

Deploying the Integrated Sit Harness. Used for kiting or as an emergency suspension harness.

1. Reach through your legs and pull firmly down on the tabs (A), extracting the sit harness and power strap (Fig.1) from within the back-pad.
2. Clip the coloured 50mm seat strap (B) into the corresponding 50mm hanging side buckle (C) and tighten until firm. Seat strap should sit low on your buttocks. Reposition the seat strap as required by re-threading through alternative rungs on the leg loops.
3. Clip the Power Strap (Fig.2) into the two 50mm hip buckles (D). Tighten until firm ensuring clip loop (E) is centred between buckles.
4. If not already attached, clip the leg loops into the 25mm buckles on the power strap (F). Tighten until firm.
5. Attach your kite or rope to the clip loop (E).

WARNING. THE INTEGRATED SIT HARNESS IS NOT A REPLACEMENT OR SUBSTITUTE FOR A CLIMBING HARNESS

Fig.1

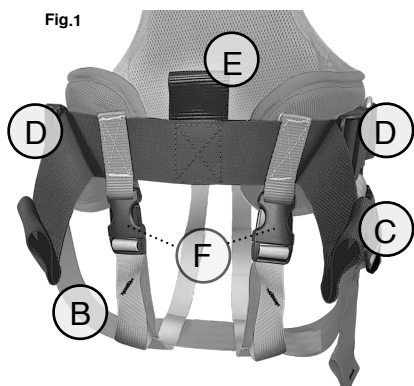


Fig.2

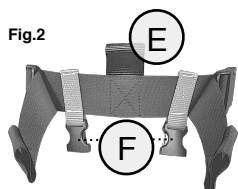
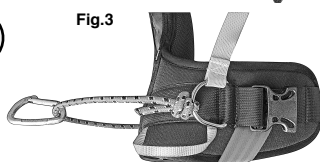


Fig.3



Atlas Tips

Alter tension on shoulder straps and waist belt to relieve muscle fatigue.
Always use the sit harness when kiting or in a potential rescue situation.
Tie a Spectra loop between the tow rings (Fig.3) and clip the sled traces in using a carabiner. This equalises the load between the rings, maximising pulling power and reducing stress on your harness and body.
If you need to move away from your sled, simply unclip at the lanyard.
No need to take Atlas off during breaks, wear your warm jacket over the top.
Store your harness inside your sled when camping.