



USER'S MANUAL SIT&FLY 260

EDITION NR 1\_12/2019



# Congratulations!

Thank you for choosing the Sit&Fly 260 harness. We have done our best to present you with a highest quality product, fulfilling all safety requirements. Please read this manual carefully before using the harness for the first time. This will help you utilize all features of the Sit&Fly 260, maximizing comfort and fun you get out of each flight. We wish you a lot of safe and enjoyable airtime!

## Contents

1. Safety.....	4
2. Description.....	4
3. Basic and optional equipment .....	5
4. Straps and adjustment .....	6
5. Closing the harness and connecting to paraglider .....	8
6. Speedbar .....	9
7. Frontcontainer .....	10
8. Before flight.....	11
9. Cleaning and storage .....	12
10. Operation and repairs .....	12
11. Technical data .....	14



# 1. Safety

Paragliding is a potentially hazardous sport. When flying a paraglider you have to accept risks of injury and/or even death. Improper and/or incompetent use of the harness may increase those risks. In case of any doubts please ask your dealer or manufacturer.



**Dudek Paragliders company does not bear any responsibility for damages or injuries resulting from paragliding activities.**

# 2. Description

The Sit&Fly 260 harness was designed for up to one hour long flights (both downhill and XC). It is ideal for hike&fly, paraalpinism, to take on a journey and for all other situations, where low weight and easy transport is valued. Due to very light materials used it weighs just 258 g in M size.

Sit&Fly is manufactured in three sizes: S, M, L. Comes equipped with AustriAlpin Rocket carabiners as standard. It is adapted for installing a speedbar. The rescue chute can be placed in optional frontcontainer.

**Obviously, the Sit&Fly 260 has its limitations as for comfort during longer flights. According to our tests one hour long flights do not constitute a problem, this is however a matter of individual preferences. In any case, pilot should take care and monitor his wellbeing - especially possible leg numbness - during first flights.**



Sit&Fly 260 is certified accordingly to EN 1651 norm for a maximum pilot weight of 100 kg. Due to its ultralight construction radical manoeuvres, aerobatics or safety training (SIV) must not be executed. Sit&Fly 260 cannot be used for towed launches nor tandem flights either.

### 3. Basic and optional equipment

This set comprises one Sit&Fly harness and two AustriAlpin Rocket 22 kN carabiners (one red and one blue) 65 g each.



Optional harness equipment includes: speedbar with hooks and pulleys, frontcontainer and Pack&Hike 30 backpack of 30 l volume.



38g



101-106 g



330g

## 4. Straps and adjustment.

- 1 – chest strap
- 2 – arm strap – adjustable
- 3 – arm straps link – adjustable
- 4 – prepared points for pulleys of the speedsystem

In the harness as a whole only the arm straps (2) and the link (3) are adjustable.

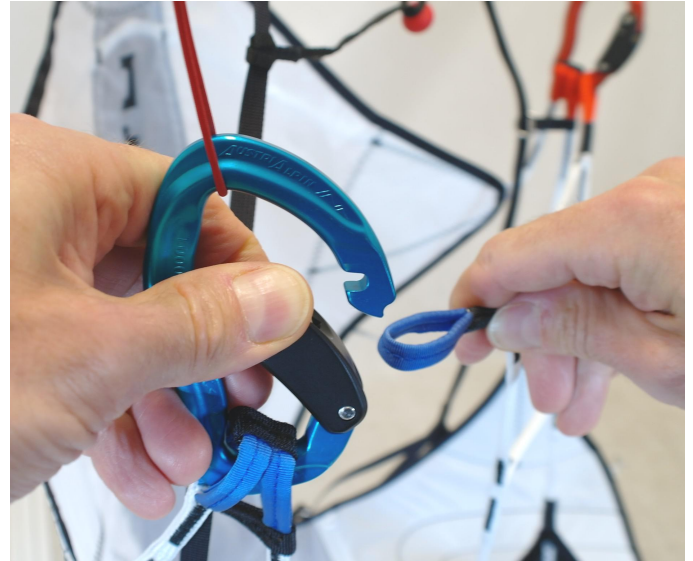


In order to adjust the arm straps link make a knot on the strap (folded in two) and hide it in the red ball. Firmly tie the knot. The excess of the strap can be clipped off when necessary.



## 5. Closing the harness and connecting to paraglider.

To close the harness you just clip the carabiners in the loops on the breast strap and close the arm straps link by putting the red ball through its loop.



When closing the breast strap make sure it is not twisted.

After closing the harness you can clip the main carabiners in the loops and connect set up the speedbar, if it's not installed yet.

## 6. Speedbar

In order to install the speedsystem in the harness you need to put its pulleys (of the speedbar kit) in respective loops on both sides of the seating and in the lower part of back support. Then put the line through the pulleys as shown on the right.



## 7. Frontcontainer

A frontcontainer for the Sit&Fly 260 harness is simply mounted by clipping the ends of the V-riser in the carabiners.

Loops on the V-riser ends do simultaneously fix the frontcontainer itself.



Before clipping the frontcontainer in the Sit&Fly 260 harness, make sure that the carabiners are pointing backwards with their locks. The loops of the V-riser must be able to freely move to the top of the carabiner without interfering with the locks. The frontcontainer should be clipped in the carabiners after closing the breast strap, but before the risers of the paraglider.



## 8. Before flight

Before each flight a thorough check of the harness is required. For your own safety make sure that:

- the harness is not damaged in any way
- the rescue chute container is correctly closed and locked with pins
- the rescue chute release handle is correctly set up and has the right shape (quite often it happens to be malformed in transport, so it's important to check if it's not flattened and easy to grab) \*
- the breast strap is closed
- both shoulder and side straps remain correctly adjusted
- the main carabiners are closed, locked and free of any damage
- the speedbar is clipped to the paraglider.

\* - if installed.

## 9. Cleaning and storage

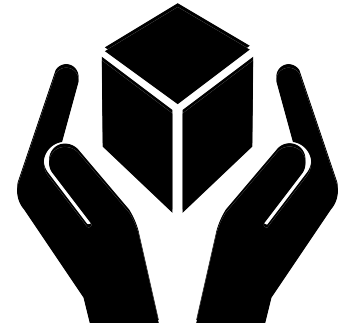
Your care and maintenance of the harness will keep it in good condition for a long time. The harness is best cleaned with a wet sponge, possibly a bit of soap. Do not use neither detergents nor solvents. If there is a lot of mud, use the brush first before wet cleaning. In case of completely soaked harness (e.g. after waterlanding) dry it in a well aired place, away from direct sun operation. The harness can be kept in the backpack, or best loose in a well ventilated room, away from the sun. In case of a long-time storage we recommend taking it out of the backpack. Unfortunately some discoloration of the harness' parts is unavoidable over time and this is yet another reason for not exposing it to the sun more than necessary.

## 10. Operation and repairs

Sit&Fly 260 is an exceptionally light harness for specific use. Due to light and delicate material used the harness is susceptible to damages caused by rough or improper handling. You should remember that life of this product t ea great extent depends on your awareness and careful usage.

Periodic control of the harness condition will keep it in safe operation for a long time.

Similarly, after each use of rescue chute thoroughly check entire harness for damages, paying particular attention to the straps and seams. Aluminium AustriAlpin Rocket carabiners should be replaced each 5 years or 300 hours airtime. Scratched or damaged carabiners are not serviceable anymore and have to be replaced at once. Using damaged harness is out of the question. In case of any doubts concerning airworthiness of your harness please contact the manufacturer or send it to a dedicated workshop for inspection.





The Sit&Fly 260 harness is per standard airworthy for 10 years since the date of production.

## **ENVIRONMENTAL CARE**

Paragliding is an outdoor sport. We believe that our clients share our environmental awareness. Exercising paragliding you can easily contribute to environment preservation by following some simple rules. Make sure you are not harming nature wherever you fly. Keep to marked paths, do not make excessive noise, do not leave any garbage and respect fragile balance of the environment.

## **RECYCLING OF USED GEAR**

The harness is made out of synthetic materials, which need to be properly disposed of when worn out.. If you are not able to dispose of your gear properly, DUDEK Paragliders will do that for you. Just send your harness to the address given at the end of the manual, accompanied by a short note.

## 11. Technical data

Size	Max. pilot weight (kg)	Harness weight * (g)
S	100	-
M	100	258
L	100	268

\* The weight of the harness without carabiners and speedbar (g) .



Since Dudek Paragliders products are subject to constant improvements, minor differences are possible between the manual and actual product. Dudek Paragliders withholds rights to introduce such changes without individual notice.



DUDEK PARAGLIDERS S.J.    UL. CENTRALNA 2U    86-031 OSIELSKO    POLAND  
PHONE: +48 52 324 17 40    FAX: +48 52 381 33 58    EXPORT@DUDEK.EU    WWW.DUDEK.EU