

RF Exposure Evaluation Report

Date of Report:	31/12/2025	Client's Contact person:	Petri Ikonen
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Tested device:	Polar Street X		
Related reports:	-		
Testing has been carried out in accordance with:	47CFR §2.1093 Radiofrequency Radiation Exposure Evaluation: Portable Devices FCC published RF exposure KDB procedures 447498 D04 Interim General RF Exposure Guidance v01		
Documentation:	The test report must always be reproduced in full; reproduction of an excerpt only is subject to written approval of the testing laboratory		
Test Results:	The EUT complies with the requirements in respect of all parameters subject to the test. The test results relate only to devices specified in this document		
Date and signatures:	31.12.2025		

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1. EVALUATION SUMMARY

1.1 Test Details

Device under Test (DUT):

Product:	Polar Street X
Manufacturer:	Polar Electro Oy
Model:	6J
Hardware Version:	7114431.05
FCC ID:	INW6J
FCC Test Firm Designation Number:	FI0005
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1.2 Evaluation Results

1.2.1 Standalone Exposure

The device conforms to the requirements of the standards when the maximum output power is less than or equal to the Test Exclusion Threshold Limit.

Mode of Operation	Maximum Power* [mW]	Test Exclusion Threshold Limit [mW]	Separation Distance [mm]	Evaluation Result
BLE	3.60	6.79	<5	PASS

*According to Appendix A at 447498 Interim General RF Exposure Guidance, the equation (B.2.) defines the thresholds for available maximum time-averaged power or maximum time-averaged ERP, whichever is greater

2. DESCRIPTION OF THE DEVICE UNDER TEST (DUT)

The DUT is a smartwatch that supports BLE wireless technology.

Exposure Environment	General population, uncontrolled
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2.1 Supported Frequency Bands and Operational Modes

TX Frequency bands	Modes of Operation	Transmitter Frequency Range [MHz]	Maximum Specified Output Power [dBm]
	BLE	2402 – 2480	5.56

3. TEST EXCLUSIONS

FCC SAR test exclusion threshold is calculated according to 447498D04 Interim General RF Exposure Guidance, equation B.2 and B.1:

$$P_{th} (mW) = \begin{cases} ERP_{20\text{ cm}} (d / 20\text{ cm})^x & d \leq 20\text{ cm} \\ ERP_{20\text{ cm}} & 20\text{ cm} < d \leq 40\text{ cm} \end{cases} \quad (\text{Equation 1})$$

where

$$x = -\log_{10} \left(\frac{60}{ERP_{20\text{ cm}} \sqrt{f}} \right) \quad (\text{Equation 2})$$

and f is in GHz, d is the separation distance (cm), and ERP20cm is per Equation 3 (B.1) below.

$$ERP_{20\text{ cm}} (mW) = \begin{cases} 2040f & 0.3 \leq f < 1.5\text{ GHz} \\ 3060 & 1.5\text{ GHz} \leq f \leq 6\text{ GHz} \end{cases} \quad (\text{Equation 3})$$

For extremity conditions P_{th} can be multiplied by a factor of 2.5.

Modes of Operation	Frequency [MHz]	Separation Distance [mm]	P_{th} [mW]
BLE	2480	< 5	6.79

4. RESULTS

4.1 Maximum Output Power and ERP

According to Appendix A at 447498D04 Interim General RF Exposure Guidance, the equation (B.2.) defines the thresholds for available maximum time-averaged power or maximum time-averaged ERP, whichever is greater.

According to FCC_ISED_RF Test Report_Polar Street X_ID7745_30122025, the output power is 5.56 dBm. Antenna gain shown in Polar 6J Antenna data sheet 251212 is -3.3dBi.

Modes of Operation	Frequency [MHz]	Time Averaging Factor	Time-Averaged Input Power to Antenna, P [mW]	Time-Averaged Input Power to Antenna, P [dBm]	Power Gain of Antenna, G [dBi]	Time-Averaged ERP [dBm]	Time-Averaged ERP [mW]	Limit [mW]
BLE	2480	1	3.60	5.56	-3.3	0.19	1.0	6.79

Maximum output power used for test exclusion is below the test exclusion threshold.