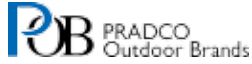




# SOP - STS Series Harness Instructions



© 2013 Summit Treestands, LLC  
715A Summit Dr. Decatur, AL 35601  
(256) 353-0634  
info@summitstands.com

You **MUST** also view the enclosed DVD  
BEFORE using your new treestand!!

## HARNES WEIGHT LIMITS 300 LBS. TOTAL\*

**SOP STS FastBack**  
(all models / sizes) 83073, 83074, 83075

**SOP STS Pro**  
(all models / sizes) 83076, 83077

**SOP STS Deluxe**  
(all models / sizes) 83078, 83079

**DO NOT EXCEED THIS LIMIT!**  
(\* Includes all gear)



# WARNING

You must fully read, understand and follow these warnings and instructions (written and video)! Failure to follow these instructions may cause serious injury or death!!

- **WHEN HUNTING FROM A TREESTAND FALLS CAUSING INJURY OR DEATH CAN OCCUR ANY TIME AFTER LEAVING THE GROUND!** FOR THOSE REASONS ALWAYS USE A FALL ARREST SYSTEM (FAS) COMPRISING A FULL BODY HARNESS AT ALL TIMES AFTER LEAVING THE GROUND. YOU MUST STAY CONNECTED AT ALL TIMES AFTER LEAVING THE GROUND WHILE USING ANY ELEVATED HUNTING PLATFORM. SINGLE SAFETY BELTS AND CHEST HARNESSES ARE NO LONGER ALLOWED AND SHOULD NEVER BE USED. IF YOU ARE NOT USING A FULL BODY HARNESS THAT IS PROTECTING YOU FROM A FALL, DO NOT LEAVE THE GROUND!
- READ AND UNDERSTAND THE MANUFACTURER'S WARNINGS, EXPIRATION DATE AND INSTRUCTIONS ON HOW TO USE AND HOW TO PROPERLY ADJUST THE HARNESS.
- PRACTICE THE USE OF A FULL BODY HARNESS AT GROUND LEVEL IN THE PRESENCE OF A RESPONSIBLE ADULT TO EXPERIENCE THE FEELING OF HANGING SUSPENDED BEFORE USING IN A HUNTING ENVIRONMENT.
- THE LENGTH OF THE HARNESS TETHER MUST BE MINIMIZED AT ALL TIMES. IT SHOULD BE ADJUSTED SO THAT IT IS ABOVE THE HEAD WITH NO SLACK (SNUG) IN THE SITTING POSITION AND YOU SHOULD HAVE THE MINIMUM AMOUNT OF SLACK POSSIBLE WHEN CLIMBING.
- NEVER ALLOW THE TETHER ROPE TO GET UNDER YOUR CHIN OR AROUND YOUR NECK!
- **FAILURE TO FOLLOW HARNESS INSTRUCTIONS COULD RESULT IN NOT BEING ABLE TO RETURN TO THE STAND AND BEING SUSPENDED IN A HARNESS AFTER A FALL.** IF THE HUNTING LOCATION IS UNKNOWN BY ANYONE AND COMMUNICATION EFFORTS ARE UNSUCCESSFUL, YOU MUST HAVE A PERSONAL PLAN FOR RECOVERY/ESCAPE BECAUSE PROLONGED SUSPENSION IN A HARNESS CAN BE FATAL. IT IS IMPORTANT TO EXERCISE THE LEGS BY TRYING TO RAISE YOUR KNEES TO YOUR CHEST OR DOING OTHER FORMS OF CONTINUOUS LEG EXERCISES TO AVOID BLOOD POOLING WHILE BEING SUSPENDED. HUNTERS WITH VARYING DEGREES OF PHYSICAL FITNESS MAY REQUIRE DIFFERENT PLANS TO RECOVER/ESCAPE THE EFFECTS OF PROLONGED SUSPENSION. HAVE A PERSONAL PLAN AND PRACTICE IT IN THE PRESENCE OF A RESPONSIBLE ADULT BEFORE LEAVING THE GROUND. NO ONE ESCAPE/RESCUE PLAN WILL WORK FOR EVERY HUNTER ON EVERY TREE IN EVERY CIRCUMSTANCE. ONLY YOU CAN DETERMINE THE BEST RECOVERY/ESCAPE PLAN FOR YOUR HUNTING SITUATION AND YOU MUST HAVE A RECOVERY/ESCAPE PLAN FOR YOUR SITUATION BEFORE LEAVING THE GROUND.
- HUNT FROM THE GROUND WHEN SELF-RECOVERY/ESCAPE ABILITY IS ABSENT.
- A SUSPENSION RELIEF DEVICE MUST BE ON YOUR PERSON AND READILY ACCESSIBLE WHILE USING A HARNESS. THIS DEVICE WILL ALLOW THE USER TO RELIEVE THE LOAD ON THE LOWER EXTREMITIES IF SUSPENDED IN A HARNESS TO HELP MAINTAIN CIRCULATION IN THE LEGS AND PREVENT SUSPENSION TRAUMA (BLOOD POOLING). BE SURE TO FOLLOW THE MANUFACTURER'S DIRECTIONS ON THE SAFE USE OF ANY SUSPENSION RELIEF DEVICE.
- IN THE EVENT OF A FALL - **DO NOT PANIC!!** - THERE IS TIME TO MAKE A CORRECT DECISION ON WHAT ACTION TO TAKE IF A FALL OCCURS WHILE USING A FULL BODY HARNESS. REMAIN CALM AND IMPLEMENT YOUR PRACTICED RESCUE, RELIEF AND RECOVERY PLAN.

## 1 INDEX

GENERAL WARNINGS AND PRECAUTIONS, WEIGHT LIMITS	PG 1
SECTION 1 - INDEX	PG 1
SECTION 2 - CONTENTS	PG 2
SECTION 3 - HARNESS REPLACEMENT	PG 2
SECTION 4 - HARNESS FEATURES	PG 3
SECTION 5 - LIMITED WARRANTY	PG 3
SECTION 6 - USE	PG 4 - 6
SECTION 7 - LINEMAN'S BELT	PG 7
SECTION 8 - SUSPENSION RELIEF	PG 7 - 8

## ⚠ WARNING

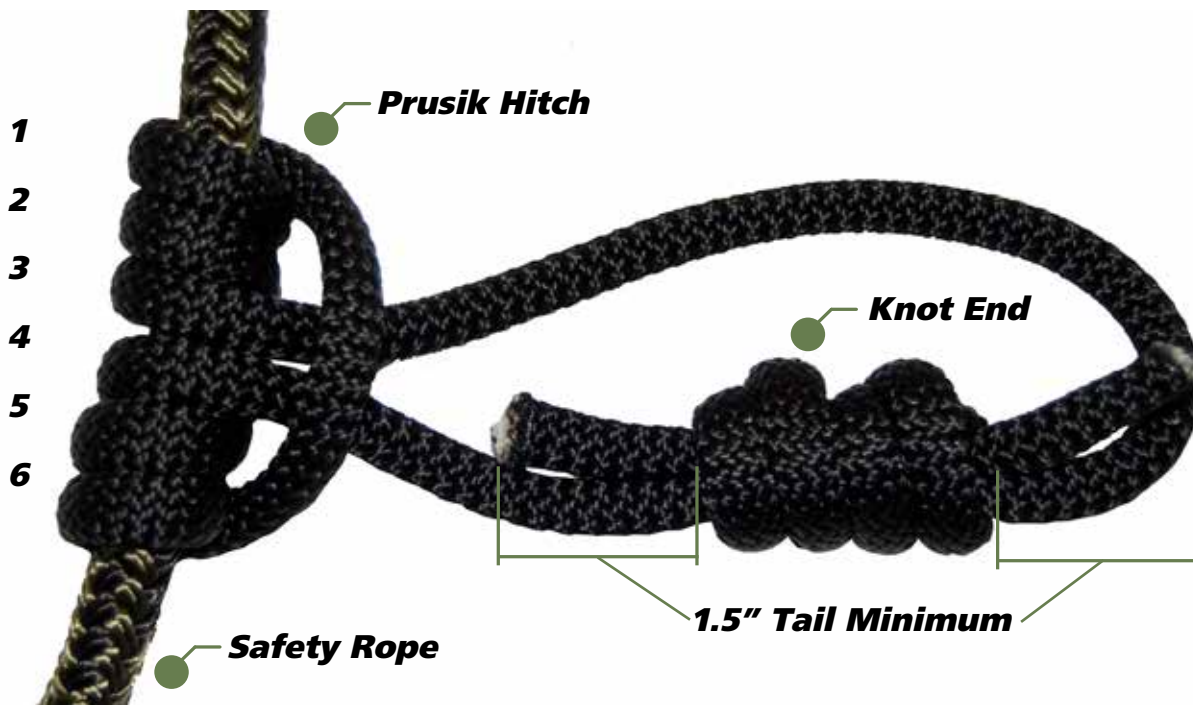
MAKE SURE YOUR PRUSIK HITCH LOOKS LIKE THIS PICTURE BEFORE USING!

**NEVER USE** unless your Prusik hitch has 6 (six) loops!

**NEVER USE** unless your Prusik hitch has a 1.5" long tails (minimum) beyond the knot end!

**ALWAYS** Pull on the knot end of the Prusik hitch and make sure it locks to the safety rope.

**NEVER USE** your harness unless your Prusik hitch looks like the one pictured here. In addition, **ALWAYS MAKE SURE** the hitch locks to the safety rope when you pull on the knot end.



## 2 CONTENTS

Please call 256-353-0634 or visit <http://www.summitstands.com/contactus/> if you have any questions, if you need replacement parts, if you have any missing parts or if the included DVD does not play.

- 4 POINT SAFETY HARNESS 1
  - INCLUDES ATTACHED SRS STRAP / POUCH
- TREESTAND SAFETY ROPE WITH ATTACHED PRUSIK HITCH 1
- LOCKING CARABINER / SAFETY CLIP 1
- LINEMAN'S BELT CLIP 1
- WRITTEN INSTRUCTIONS 1

VIDEO FOOTAGE ON SOP HARNESS AND LINEMAN'S BELT USE IS CONTAINED ON THE INCLUDED INSTRUCTIONAL DVD.

## 3 HARNESS REPLACEMENT

**YOU MUST REPLACE YOUR SAFETY ROPE / HARNESS UNDER ANY OF THE FOLLOWING CIRCUMSTANCES:**

- AFTER 5 (FIVE) YEARS FROM MANUFACTURE DATE (LOCATED ON HARNESS WARNING LABEL).
- THE SAFETY ROPE / HARNESS HAS BEEN SUBJECTED TO SEVERE SHOCK LOADING.
- THE SAFETY ROPE / HARNESS HAS BEEN SUBJECTED TO THE KIND OF OVERLOAD FOR WHICH IT WAS NOT DESIGNED, SUCH AS TOWING A VEHICLE.
- THE SAFETY ROPE / HARNESS SHOWS SIGNS OF FRAYING FROM SUBSTANTIAL USE OR THE SAFETY ROPE / PRUSIK HITCH HAS BEEN LEFT IN THE WEATHER AND HAS BECOME HARD OR STIFF.
- THE SAFETY ROPE / HARNESS WAS USED IN PREVENTING A FALL.

## ⚠ WARNING

If you fall, you must replace the harness by contacting Summit Treestands, LLC.

This harness has been designed to be used only as a safety device for hunting from elevated treestands and ladder stands. Any other use is **PROHIBITED!**

# 4 HARNESS FEATURES



# 5 LIMITED WARRANTY

(A) Warranty  
Summit Treestands, LLC (Summit) warrants to the original retail purchaser that all products manufactured by it are free from defects in material and manufacture at the time of shipment for sixty (60) months from the date of purchase. Summit will replace any part found defective if the unit claimed to be defective shall be returned to Summit, postage prepaid, within the warranty period.

This warranty shall not apply to any product which has been subjected to misuse; misapplication; neglect (including but not limited to improper maintenance); accident; improper installation; modification (including but not limited to use of unauthorized parts or attachments); adjustment or repair. THE FOREGOING IS IN LIEU OF ALL OTHER WARRANTIES, WHETHER EXPRESS OR IMPLIED (INCLUDING THOSE OF MERCHANTABILITY AND FITNESS OF ANY PRODUCT FOR A PARTICULAR PURPOSE), AND OF ANY OTHER OBLIGATION OF LIABILITY ON THE PART OF THE COMPANY.

(B) Limitation of Liability  
It is expressly understood that Summit's liability for its products, whether due to breach of warranty, negligence, strict liability, or otherwise, is limited to the repair of the product, as stated above, and Summit will not be liable for any other injury, loss, damage, or expense, whether direct or consequential, including but not limited to loss of use, income, profit, or damage to material, arising in connection with the sale, installation, use of, inability to use, or the repair or replacement of Summit's products.

Summit reserves the right to make alterations or modifications in its products at any time, which in its opinion, may improve the performance and efficiency of the product. It shall not be obligated to make such alterations or modifications to products already in service.

Please take the time to fill out the warranty card online at <http://www.summitstands.com/warranty> or fill out and mail in the enclosed warranty card.



# 6 USE

## ⚠️ WARNING

- Always check to make sure leg straps are secure around legs and buckled before climbing the tree!!!
- Be sure the harness tether strap is attached to safety strap!!
- **NEVER ALLOW THE TETHER STRAP TO GET UNDER OR AROUND YOUR NECK** as shown in *figure 1*.
- If wearing harness under hunting clothes, make sure your hunting clothes are not tight around your neck. The harness will slip up if you fall as shown in *figure 2*.
- Always check harness webbing and hardware before every use for any damaged or worn stitching, webbing or hardware. If you find a problem, **DO NOT** use the harness until the problem has been resolved by Summit Treestands, LLC.



## PUTTING ON THE HARNESS

1. Always key off the Black Tether line when picking up the harness to put it on. This will help keep the harness tangle free.
2. The sewn lineman's loops should be on the outside of the harness as shown in *figure 3*. Be sure the shoulder straps do not cross each other and that they are not twisted.
3. For **All STS harnesses** - buckle the main belt around your waist next. Thread the buckle as shown in *figure 4 - 7*. Turn the metal 3 bar slide slightly sideways to push it into the D-Ring.

3



### PUTTING ON THE HARNESS (continued)

4. Adjust belt strap by pulling on tag end (**figure 7**) until comfortably snug. Roll the free ends of the webbing up and use the hook and loop straps to secure as shown in **figure 8**.

5. For the **STS Pro**, rotate the pouch to your front. Unsnap the pouch and pull out the black tether strap (this strap will act as a pull cord to pull out the shoulder straps). Once the straps are out, rotate the pouch back behind you. Slip your arms through the shoulder straps as you would a jacket. Be sure the shoulder straps do not cross each other and that they are not twisted.

6. For **All STS models** adjust the 3-bar slide on each shoulder strap (**figure 9**) until the shoulder straps and waist belt are comfortably snug as shown in **figure 10**.

7. The adjustable, rubber coated 3 bar slide on the end of each leg strap controls the overall length of your leg straps. (See **figure 11**) Slide this 3 bar slide up or down the webbing and then pull the slack through the rubber coated buckle as shown in **figure 12**. Roll the free ends of the webbing up and use the hook and loop straps to secure.

8. For **All STS models**, bring leg strap **BEHIND** the leg then between the legs to the front as shown in **figure 13**.

9. Thread the male part of the leg buckles through the female part as show in **figure 14**. If the leg straps are loose pull on the free end of the webbing until snug. Leg straps should be comfortably snug (see **figure 15**). You should only have to adjust the strap length once as you initially fit the harness.

10. Fasten the chest buckle next as shown in **figure 16**.





## ATTACHING THE TREESTAND SAFETY ROPE TO THE TREE

### ⚠ WARNING

**NEVER** disconnect from your safety harness or your safety rope once you are off the ground!

The adjustable Prusik hitch should be snug to the safety rope. It should be tight when sliding it on the safety rope. If necessary, gently pull on the loop to increase the tension of the Prusik on the safety rope.

1. Put the loop end of the safety rope around the tree.
2. Thread the knot end and the adjustable Prusik hitch all the way through the loop end of the safety rope (see figure 17).

### ⚠ WARNING

When attaching the harness safety rope to the tree, be sure the adjustable Prusik hitch has been fed completely through the loop at the end of the safety rope as shown in figure 17. Do this **BEFORE** you begin to climb with a climbing treestand.

3. Open the Prusik hitch loop and insert the harness tether safety clip through this loop as shown in figure 18. Be sure the knot at the end of the prussic hitch is tight and that it has at least 1.5" of rope as a tail (See Diagram on first page of this instruction book.) Screw the locking collar **COMPLETELY** closed to secure the safety clip.
4. Pull on the end of the prussic hitch to secure it to the safety rope. See figure 19.
5. Tie an overhand knot in the safety rope approximately ten (10) inches under the Prusik hitch as shown in figure 20. This will help maintain your position on the safety rope in the event of a fall.

## USING THE HARNESS WITH A CLIMBING TREESTAND

### ⚠ WARNING

**NEVER** disconnect from your safety harness or your safety rope once you are off the ground!

1. Attach the safety rope to the tree, following the directions listed on Page 6.
2. Slide the safety rope up the tree as you climb. While climbing, adjustments to the harness attachment to the tree (tether/safety rope) should be frequent and coordinated with treestand movement to maintain the least amount of slack in the tether that will allow for climbing.

### ⚠ WARNING

**ALWAYS** adjust the safety rope to minimize the slack while you are climbing.

3. When you are at your hunting height, position safety rope above your head (See figure 21).

### ⚠ WARNING

**ALWAYS** confirm the carabiner locking collar has been completely screwed closed to secure the safety clip



### ⚠ WARNING

**NEVER** allow more than 24 inches total combined slack in the safety rope and harness tether strap.

21



## 7 LINEMAN'S BELT

Your Safety Rope can easily be converted to a lineman's belt to aid you in installing and using hang-on treestands. To stay connected at all times while using a hang-on Treestand you must either purchase an additional safety rope (PN 83015) or use the lineman's belt supplied with your Summit Hang-On treestand.

### ⚠ WARNING

The use of a Lineman's climbing belt is required when installing a hang-on treestand

### ⚠ WARNING

When using a fixed position stand, NEVER DISCONNECT YOUR LINEMAN'S BELT UNTIL YOU HAVE SECURELY CONNECTED THE REAR TETHER SYSTEM TO THE TREE!

### USING THE SAFETY ROPE AS A LINEMAN'S STYLE BELT

1. Clip the extra snap clip to the loop end of the safety rope and then to the sewn Linemans Loops attached to the harness as shown in *figure 22*.
2. Put the safety rope around the tree.
3. Clip the locking carabiner clip to the adjustable Prusik hitch on the safety rope and then to the opposite, sewn Lineman's Loop on the harness. *See figure 23*.
4. To adjust the climbing belt, simply slide the adjustable Prusik hitch forward or backward.

### NOTICE

To slide the hitch forward you will need to hold onto the tag end of the rope as shown in *figure 24*.

When using a hang-on Treestand, Summit recommends the use of the SOP climbing system (PN 83014) for ascending and descending from your treestand.

If you are using this STS harness with a Summit Original Equipment Linemans Belt (sold with Summit Hang On Treestands) - follow the instructions in the Summit Harness booklet. Run the webbing belt through the same sewn loops as shown here.

Additional ropes and hardware can be purchased at [www.summitstands.com](http://www.summitstands.com)



## 8 HARNESS SUSPENSION

It is necessary and very important that someone knows your hunting location and time of return. It is also very important that you carry (on your person) emergency communication devices such as a cell phone, two-way radio, whistle, signal flare or preferably a PLD (Personal Locator Device - FCC approved July, '03). When triggered, a PLD will transmit an emergency signal to local rescue teams identifying your location via satellite GPS coordinates. PLD's may be purchased at Wilderness outfitters or on the internet.



### Use of the Suspension Relief Strap

Suspension trauma or blood pooling can occur when suspended motionless in a harness for periods of time. This can lead to unconsciousness and death.

#### ⚠️ WARNING

If you have to hang in the tree before help arrives, you need to exercise your legs by pushing off from the tree, raising your knees to your chest or by using the attached suspension relief strap.

#### ⚠️ WARNING

This Suspension Relief Strap **MUST** be on your person and accessible while using your harness!!! The steps below assume you are hanging by your tether line after a fall.

1. Retrieve the Suspension Relief Strap (SRS) from the storage pouch on the side of the harness. *See figure 25.*
2. One end of the SRS strap will be pre-attached to your harness shown in *figure 26 position A.*
3. Tie the other end of the SRS to the harness belt loop as show in *figure 26 position B.*
4. Adjust the SRS so the large loop it forms is just above the ankles - *figure 27.*
5. Put both feet in the loop and stand up to relieve the pressure from the harness leg straps. See *figure 28 and figure 29.* **NOTE:** Re-adjust the length of the loop if considerable pressure is still felt on the leg straps.

#### ⚠️ WARNING

Prolonged harness suspension may be fatal. If rescue personnel cannot be notified, you must have a plan to recover / escape before hunting.

Self extraction may be necessary in the unfortunate situation that A) No one knows your location, B) Your communication efforts are exhausted, C) You are confident that you have the strength, dexterity and ability to perform self-extraction and D) You decide this is your "absolute last resort". It is necessary to carry a device to assist with this self-extraction. Simple devices such as screw-in steps or a rope "Tree Descender" (available from Summit) will allow you to remove the weight from your harness. This may enable you to return to the treestand/ladder/climbing steps or slowly descend the tree.

Several optional products/systems are available that offer self-recovery or self extraction from a fall when suspended in a harness. Returning to the ground obviously also relieves suspension trauma and some systems automatically descend the user while others allow user control. If one of these products/systems is selected for use as an additional safety precaution against prolonged suspension, be sure to follow the manufacturers' directions for safe use.

