

NEAR BIRDS

# ATAACMS

USER MANUAL

V1.0-05/2023



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# ATAACMS

## DELIVERY PACKAGE:

- 1 HARNESS
- 1 CARBONE SEAT PLATE
- 1 CARBONE FOOT PLATE
- 12 CARBON STICKS SUPPORT COCOON
- 1 FLIGHT DECK
- 2 RESCUE DEPLOYMENT HANDLE
- 2 RESCUE BRIDLE
- 2 EDELRID CARABINERS

## CERTIFICATION:

**Is EN and LTF certified, max load 100 daN**  
**Certification number: EN1651:2018+A1:2020 NfL2-565-20**

We want to extend a heartfelt **THANK YOU** for choosing the **NEAR BIRDS** brand and our **ATACMS paragliding competition harness!** We are grateful for your trust and confidence in our brand, and we appreciate the opportunity to be a part of your paragliding journey.

Our team at **NearBirds** is passionate about paragliding, and we are committed to providing our customers with the best possible products and services. We understand that paragliding is more than just a hobby or a sport; it's a way of life that requires dedication, skill, and a deep connection with nature. That's why we take great pride in creating high-quality, reliable, and innovative equipment that will help you achieve your goals and make the most of your paragliding experiences.

We are always here to support you, whether you need assistance with your equipment, advice on technique, or simply a friendly conversation about paragliding. We consider our customers to be part of the NearBirds family, and we are honored to have you as a member.

Once again, **THANK YOU for flying NearBirds** and for choosing the ATACMA harness. We look forward to sharing many more paragliding adventures with you in the future!



# SAFETY ADVICE

Congratulations on your purchase of the NearBirds ATACMS paragliding competition harness! To ensure your safety and enjoyment while using this harness, it is important to follow some basic safety tips. This section manual will provide you with some important guidelines to follow while using your harness.

**Always inspect your harness before use:** Before each flight, inspect your harness carefully for any signs of damage or wear. Check for any loose stitching, frayed straps, or other signs of wear and tear. If you notice any issues, do not use the harness until it has been repaired or replaced.

**Ensure proper fit:** Make sure that your harness fits you properly and is adjusted to your body size. A properly fitting harness will be snug, but not too tight, and will allow you to move freely while still providing support and stability.

**Familiarize yourself with the harness:** Before using the harness, take some time to familiarize yourself with its features and how to use them. Practice putting on and taking off the harness, adjusting the straps, and using any buckles or other components.

**Use appropriate safety gear:** Always wear appropriate safety gear while paragliding, including a helmet, appropriate clothing, and any other necessary safety equipment.

**Follow proper cocoon harness rules:** If you are using the cocoon feature of the harness, make sure you are familiar with the proper rules for entering and exiting the cocoon. Practice entering and exiting the cocoon on the ground before attempting to do so in the air.

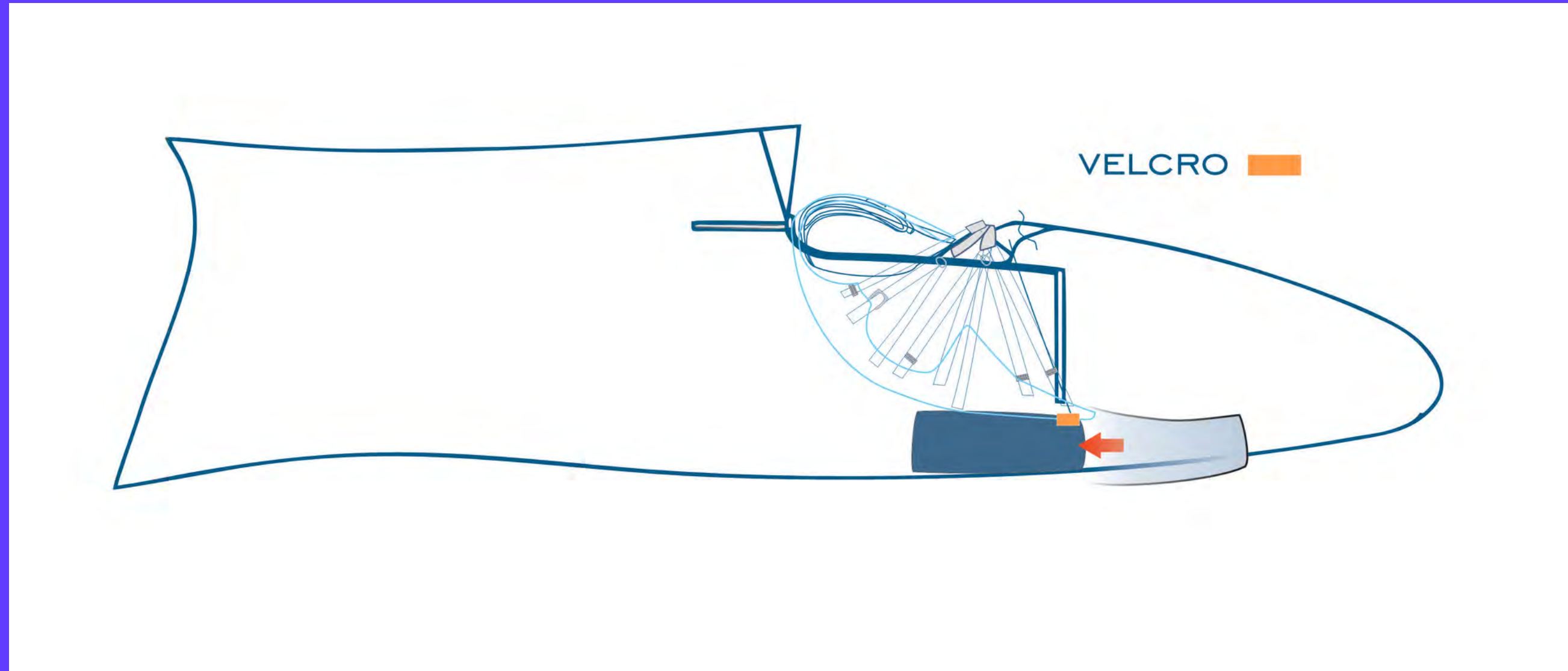
**Be aware of your surroundings:** Always be aware of your surroundings while flying and take appropriate precautions to avoid any obstacles or hazards. Be mindful of weather conditions and adjust your flight plan accordingly.

By following these basic safety tips and guidelines, you can help ensure a safe and enjoyable experience while using your NearBirds ATACMS paragliding competition harness. Always prioritize your safety and take appropriate precautions to minimize any risks associated with paragliding.



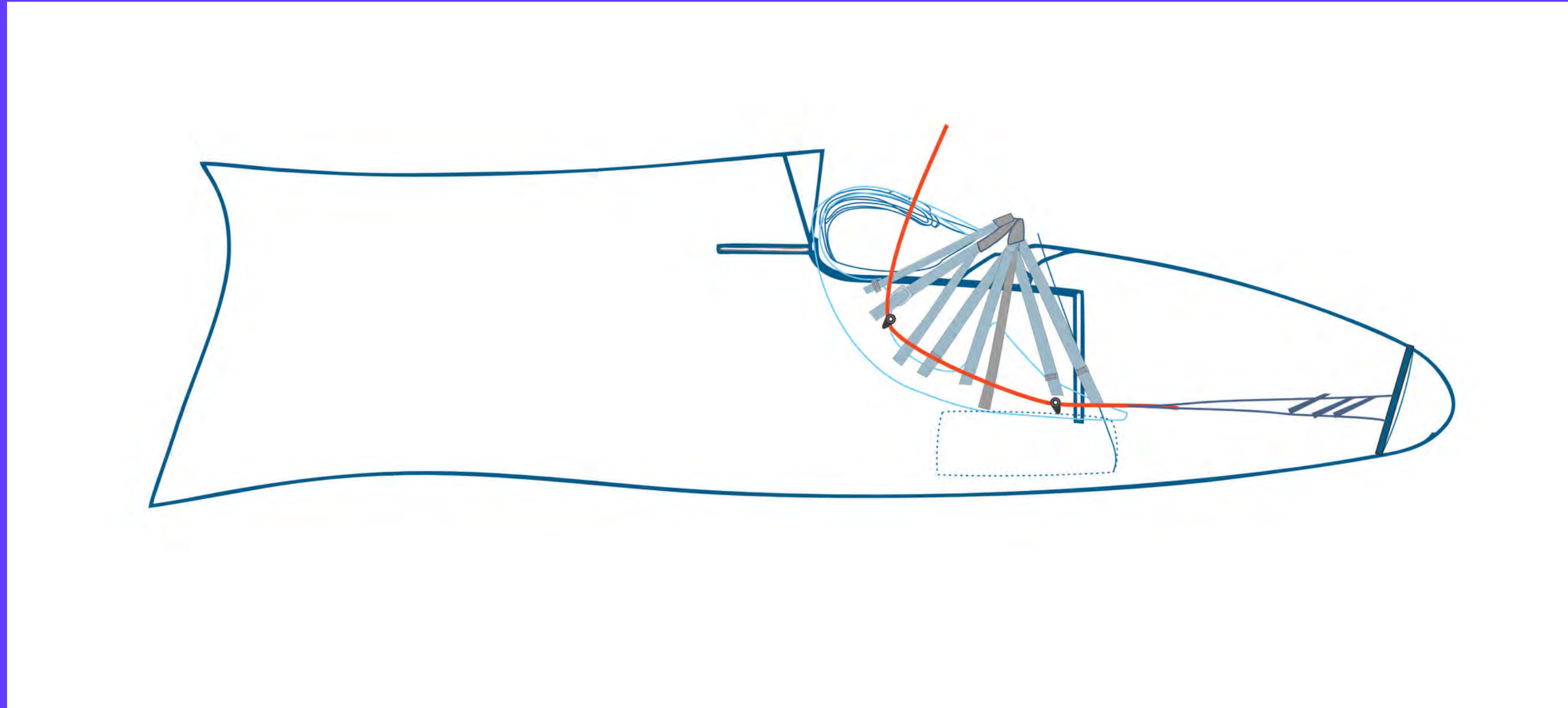
# BEFOR YOUR FLIGHT

## INSTALLING THE BACK PROTECTOR



# BEFOR YOUR FLIGHT

## INSTALLING THE SPEED SYSTEM



## INSTALLING THE SPEED SYSTEM



THE LENGTH OF THE SPEEDBAR IS ADJUSTED BY THE LENGTH OF THE ROPE



MAKE SURE THE SPEEDBAR ROPE GOES THROUGH THE TWO PULLEYS.





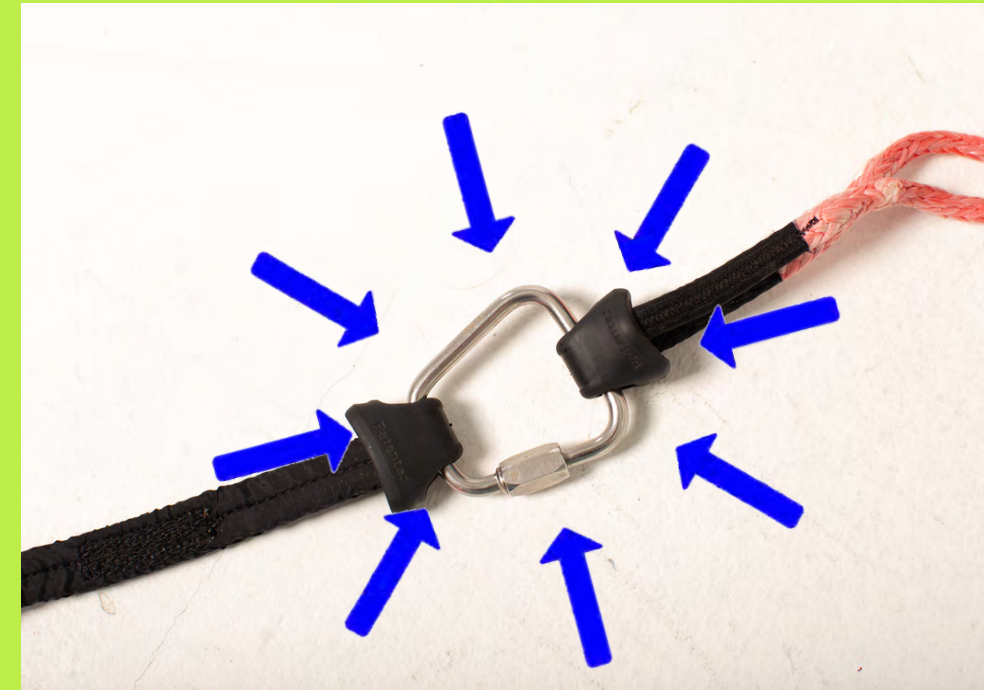
# INSTALLING THE RESCUE

Connecting the reserve(s) to the harness and handly

6MM MAILLON BREAKING LOAD: 12,5KN



1



2



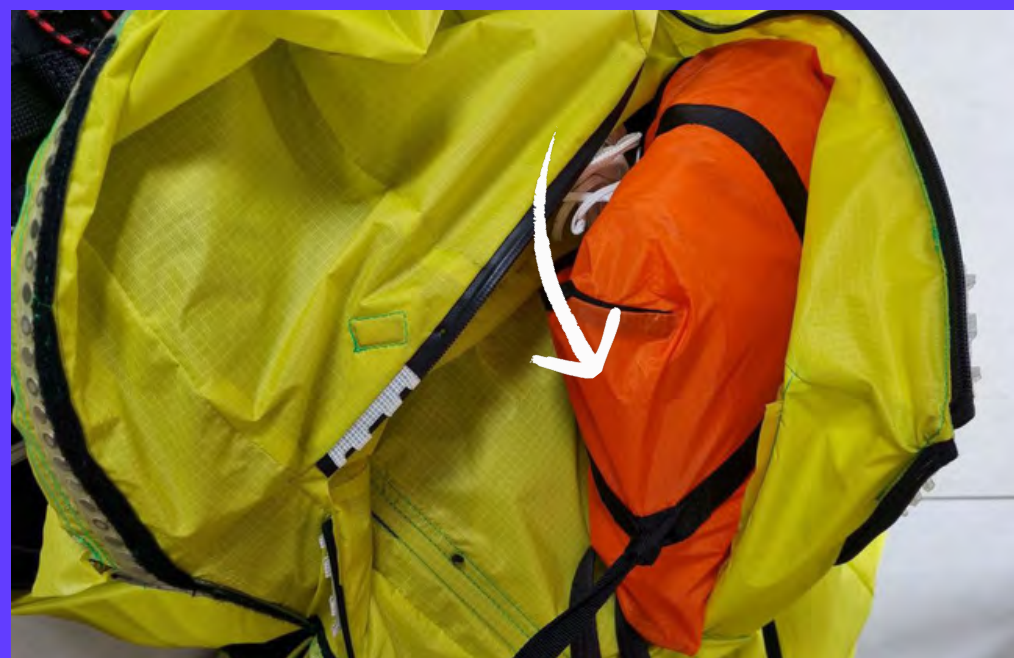
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SAME ON BOTH SIDES



# CLOSING THE RESERVE COMPARTMENT

SAME ON BOTH SIDES



1



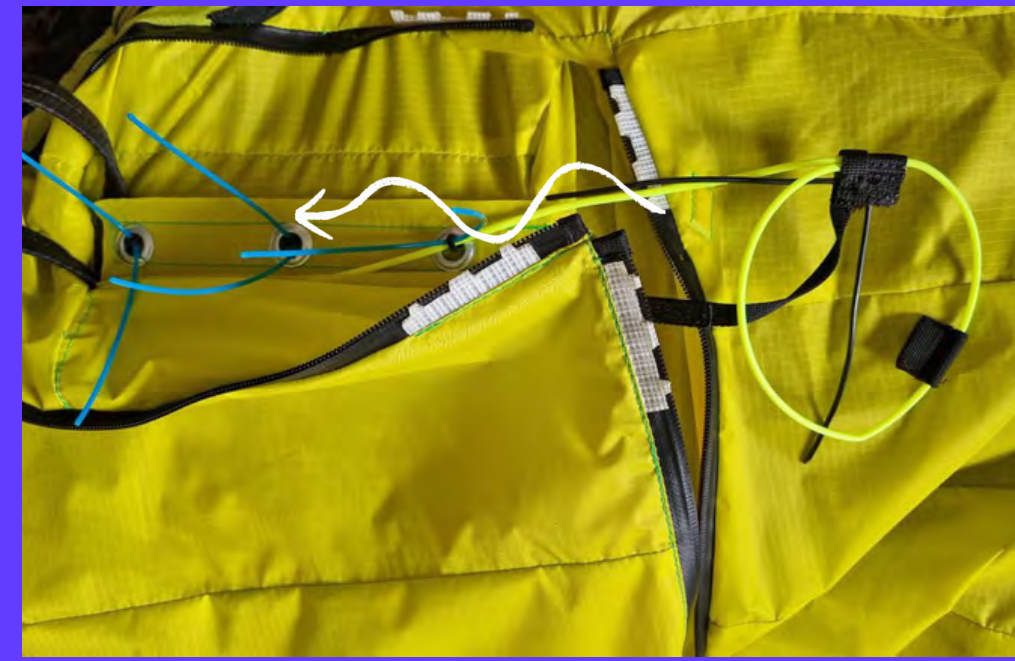
2



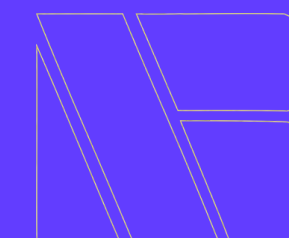
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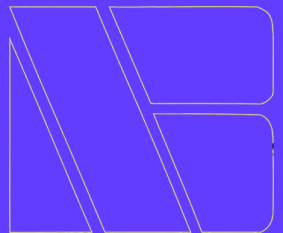


4



5





6



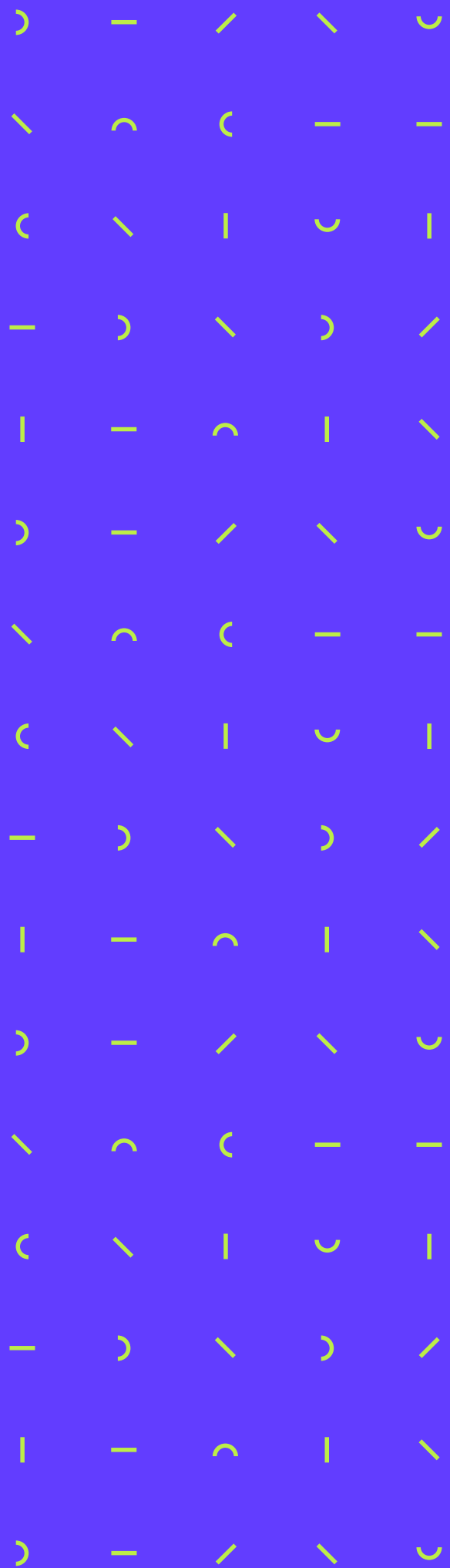
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8



9





10



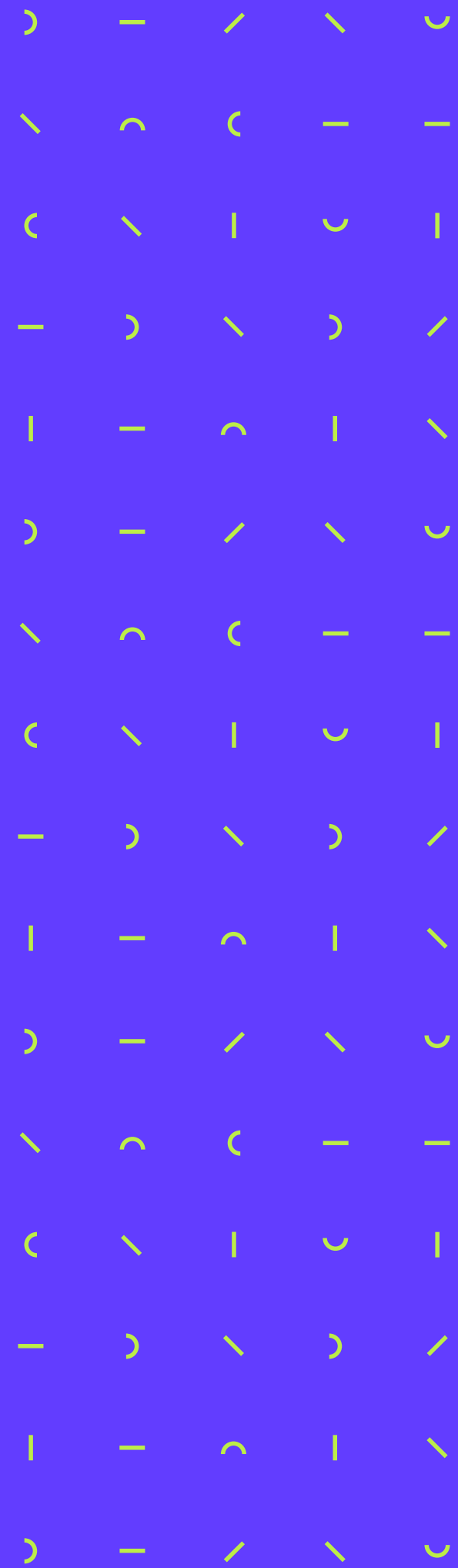
11



12



13



WARNING: Correct installation of a reserve must essentially be tested by a trial release.

!!!MINIMUM VOLUME RESCUE 4500  
MAXIMUM VOLUME RESCUE 9000!!!

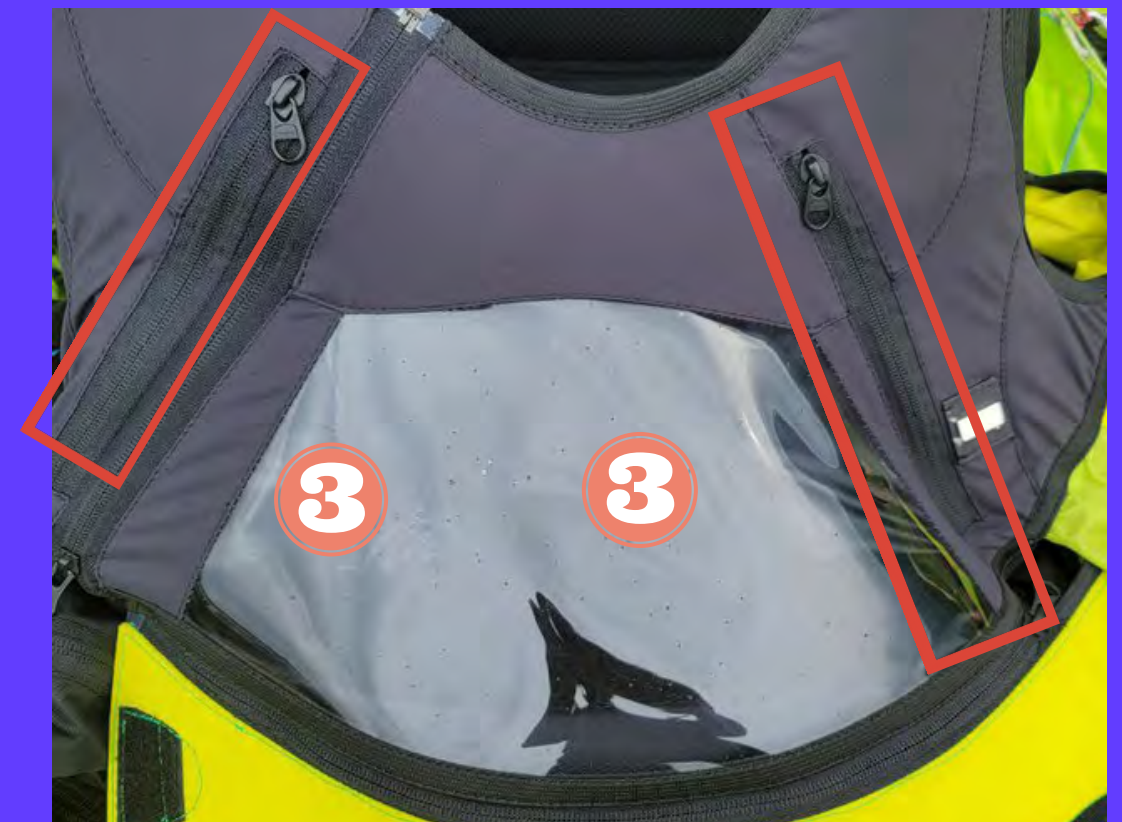
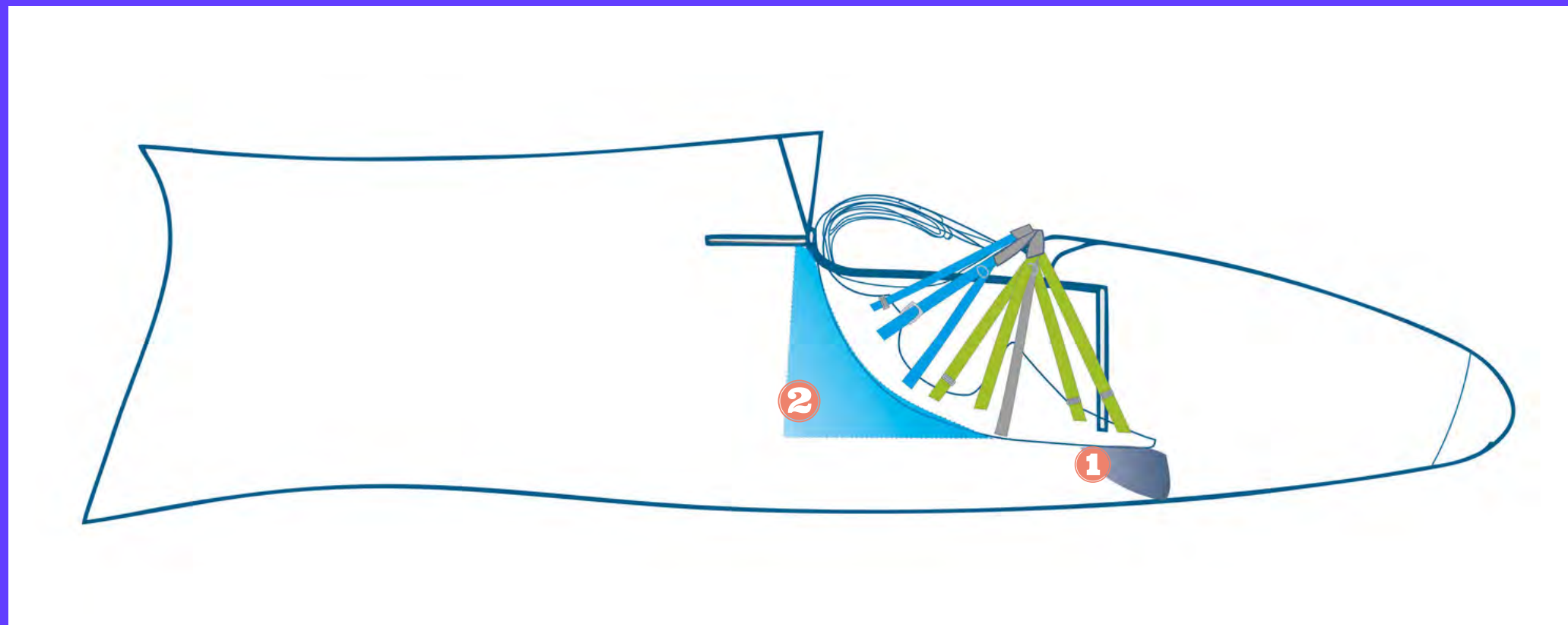
Put the harness on, close the 2-buckle and then pull out the reserve as if in flight.

Operation of the reserve handle must take place in a normal flying position, and work without hindrance.

You therefore must be sitting in the harness. If you are not sure of this procedure you should contact a qualified person or your NEAR BIRDS dealer.



# POCKETS & COMPARTMENTS



- 1 BALLAST COMPARTMENT (CA. 38 LTRS)
- 2 LARGE BACK COMPARTMENT WITH EXTRA POCKET AND HOLDER FOR DRINK SYSTEM
- 3 INTERNAL SIDE POCKETS



# SETTING UP THE DRINK SYSTEM



1



2



3



4



# FITTING AN ANTI-G CHUTE

THE ATACMS HAS A STRAIGHT-THROUGH ANTI-G POCKET AT LUMBAR LEVEL.

CAN BE USED WITH BOTH LEFT AND RIGHT HAND



1



2





# SETTING UP THE BALLAST

UNDER SEAT BALLAST CONTAINER 3,8 LITERS



# COCKPIT

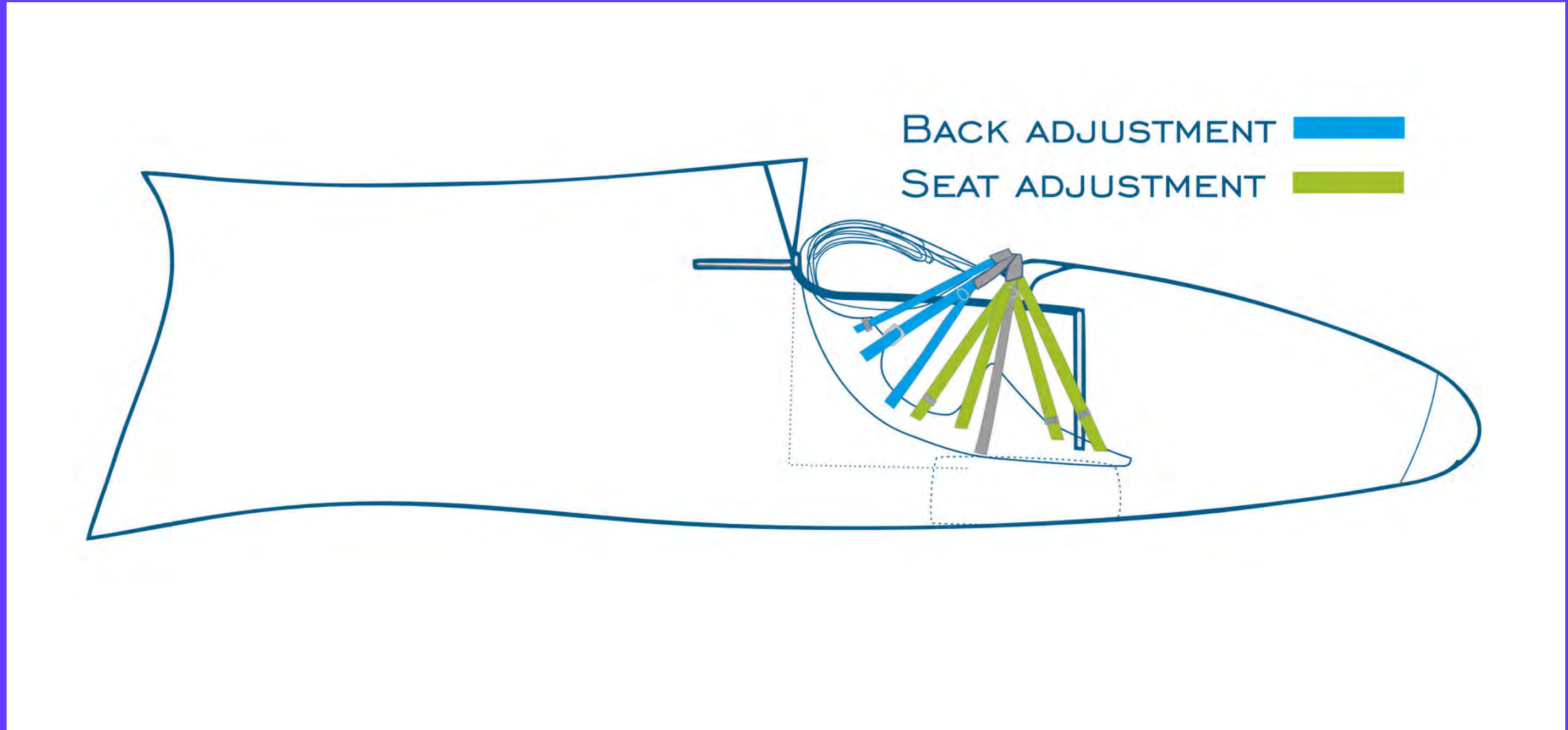
1. INSTRUMENT PANEL WITH VELCRO SURFACE

2. STICK FOR ADJUSTING THE ANGLE OF THE DASHBOARD

3. CABLE EXIT WITH COVER



# ADJUSTMENTS STRAPS



# ADJUSTMENTS

The **ATACMS** is designed to provide maximum comfort and support during flight. It has several adjustable components that allow you to customize the fit to your body parameters and flying style.

When adjusting your harness, it is important to do so on the ground before flying. After selecting a harness that is close to your body size, adjust the harness to suit your physique and flying style. This will ensure that you can easily slide into the sitting position after takeoff and avoid adversely affecting the flying characteristics of your paraglider.



## SHOULDER STRAPS

The optimum setting for the shoulder straps depends on the height of the pilot. Step into the harness and stand upright with the breast strap closed, symmetrically adjust the shoulder straps until they are a snug fit, but not tight.

To tighten: pull down on the loop **1**

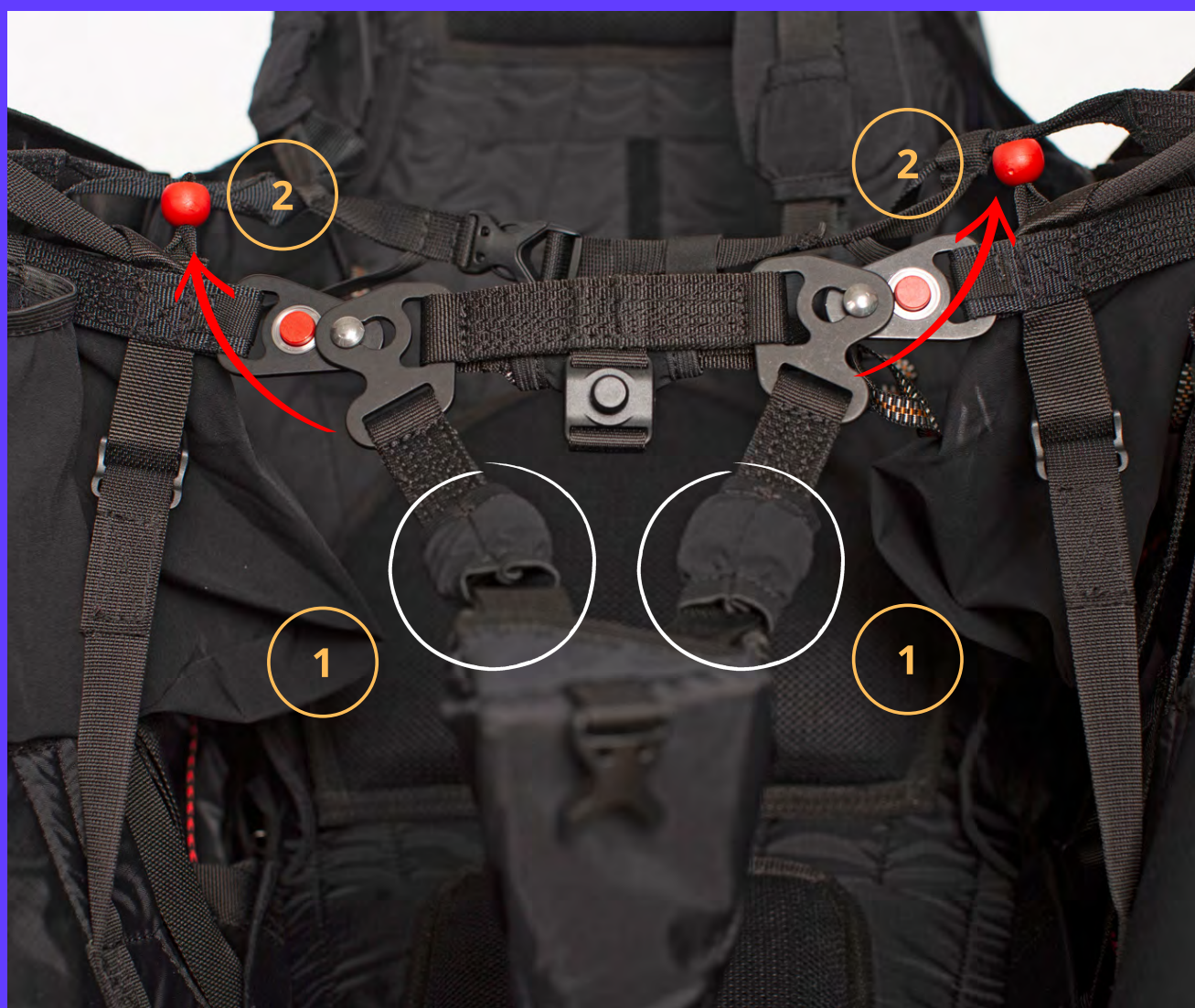
To loosen: pull up on the loop **2** on the top of the shoulder strap.





## BREAST STRAP

After adjusting the shoulder straps, place the breast strap in a comfortable position and tighten so there is slight pressure on the shoulder straps.

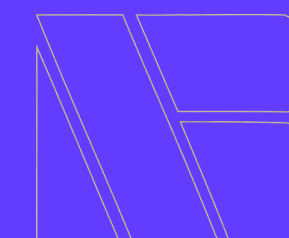


## LEG STRAPS (1)

The leg strap lengths are adjustable. Make sure they are secure and comfortable, but not too tight that they restrict movement or circulation.

## ABS SYSTEM (2)

ABS to improve harness stability in flight. Pull up the red balls to improve stability. The higher the red balls are tightened up, the more stable the harness

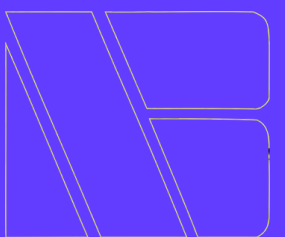




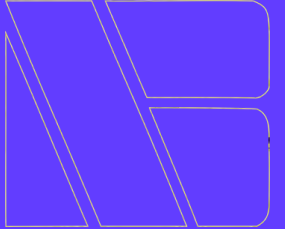
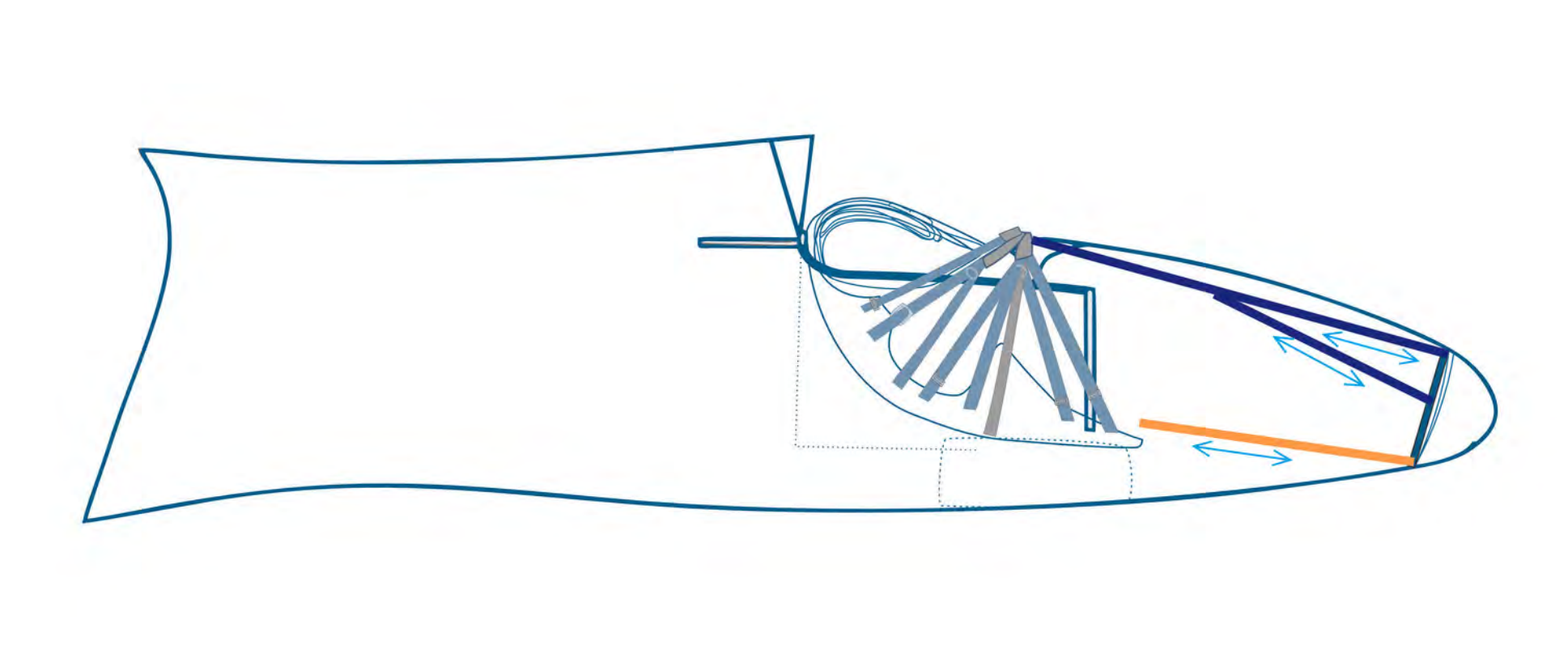
## BACK PILLOW

The back pillow can be adjusted to provide additional lumbar support for your back. Adjust it to the optimum position for your comfort.

In summary, adjusting the ATACMS paragliding harness to fit your body parameters and flying style is essential for maximum comfort and support during flight. Always perform adjustments on the ground before flying and seek assistance from a qualified paragliding instructor if you are unsure about any adjustments or need further guidance on harness settings.



# COCOON ADJUSTMENTS



# PREPARATION FOR FLIGHT

## CLOSING THE HARNESS

- FRONT STRAP (1)  
CLOSE THE FRONT STRAP WITH THE TWO BUCKLES



1



2

- FIXING THE COCKPIT (2)  
ATTACH CLIP ON THE COCKPIT TO CORRESPONDING PART AT THE FRONT STRAP



3

- FRONT STRAP (3-4)  
CLOSE THE ZIPPER



4



**WARNING: Always close the front strap first!**

Before every takeoff, and especially before a second attempt – check specifically that both buckles are correctly closed.

An open front strap can allow you to fall out of the harness from the air – with fatal results!

**WARNING: Make sure that all buckles are correctly closed!**



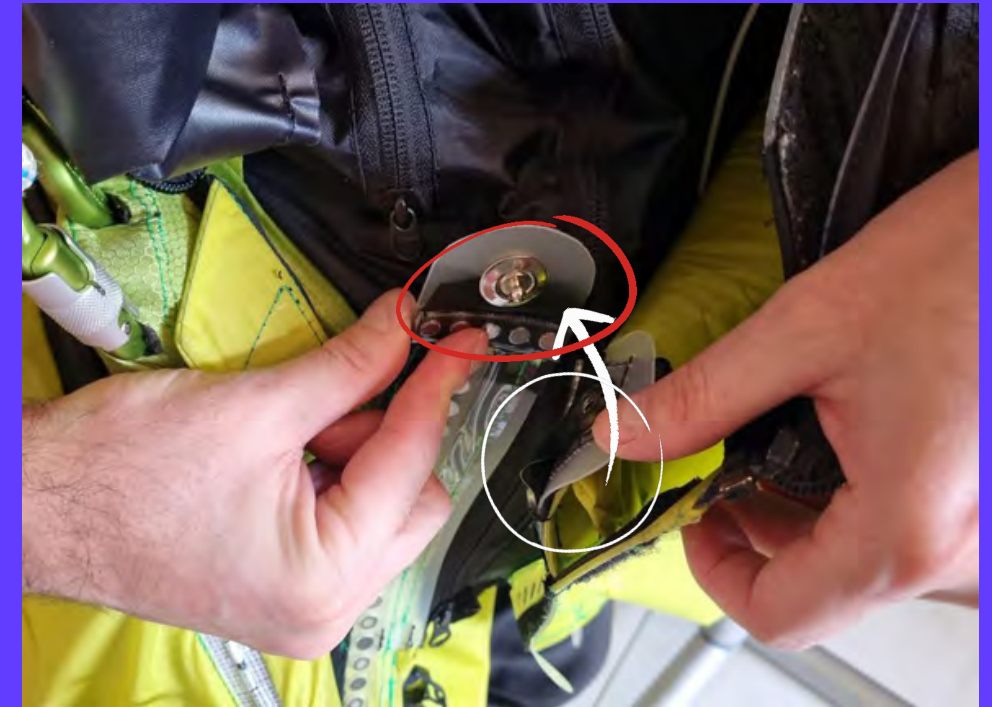


- CLOSE THE SMALL BUCKLES COCOON (5)

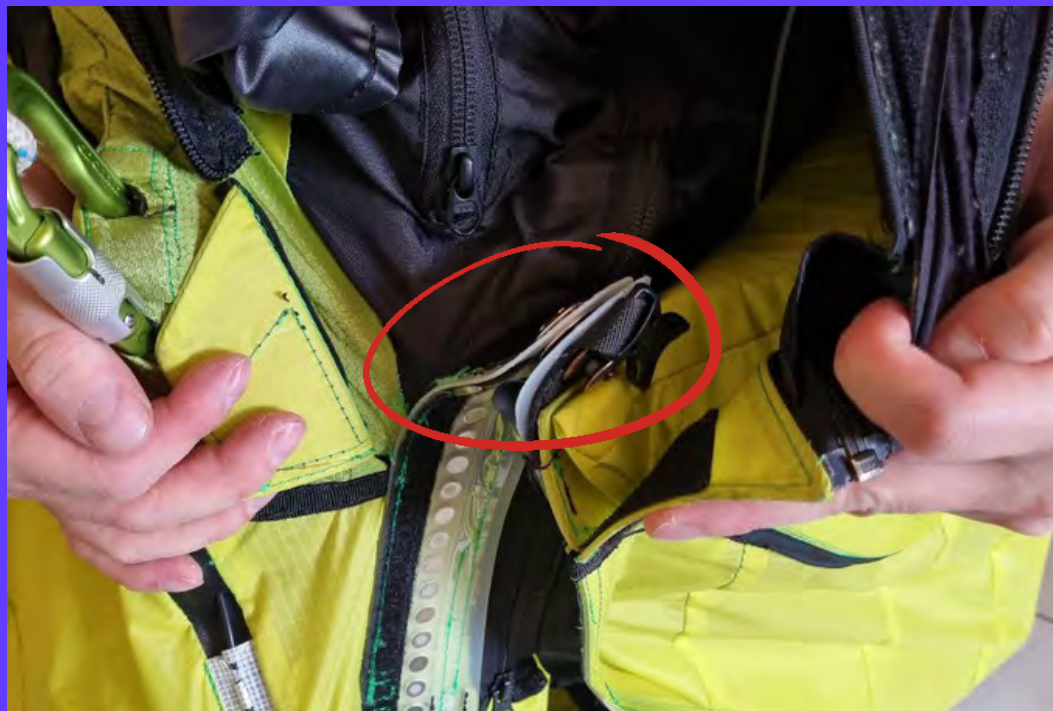
- CLOSE THE COCOON (6-9)



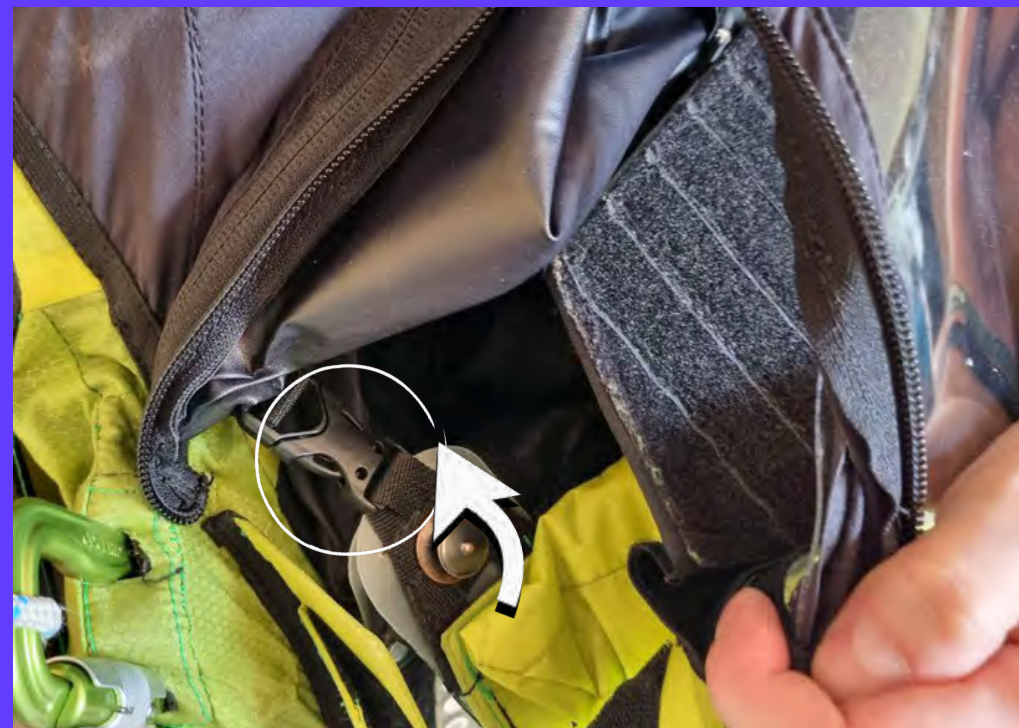
5



6



7



8



9



# PREPARATION FOR FLIGHT

## CLOSING THE HARNESS



10

## CLOSE TWO ZIPPERS ON THE VEST



11



WARNING:  
Always check  
that all straps  
are attached  
to the  
carabiners!!!

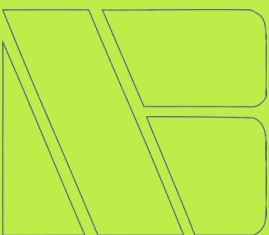


# HOW TO ACTIVATE THE RESCUE PARACHUTE

Parachute deployment is a critical procedure in paragliding and should only be done in an emergency situation. Knowing how to properly deploy a rescue parachute is essential to ensuring a safe landing. Here are the steps to follow to activate a rescue parachute:

1. Look: In an emergency, quickly locate the handle of the reserve parachute. The handle is usually located on the front of the harness, on the right-hand side.
2. Reach: Grab the handle of the reserve parachute and pull it towards you. This will release the retaining pins and prepare the parachute for deployment.
3. Pull: Pull the deployment bag out of its pocket. It is best to pull towards the outside so that the parachute extracts sideways from the pocket. Pulling the handle upwards may not allow the parachute to release properly.
4. Throw: Throw the parachute away from you as hard as you can into clear space, not towards your wing. It is important at this stage to remember to LET GO of the handle. Aim to throw with the direction of airflow to aid a fast opening and against the direction of rotation.
5. Check: If after throwing the parachute does not deploy, grab the reserve bridle and give it a strong pull. This will help encourage the parachute to open faster.
6. Disable the Wing: Once the parachute has deployed, concentrate on disabling the paraglider. There are several ways to do this – B line stall; rear riser stall; gathering the canopy by working up the A lines until you have the material in your hands or using the brakes to stall the wing. The best technique depends entirely on the situation. The most important thing to remember is to completely disable the wing so that it does not act against the parachute and cause a down-plane. Whichever method you choose do so symmetrically, you do not want the paraglider to start rotating, this could cause the paraglider to fly into and effectively disable the parachute.
7. Landing: Due to the position of the reserve bridle hang points on most harnesses, deploying the reserve parachute tends to automatically put you in the PLF position (legs down). If you are not in the PLF (Parachute Landing Fal) position, do everything you can to get yourself into this position so you can absorb the landing impact with your legs.

Remember to always use a PLF when landing under emergency situations or under a rescue parachute. It is also essential to get your equipment checked and packed by a certified technician after any deployment of the rescue parachute.



**IMPORTANT:** In normal flight, periodically feel the position of the rescue handle so that the action of reaching for the rescue handle is instinctive in an emergency.

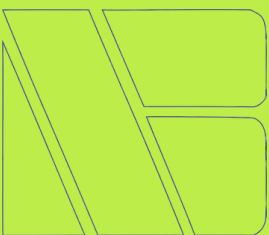
**WARNING:** It is crucial to constantly monitor your altitude in the event of any incident during flight. If you have any uncertainty about having enough altitude to recover, do not hesitate to deploy your reserve parachute. When uncertain, don't delay, deploy!

**NOTE:** After deploying your rescue parachute, it is imperative to have your harness thoroughly examined by a qualified professional to ensure that there is no damage to the equipment.



**WARNING !!!**

The length between the handle and the container must not exceed **28 cm**



# MISCELLANEOUS

## Towing

The ATACMS can be used for towing. Be sure to use the proper towing bridle equipment.

The tow bridles should be attached to the main carabiners, if you have any doubts ask a qualified towing instructor

## Tandem Flying

The ATACMS is not designed for tandem flying.

## Flying over water

Water landings should be avoided at all costs, as the back protection increases the risk of the pilot floating in a head-down position. For safety training over water, we recommend wearing a proper flotation vest with a head support holding the wearer's head above the surface even when unconscious.



# INSPECTION AND MAINTENANCE INSTRUCTION:

Proper care, regular checks, and timely repairs are essential to ensure the longevity and safe use of your ATACMS paragliding harness from NearBirds. Here are some guidelines to help you take care of your harness:

## PRE-FLIGHT CHECKS:

Before each use, inspect the harness for any signs of wear and tear, such as frayed stitching, cuts, or abrasions.

Check all buckles, straps, and attachment points to make sure they are secure and functioning properly.

Check the reserve parachute, rescue handly and its container to ensure they are in good condition and properly packed.

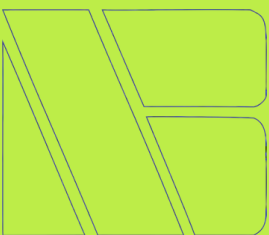
## REGULAR INSPECTION:

Every 50 hours of flying time or at least once a year, have your harness inspected by a professional paragliding equipment service center.

They will inspect your harness and perform any necessary maintenance or repair.

## STORAGE:

When not in use, store your harness in a dry and ventilated place, away from direct sunlight, moisture, or chemicals. Avoid folding the harness tightly or storing it with heavy objects on top of it. This can cause creases, and the materials can degrade over time.



## RECOMMENDED FREQUENCY OF MANUFACTURER'S INSPECTIONS:

As the manufacturer of the NearBirds ATACMS paraglider harness, we recommend that you have your harness inspected by a professional paragliding equipment service center at least once a year or every 50 hours of flying time, whichever comes first. This recommendation is based on our experience with the materials and components used in the harness and the normal wear and tear that can occur during use.

Regular inspections by a professional will help identify any damage or wear that may not be immediately visible to the user. Such inspections will ensure that the harness remains in good working condition, ensuring that it will continue to perform as intended and keep you safe during your flights.

We also recommend that you visually inspect your harness before each flight, looking for any signs of wear, tear, or damage. This quick check can help identify any issues that may require further inspection or repair.

Please note that this recommended frequency of inspections is a general guideline and may vary depending on individual use and operating conditions. If you frequently fly in harsh or extreme conditions, or if you notice any changes in the performance or behavior of the harness, we recommend that you have it inspected more frequently.

Following these recommended inspection frequencies will help ensure that your NearBirds ATACMS paraglider harness remains in good condition and will continue to provide you with a safe and enjoyable flying experience.





## Impact Pad (protector) Degradation and Maintenance:

**Impact Pad Degradation** The impact pad in the NearBirds ATACMS paragliding harness is designed to absorb shock and protect the pilot during a hard landing. However, over time and with normal use, the impact pad may degrade and lose some of its protective capabilities.

Factors such as exposure to sunlight, moisture, and abrasion can cause the impact pad to deteriorate more quickly. Therefore, it is important to periodically check the function and condition of the impact pad to ensure that it is still providing adequate protection.

Here are some recommended maintenance and inspection steps for the impact pad in the NearBirds ATACMS paragliding harness:

**Regularly inspect the impact pad:** Check the impact pad for signs of wear and tear, such as cracks, tears, or thinning. Pay attention to any areas of the pad that receive more wear. Be sure to check the impact pad after a hard landing or fall on the harness.

**Replace the impact pad if necessary:** If the impact pad is damaged or degraded, it should be replaced immediately. Contact the manufacturer or a dealers NearBirds for replacement options.

By regularly inspecting and maintaining the impact pad, you can help ensure that it continues to provide the necessary protection during hard landings. It is recommended to periodically check the function and condition of the impact pad, especially after extended use or exposure to harsh conditions.



## Environmental Information and Recommendations:

As paragliders, we have a responsibility to protect the environment and minimize our impact on the landscape. The NearBirds ATACMS paragliding harness is designed to help you enjoy the freedom of flight while also respecting nature and the environment.

Here are some environmental recommendations to consider when flying with the NearBirds ATACMS paragliding harness:

**Respect wildlife and their habitats:** When flying, be aware of the wildlife and their habitats that may be present in the area. Avoid flying close to their nesting sites, and do not disturb them with loud noises or sudden movements.

**Respect the environment:** Do not litter or leave any trash behind. Pack out all your gear and waste, and dispose of it properly when you land.

**Respect the landscape:** When flying, do not fly too low or too close to the ground, as this can damage the terrain and vegetation. Fly in a way that respects the landscape and the natural beauty of the area.

**Respect local regulations:** Be aware of and adhere to any local regulations, such as flight restrictions, noise limits, and landing and takeoff zones. Flying in restricted areas or violating regulations can lead to fines or legal action.

By following these environmental recommendations, you can help protect nature and minimize your impact on the landscape, while also enjoying the freedom and beauty of paragliding. As paragliders, we have a responsibility to be good stewards of the environment, and to ensure that this amazing sport can continue to be enjoyed for generations to come.



## RECYCLING INSTRUCTIONS:

The NearBirds ATACMS paragliding harness is designed to be durable and long-lasting. However, when the time comes to replace the harness, it is important to dispose of it properly and consider recycling options.

The materials used in the NearBirds ATACMS paragliding harness are generally recyclable. However, the recycling process can vary depending on your location and the specific materials used in the harness. Therefore, it is recommended to check with your local recycling center for specific instructions on how to properly recycle your old harness.

If you are unable to recycle the harness, it should be disposed of properly to avoid any negative impact on the environment. Do not throw the harness in the trash or leave it in the wilderness. Instead, consider the following disposal options:

1. Contact a specialized recycling company: There are specialized companies that can recycle paragliding equipment. Contact them for more information on how to properly dispose of your old harness.
2. Donate or sell the harness: If the harness is still in good condition, consider donating it to a paragliding school or club, or selling it to another paraglider.
3. Contact the manufacturer: The manufacturer may have a take-back program or other options for properly disposing of the harness.

By properly disposing of your old harness, you can help minimize waste and reduce the negative impact on the environment. It is important to be responsible and mindful of the environmental impact of our actions, even when it comes to paragliding equipment.



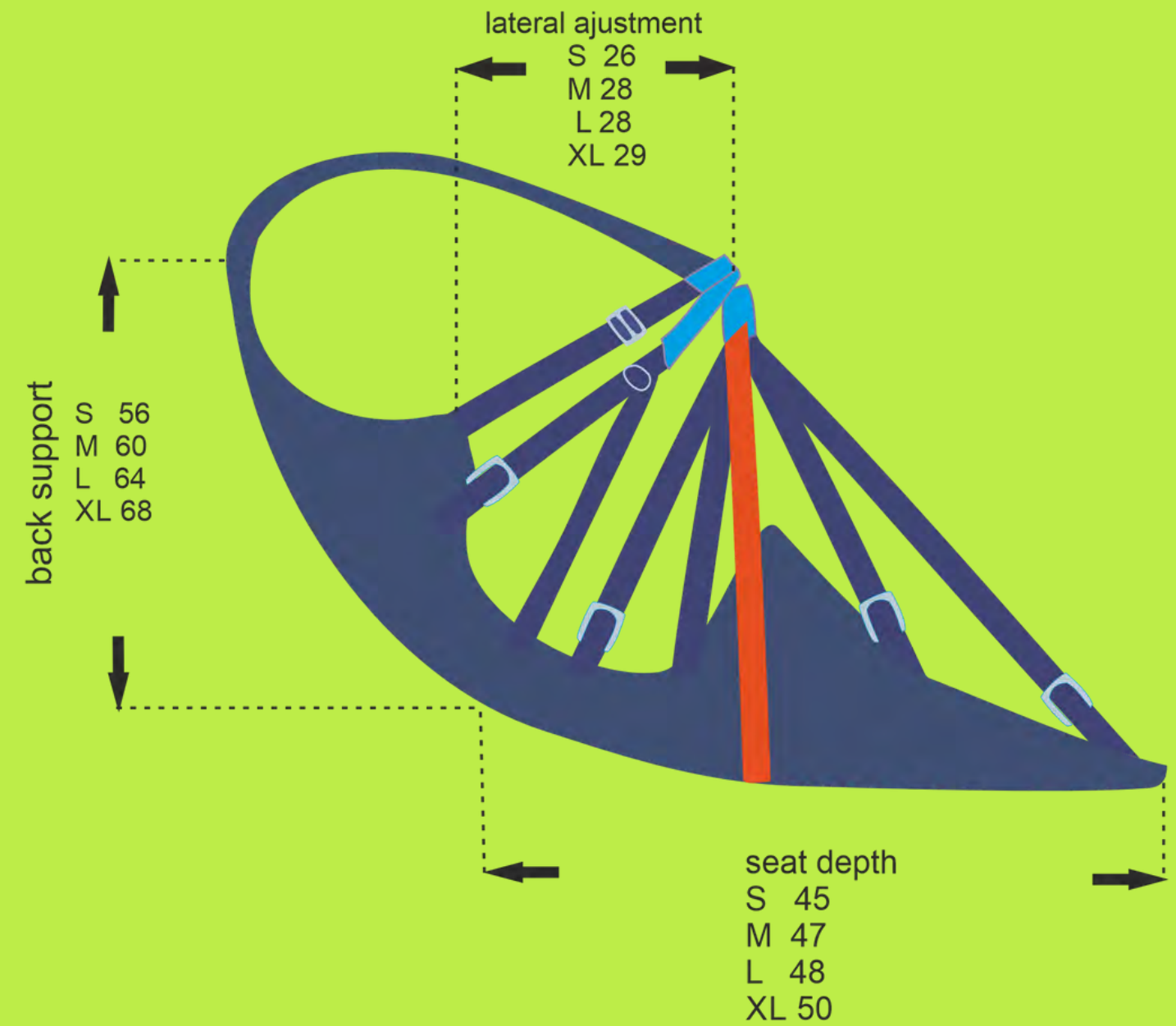
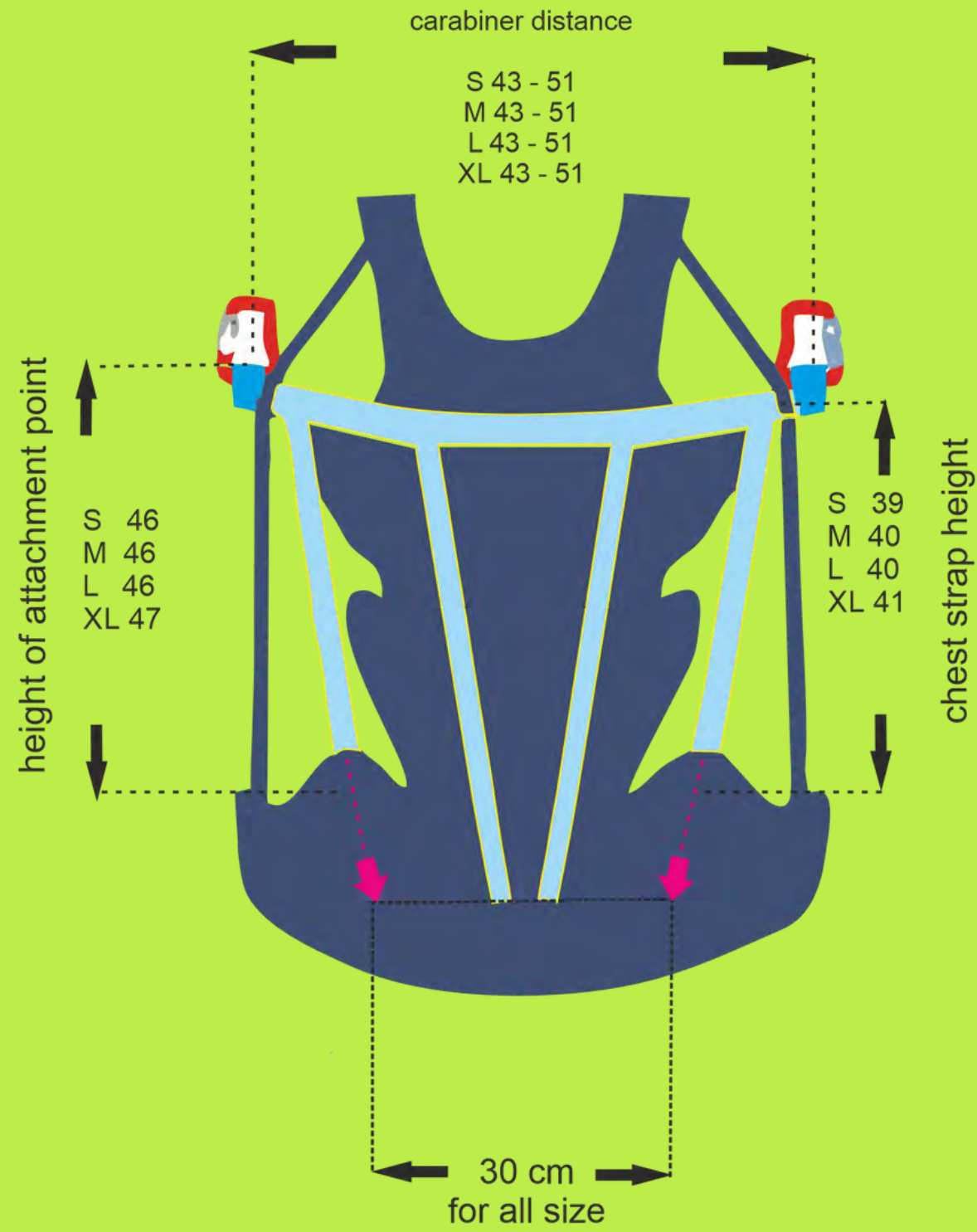
# SPECIFICATIONS

Body height (cm)

		Body weight (kg)											
		45	50	55	60	65	70	75	80	85	90	95	100
155	S	S	S	S	S								
160	S	S	S	S	S								
165	S	S	S	S	S	M	M	M					
170		M	M	M	M	M	M	M	M	L	L		
175			M	M	M	M	M	M	M	L	L	L	
180				L	L	L	L	L	L	L	L	L	XL
185					L	L	L	L	L	L	L	L	XL
190						XL	XL	XL	XL	XL	XL	XL	XL
195							XL	XL	XL	XL	XL	XL	XL
200								XL	XL	XL	XL	XL	XL



# HARNES MEASUREMENTS



# NEAR BIRDS

Obolonsky avenu 12/100

04205, KYIV

UKRAINE

+380503640133

[harnesses-nearbirds.com](https://harnesses-nearbirds.com)



**NEARBIRDS**