A/m at 10m

FCC ID: 2AJ2X-WS30

IC: 220560WS30

Model: WS30

Dealer ID: DA96050/20

TA RTTE: ER89510/20



Type: Wearable Fitness Tracker

#### FCC

This device complies with Part 15 of the FCC Rules. 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.

Caution: The changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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 radio/TV technician for help.

#### IECS

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This device complies with RSS(s) of the Industry Canada Rules.

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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

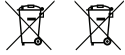


## WHOOP // USER MANUAL

### PRODUCT SAFETY INFORMATION

#### Disposal and Recycling Information

Information for users on collection and disposal of old equipment and used batteries:



##### 1. In the European Union

- These symbols on the products, packaging and/or accompanying documents mean that used electrical and electronics equipment and batteries should not be mixed with general household waste.
- Used electrical/electronic equipment and batteries must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of these products.
- By disposing of these products correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

If a chemical symbol is added beneath the symbol shown below, in accordance with the Battery Directive, this indicates that a heavy metal (Hg = Mercury, Cd = Cadmium, Pb = Lead) is present in the battery at a concentration above the applicable threshold specified in the Battery Directive.

For more information about collection and recycling of used products, please contact your local authorities, your waste disposal services or the point of sale where you purchased the products.

##### 2. In other countries outside the EU

- These symbols are only valid in the European Union. If you wish to discard used products, please contact your local authorities or dealer and ask for the correct method of disposal.



WHOOP, Inc. declares that this wireless device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The Declaration of Conformity is available upon request from [support@whoop.com](mailto:support@whoop.com)

##### California Proposition 65

**WARNING:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.