

User's manual

Sit & Fly 2026

v17.03.2026

Contents

Congratulations!	3	Closing the harness and connecting to paraglider	6	How to take care of the environment	12
Description	3	Speed system	7	Recycling of used gear	12
Safety	3	Frontcontainer	8	Technical data	13
Basic and optional equipment	4	Preparing harness for flight	9	Materials	14
Set contains	4	Cleaning and storage	10	Join our community	15
Harness straps adjustment	5	Operation and repairs	11	Manufacturer address	16
		Environmental care	12		

Congratulations!

Thank you for choosing the Sit&Fly 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 , maximizing comfort and fun you get out of each flight. We wish you a lot of safe and enjoyable airtime!

Description

The Sit&Fly harness was designed for up to one hour long flights. 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 280 g in M size. Sit&Fly is manufactured in three sizes: S, M, L. Comes equipped with Edelrid Aura carabiners as standard. It is adapted for installing a speedbar. The rescue chute can be placed in optional frontcontainer.

Obviously, the Sit&Fly 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.

CAUTION: Sit&Fly 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 cannot be used for towed launches nor tandem flights either.

Safety

Paragliding is a potentially hazardous sport. When flying a paraglider you have to accept the risks of injury and even death. Improper and/or incompetent use of the harness may increase those risks. Thus the proper training, familiarity with your gear and a valid insurance are mandatory. The pilot has to be able to independently assess the weather conditions, too. All flights are to be absolved with your helmet on and the rescue chute installed. Before each flight a gear check is required as for possible damages and overall airworthiness. In case of any doubts please ask your dealer or manufacturer.

CAUTION: POWAIR do not bear any responsibility for damages or injuries resulting from paragliding activities.

Basic and optional equipment

Set contains

- 1 Sit&fly 2026 harness
- 2 Carabiners Edelrid Aura 16kN
- 2 Side straps (different length)
- 1 Transport bag

Optional harness equipment includes:

- [1] Speed system with hooks and pulleys
- [2] Sit&Fly 2026 frontcontainer 90/110
- [3] Pack&Hike backpack with a volume of 20, 25 or 30 l



1

36g



2

102-107g



3

284-304g



Harness straps adjustment

CAUTION: Only the shoulder straps [2] are adjustable on the harness. They are elastic, and their length can be adjusted by tying a knot below the side straps.

Changing the backrest angle requires replacing the side straps [4]. An additional set of shorter side straps is supplied with the harness.



- 1 – Shoulder straps – adjustable
- 2 – Chest strap
- 3 – Shoulder strap buckle

- 4 – Side strap – replaceable
- 5 – Attachment points for the speed system pulleys

Closing the harness and connecting to paraglider

To fasten the harness, simply clip the loops at the ends of the chest strap [2] into the carabiners and close the shoulder strap buckle [1].

CAUTION: Fasten the chest strap so that it is not twisted!

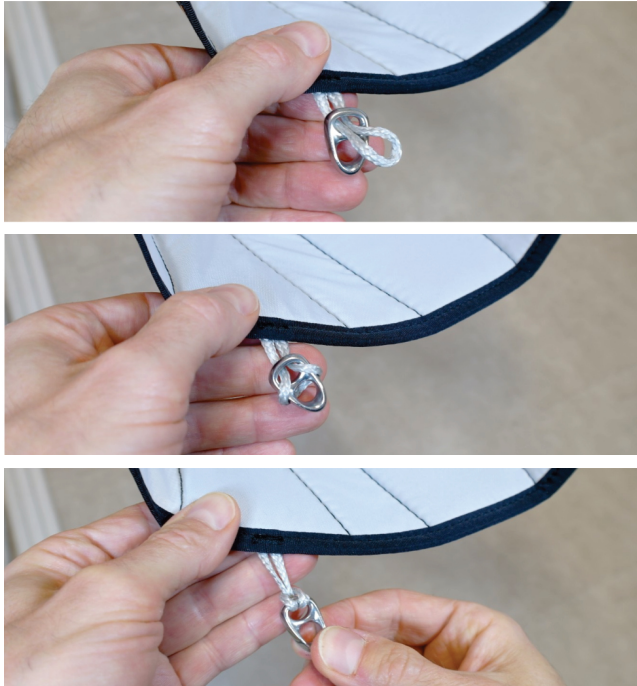
After fastening the harness, clip the loops into the main carabiners and set up the speed system if it is not installed yet.



Speed system

To install the speed system, attach the pulleys (from the speed bar kit) to the dedicated loops on both sides of the seat and at the lower part of the back support.

Then route the speed system line through the pulleys as shown on the right.



Frontcontainer

A frontcontainer for the Sit&Fly harness is mounted by clipping the V-riser end loops into the main carabiners.

The same loops also secure the front container in place.

CAUTION: Before attaching the front container to the Sit&Fly harness, make sure the main carabiners are oriented with the locking sleeves facing rearwards. The V-riser loops must be able to slide freely to the top

of the carabiners without interfering with the locks.

Attach the front container after fastening the chest strap, but before clipping in the paraglider risers.



Preparing harness for flight

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

- the harness has no visible damage,
- the reserve parachute container is correctly closed and secured with locking pins,
- the reserve parachute release handle is correctly fitted and retains its shape (during transport the handle may become deformed, so restore its shape so that it remains easy to grab)*,
- the chest strap is fastened,
- the shoulder straps are not loose / have not been misadjusted,

- the carabiners connecting the harness to the paraglider are closed, locked and free of damage,
- the speed system bar is connected to the paraglider.*

* – if installed.

CAUTION: Always close the chest strap first, and the pod second. Before each start check that the chest strap is firmly closed, especially when it's a subsequent launch. Not properly locked chest strap may lead to falling out of the harness with POSSIBLY FATAL CONSEQUENCES !!!

Cleaning and storage

All materials selected for the production of the harness were chosen with special attention to their quality and durability. Keeping the harness in good condition will allow you to use it for a long time. For cleaning, use a damp sponge and, if necessary, a little soap. Do not use solvents. Remove mud with a brush before wet cleaning. If the harness gets wet, dry it in a well-ventilated place, away from direct sunlight.

You can store the harness in the backpack; however, it is best stored unpacked in a well-ventilated place protected from sunlight. We recommend taking the harness out of

the backpack if it will not be used for a long period of time. Unfortunately, discoloration of some harness parts over time is unavoidable, so do not expose it to the sun unless necessary.

CAUTION: Do not store a wet harness in the backpack for a long time. Dry it thoroughly before packing. Some parts of the harness are glued and this may affect the condition of these joints.

Operation and repairs

Sit&Fly is an ultralight harness designed for a specific purpose. Due to the use of delicate and lightweight materials, the harness is sensitive to damage caused by improper handling. Please remember that the service life of this product largely depends on your awareness and careful use.

Regular inspection of the harness condition will allow safe use for a long time. After each reserve parachute deployment, thoroughly inspect the harness, paying particular attention to the webbing. Replace the Edelrid Aura aluminium carabiners every 5 years or after 1,500 flight hours.

Scratched or damaged carabiners must not be used and have to be replaced with new ones.

Using a damaged harness is not permitted. If you have any doubts about the technical condition of the harness, contact the manufacturer or send it to a service center for inspection.

CAUTION: The Sit&Fly harness is approved for use for 10 years from the date of manufacture.



Environmental care

How to take care of the environment

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, POWAIR will do that for you. Just send your harness to the address given at the end of the manual, accompanied by a short note.



Technical data

Sit&Fly 2026	S	M	L
Pilot height [cm]	150-172	170-186	184-200
MAX. Weight of pilot [kg]	100	100	100
Hang height [cm]	-	-	-
Carabiner spacing [cm]	40	40	40
Harness weight * [g]	270	280	300
Load test [100 kg]	EN 1651/EN12491	EN 1651/EN12491	EN 1651/EN12491
Certificate	EN	EN	EN

* Weight (g) with carabiners.

Materials

Main strap	Liros XTR 5-6mm 930daN
Leg and chest straps	Liros XTR 5-6mm 930daN
Side straps	Liros XTR 5-6mm 930daN
Shoulder straps	Guma 3mm
Fabrics	Poliamid ripstop 70 D 85g/m2
	Cordura ripstop 5012 120g/m2
	Dominico 30DMF 40g/m2

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

If the harness you received differs slightly from the one shown in the photos, it means you have the latest version.

Join our community

By purchasing our gear you've become an important part of Dudek Paragliders family!

Share your experiences with the entire community and stay current with new offers by joining our fanpages.

If you have interesting photos and films of your flying by all means send them to us, and we will share them with our entire community

media@dudek.eu

Do not forget to label everything you publish in social media with #dudekparagliders!



POWAIR sp. z o.o.
Centralna 2U
86-031 Osielsko, Poland
tel. (+48) 52 324 17 40
www.dudek.eu
info@dudek.eu



Designed in Europe
Made in Europe




DUDEK