QUIET ZONE RETREAT

The Quite Zone Retreat is a radiofrequency shielding enclosure. It is made with a durable metalized fabric which provides a very high degree of shielding. It is a great place to rest your body from microwave exposure. Like any shielding enclosure, the overall effectiveness depends heavily on how much radiation is “leaking” in though gaps and openings. Please take a moment to review these important instructions. Open boxes carefully so your blade does not cut into the contents!!

Important safety information:

Ventilation: The shielding material does not permit the passage of air. Several large duct openings are provided. They will only permit air flow if they are open. It is your responsibility to make sure that the occupants have adequate ventilation for comfort and breathing. Do not leave children unattended inside the Retreat. A 25 foot duct with fan is included if greater airflow is required. As an alternative, you could use a shielding fabric mesh, such as VeilShield™ to shield an open port or zipper door.

Frame Support: The metal frame is designed to support the weight of the retreat. It will not support heavy objects. Do not hang from the frame, or attach heavy objects to it.

Preparing the location: Select a flat clean surface large enough to accommodate the retreat and the external vents. The floor should be smooth and fully support the base of the retreat to avoid tearing or ripping of the retreat floor. Line the inside floor of the retreat with a soft carpet or sheet linoleum to protect the floor from scuffs and wear.

Fire: The shielding material is flammable. Never let it come in contact with heat sources, sparks, or open flames. Do not bring heaters or candles near or inside the Retreat. Take care with overhead lights and ceiling fans that they are not too close to the enclosure. Do not smoke inside the retreat.

Cleaning: Do not use soap, detergents or abrasives on the Retreat. Wipe with damp sponge only. Avoid excessive rubbing of the metalized side.

Odor: When new, the Retreat will have the “new car” smell. You can allow it to air out for a few days after assembly to dissipate this odor.

Testing shielding performance: If you have a strong signal, you cell phone and laptop will still work inside the QZ. To completely kill the connection, you will need >100 dB reduction. Do not depend on the number of bars to determine shielding performance, as they are notoriously inaccurate. Instead, use a good quality RF field strength meter. Stand inside the QZ with your meter. Have an assistant outside the enclosure with a source of RF radiation. Measure the difference in radiation with the flaps open versus closed.

Assembly (it helps to have an assistant or two)

Part 1: assemble the framework

Begin by identifying the top and bottom of the retreat. The top will have obvious vent sleeve(s). Unzip the Retreat where 3 sides meet the bottom. Stretch out the bottom in the location where you intend to erect the Retreat (it is not possible to move it from room to room once it is assembled). Install a soft carpet or sheet linoleum on the floor of the Retreat to protect it from rips and abrasion.
Next, assemble the bottom perimeter of the frame within the confines of the floor of the Retreat. See diagram above. Connect the upright segments to the base. Finally, insert the frame pieces which support the roof of the Retreat. There is a parts map which shows where each piece belongs. It is packed with the frame pieces.

**Part 2: position the Retreat over the framework**

Unzip the vertical zipper at the front and continue to unzip where the 3 sides meet the roof. Raise the roof of the Retreat over the assembled framework *taking care to avoid damage to the fabric* where it slides over the upper corner braces. See diagram at right.

Once the roof is fully in place, zip where 3 sides meet the roof. Then zip where 3 sides meet the floor. Finish with the vertical zipper on the front.

**Part 3: ventilation**

Promptly untangle the ventilation covers so that air can flow freely. Attach the expandable duct to one of the round ventilation ports and cinch the adjustment cord to hold the end of the duct in place. The expandable duct can be stretched to 25 feet long if desired.

Insert the fan assembly into the far end of the duct. You can position the fan to blow air in either direction. Affix the duct to the fan with the large hose clamp.

Plug the fan into the variable speed control. Plug the variable speed control into an electric outlet. *(120V / 60 Hz only!)* To adjust the fan speed, rotate the knob on the variable control. It will only work in the upper end of the range. The fan can also be used at full speed without the variable speed control.

It is best to locate the fan at a distance from the Retreat. It can be located near an open window, air conditioner duct or heat register. TAKE GREAT CARE THAT ALL ROUND VENTILATION PORTS REMAIN OPEN as they will be the only source of fresh air in the event of a power failure. *Suffocation and death may occur if fresh air is not supplied.*

**Tips for success:**

Zipper handles for the entry doors are located on the inside surface. All other zipper handles are on the outside surface.

The inside of the Retreat will be best shielded when all the windows and doors and zipped shut. However, this will cause the inside of the retreat to be dark. We discourage the use of electricity inside the Retreat (electric lights, fans, stereos, TVs, computers, heaters and so on) as this defeats the purpose of creating a shielded sanctuary and introduces the risk of fire or electric shock. Battery operated clocks, lights and personal audio equipment is generally acceptable. We recommend battery operated LED lighting. DO NOT use cellphones or wi-fi enabled equipment inside the Retreat.

Always cushion the feet of furniture and avoid scraping or puncturing the floor or walls of the enclosure. This device is intended for indoor use. It is not designed for camping and will not endure strong winds, rains, or heavy weather.