Flow
PARAGLIDERS

VISSTA XC

WELCOME

"Flow is a term used to describe the complete (body-mind-soul) feeling of being so totally engaged in an activity that there is a sense of complete immersion in the experience. Self-conscious thoughts give way to feeling at one with the activity and the environment, and time is no longer an ever-present consideration."

The experience of flying a paraglider is what inspires us. The pure, focused concentration, the feeling of complete immersion with the environment, and the intrinsic pleasure in the activity itself are all sure signs of the Flow experience.

Thank you for flying Flow Paragliders. We hope you will be satisfied with this product and wish you many happy flights. We strongly recommend that you **read this manual before the first flight**. This manual is designed to help you to quickly familiarize with this beautiful harness.

Table of Contents

GENERAL INFORMATION

User manual for VISSTA XC S, VISSTA XC M and VISSTA XC L

This manual offers all the necessary information that will familiarise you with the main characteristics of your new harness.

Flow VISSTA XC is one of the most comfortable and functional all-round harnesses available on the market at present. We would like to remind you that it is important to carefully read all the contents of the manual for your new VISSTA XC.

The VISSTA XC's Certification Number is PH_438.2024

Please note that any changes to the harness will invalidate the result of the certification. Correct usage of the harness is the pilot's responsibility. The manufacturer and distributor do not accept liability for loss or damage because of the misuse of this harness. It is the pilot's responsibility to comply with legal regulations and to maintain the airworthiness of the harness.

This user manual version V01.5 is dated: 09/2025.

Flow Paragliders PTY LTD | Queensland 4221, Australia | info@flowparagliders.com.au

PILOT'S PROFILE

The VISSTA XC is crafted to be a robust, lightweight, and comfortable XC/competition harness, offering an exceptional feel in the air. It delivers an outstanding flying experience with the best aerodynamics in its class. This makes it ideal for XC pilots and competition pilots seeking a comfortable and efficient pod harness with low drag. It features dual integrated reserve containers and a large foam protector. Its lightweight design allows it to be folded in half, making it a compact, all-around harness that fits easily into a conventional medium or large rucksack.

SPECIFICATIONS

SIZE	SMALL	MEDIUM	LARGE
BODY HEIGHT*	155-170 cm	160-185 cm	175-195 cm
MAX. LOAD	120 kg	120 kg	120 kg
HARNESS WEIGHT**	5.45 kg	5.75 kg	5.9 kg
SUSPENSION HEIGHT	47 cm	49 cm	49 cm
SEAT BOARD SIZE	29 x 34 cm	32 x 40 cm	32 x 40 cm
PROTECTOR SYSTEM	Mousse bag	Mousse bag	Mousse bag
CERTIFICATION	EN1651 & LTF 91/09	EN1651 & LTF 91/09	EN1651 & LTF 91/09

* The sizes given are references only as the individually suitable size differs according to physique and personal preferences.

** The harness weight is including aluminium carabiners, footplate, seat board.

MATERIALS

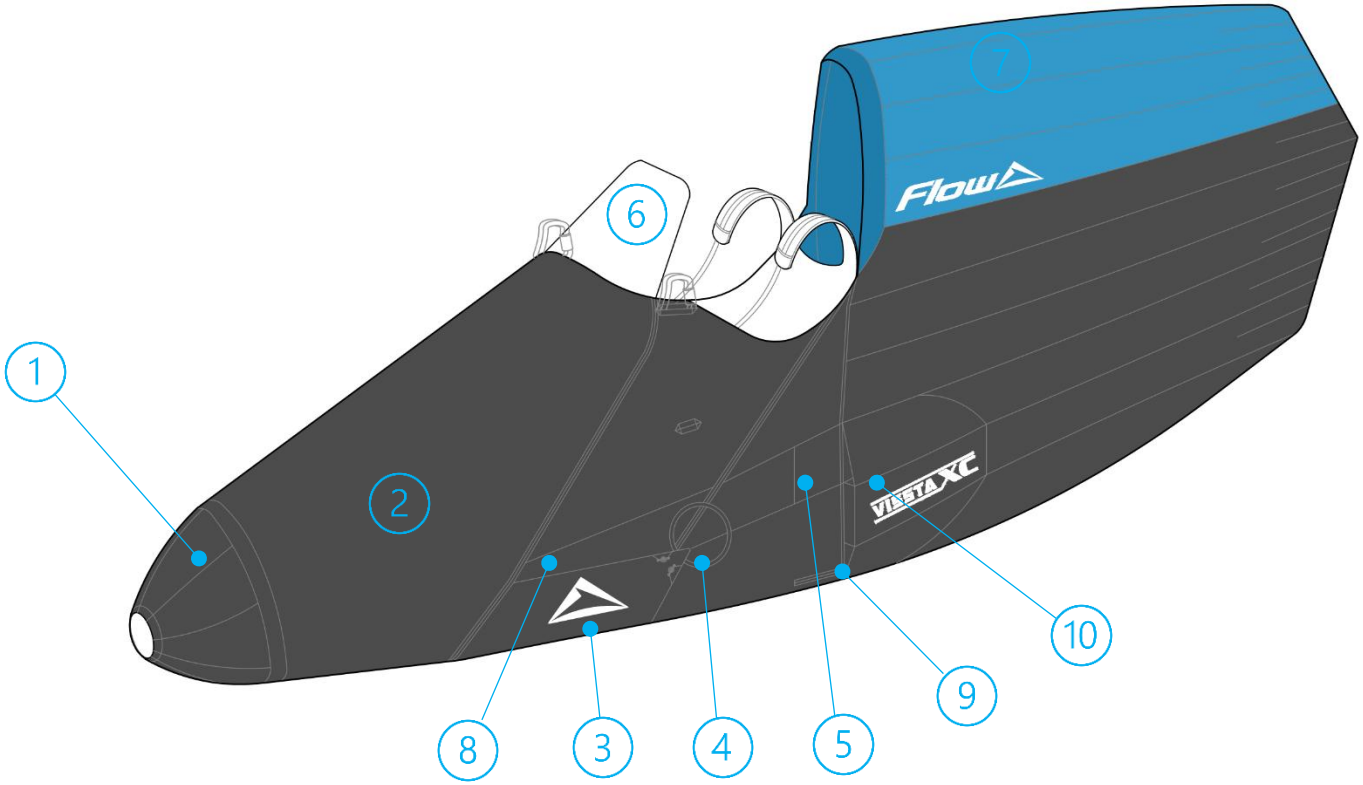
	MATERIAL
FABRIC	Ripstop N20/ 420D & Cordura
RISERS	15/25 mm Polyester Technisangle Webbing
LEG AND CHEST CLOSURES	AustriAlpin Cobra
CARABINER	Edelrid Alias
SPEED SYSTEM PULLEY	Ronstan D20
SEAT BOARD	Synthetic; honeycomb design

The VISSTA XC is a harness for use in a non-motorized paraglider.

VISSTA XC has an integrated two rescue system container. Certification No.: PH_438.2024

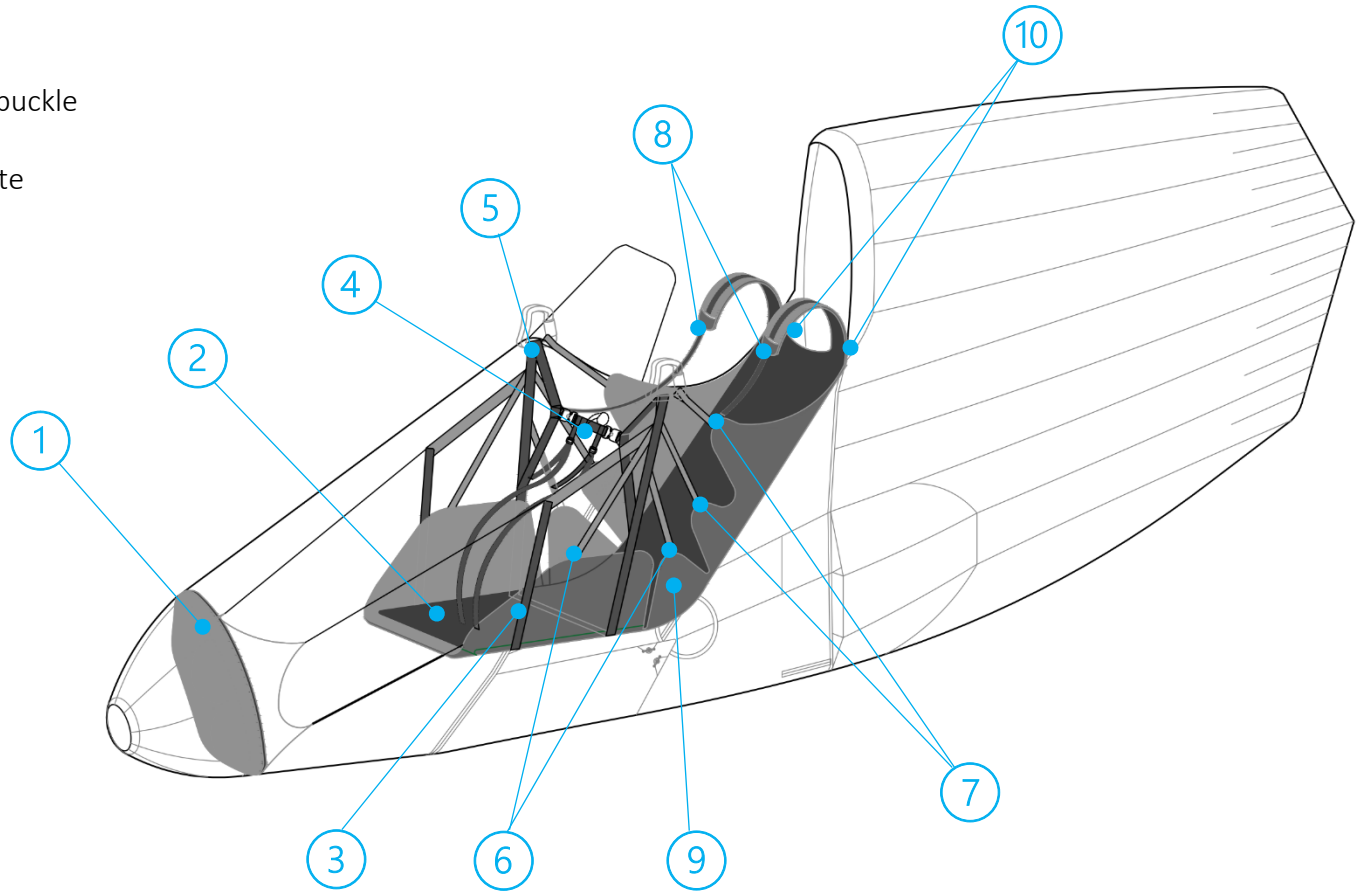
OVERVIEW

1. Nose pod
2. Detachable Leg cover
3. Rescue system container
4. Rescue system release handle
5. D-CHUTE container
6. Windshield (Optional)
7. Detachable Aerodynamic fairing
8. Pee tube outlet
9. Ballast hose outlet
10. Air inlet



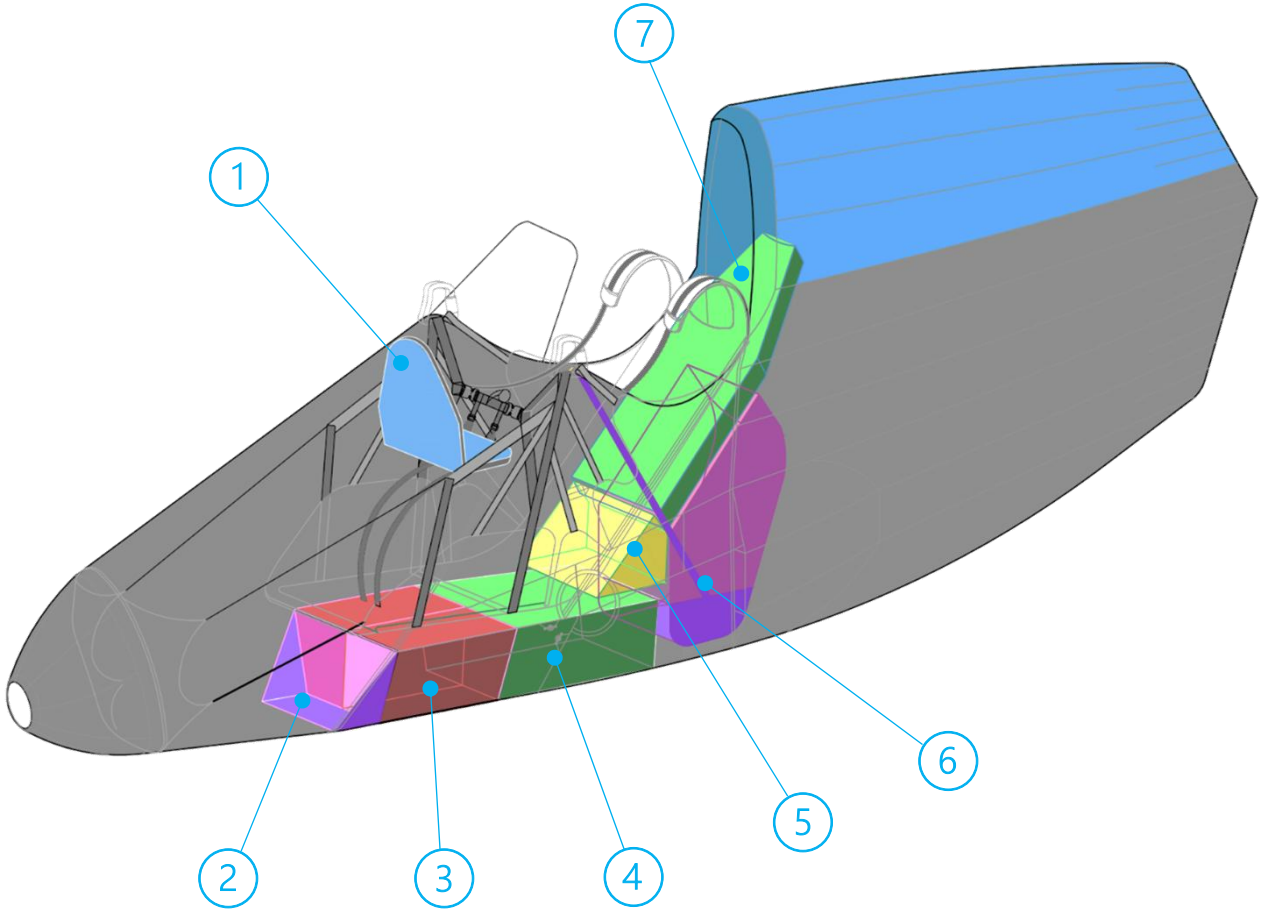
WEBBING STRUCTURE

1. Foot plate with adjustment lines
2. Seat board
3. Carbon rod
4. Safe T-System with chest strap buckle
5. Main suspension webbing
6. Seat adjustment strap
7. Back adjustment strap
8. Shoulder strap with adjustment buckle
9. Pulley / ring for speed bar line
10. Harness - bridle reserve parachute connection point



COMPONENTS POSITION

1. Flight-deck
2. Front storage bag 3.5 lit.
3. Dual rescue system container
4. Main back Protector Certification # PH_438.2024
5. D-Chute container
6. Main Storage bag with loading strap
7. Back head Protector
8. Radio Pocket (Optional)



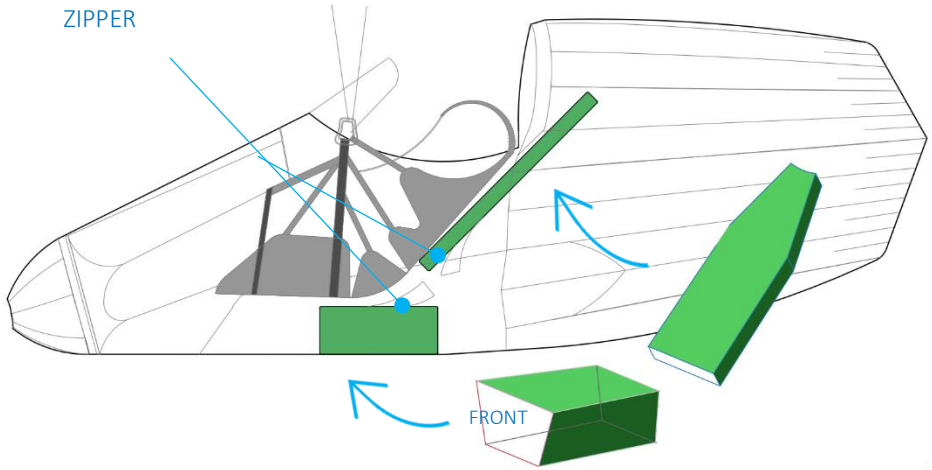
SETUP COMPONENTS

The following parts of the VISSTA XC are adjustable: shoulder belts, chest belt, lateral chest belts, and leg straps. Due to the versatile adjustment options, we strongly recommend making all adjustments and settings in a harness hanging simulator before the first flight to ensure optimal comfort.

The buckles on the chest and leg straps are designed to prevent unintentional opening. To open these buckles, simultaneously push both buttons on the buckle.

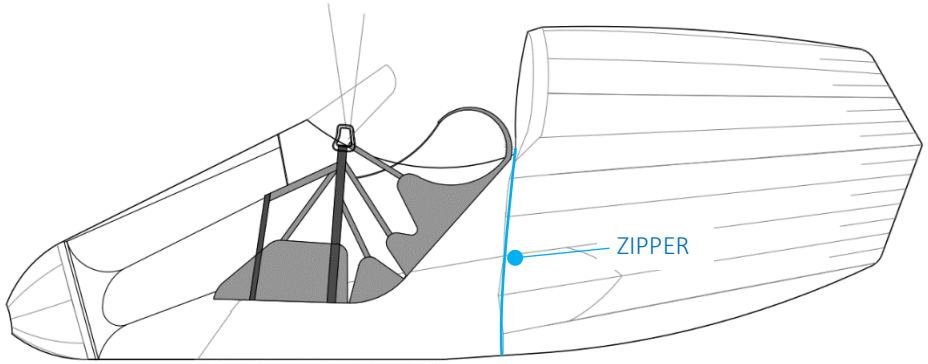
Installation of the protectors

The protector container is accessible from the back of the harness. A zipper can be found at the edge of the container behind the storage bag.



Installation of the fairing

The fairing is detachable with a two-way zipper at the rear end of the body of the harness.



Installation of the flight deck

1. **Connect the Flight Deck to the Pod:** Attach the flight deck to the pod using the zipper.

2. **Secure the Bottom of the Flight Deck**: Connect the bottom of the flight deck to the long side supporting rods using the G-hook buckles.

Note: Always unzip the flight deck to keep it lying flat when packing or folding the harness.

Front side

Back of flight deck

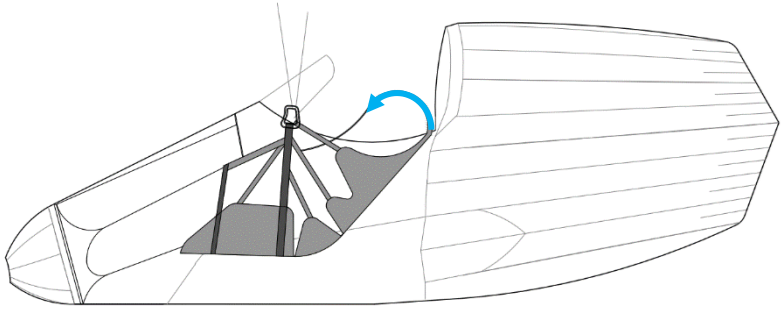
G-hook buckles

Adjusting the leg straps

1. **Close the leg loops**: Use the buckles to secure the leg loops. When the leg loop is closed, the Safe-T-System (falling out safety device) is also engaged. Ensure the click-lock buckles are securely fastened. **Make sure there is no slack and the leg loops, and the leg loops are tight. A tight leg loop will help with getting into the pod after getting airborne much easier.**

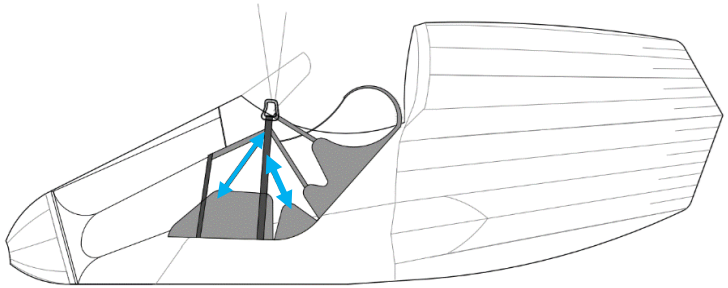
2. **Adjust the chest strap**: The length of the chest belt can be adjusted. Be careful not to tighten excessively.

ADJUSTMENT POSSIBILITIES



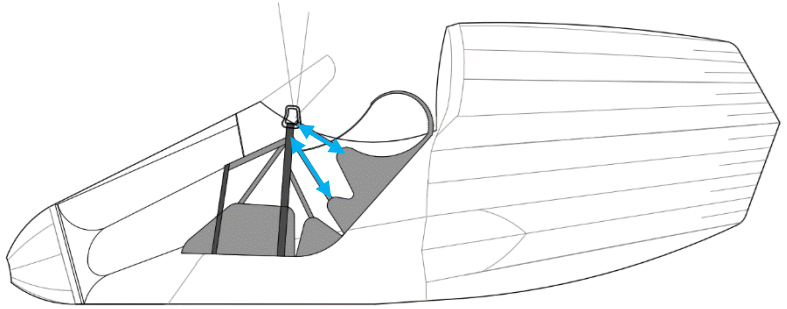
Adjusting the shoulder straps

For correct adjustment, the shoulder straps should exert light pressure on your shoulders. These straps help you adjust the harness to your height and set the seating position between upright and reclined.



Adjusting the seat angle

The angle of the seat board can be adjusted using the front and back straps to ensure maximum comfort for the pilot.



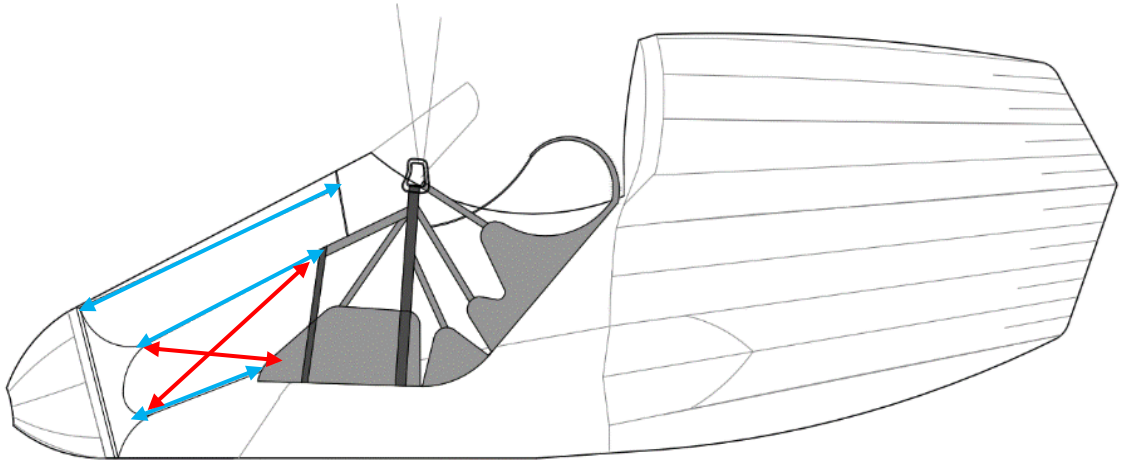
Adjusting the lateral chest straps

Adjusting the lateral chest straps is the third step in fitting your harness. These straps modify the angle of the seating position for optimal comfort. Ensure the VISSTA XC is adjusted so the body load is evenly distributed between the shoulder straps and lateral chest straps.

Adjusting the pod length and harness geometry

This adjustment is crucial if your geometry is "nose up" or "nose down." You can modify your center of gravity (CG) by adjusting the length of the pod:

- **To correct a "Nose Up" position:** Extend the pod length to move your body forward in the harness.
- **To correct a "Nose Down" position:** Shorten the pod length to shift your body higher toward the back of the harness.

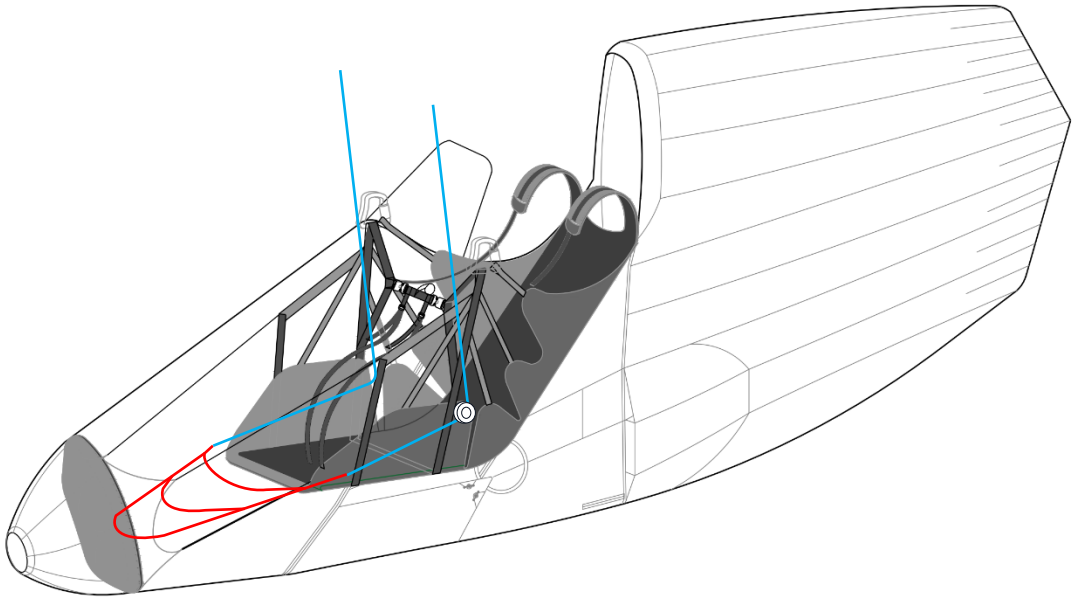


Attaching the speed bar

The speed bar rope should run from the risers to the pulley near the seat board, then pass through the D-ring located underneath the seat board.

The VISSTA XC is compatible with 2-step, 3-step speed bars, or bullet style. Use the 3 loops on the footplate to secure the elastic line and keep the speed bar properly positioned.

Before your first flight, adjust the length of the speed bar lines in a simulator, ensuring they are evenly matched on both sides.



INSTALLING THE RESCUE PARACHUTE

The VISSTA XC has an inner container with an integrated reserve handle. Before fitting the rescue parachute, you need to find out the right size of the inner container for your reserve. Therefore, you need to know the volume of the rescue parachute. If it is not shown in the parachute manual, you can alternatively determine the volume of the rescue parachute by checking its weight.

As a rule of thumb, multiply the weight by 3. For example: 1500 gr x 3 = 4500 cm3 volume

You have the choice of two deployment bag sizes for the VISSTA XC. Only an original deployment bag can be used:

Container size Medium	from 3000 cm3 to 6300 cm3
Container size Large	from 5000 cm3 to 8500 cm3

Volumes of the AURA2 rescue parachutes which are compatible with the VISSTA XC:

Aura2 Square 105 – 5000cm3

Aura2 Square 125 – 6800cm3

Attention: After every installation of a rescue-system in a harness there must be a pull test if the opening force is between 2 and 7 daN. If harness and rescue parachute are installed for the first time a compatibility check must be made and a pull test should be performed!

Placing the rescue parachute into the inner container

Use the Vissta XC dedicated inner container, the rescue parachute must be placed into the deployment bag. The steps of packing your reserve should be done as per the rescue your parachute owner's manual.

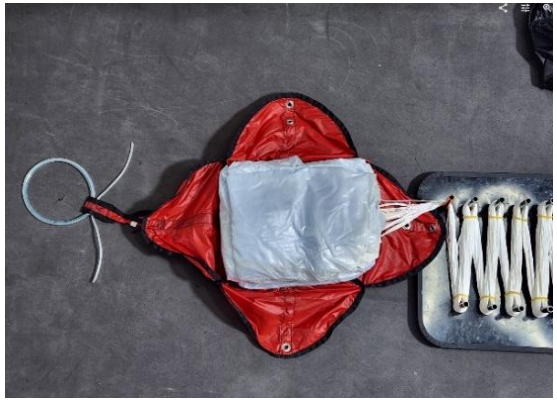
Follow the steps:

1. Fold the parachute like an "S" configuration on the width of the container, pull out the Ram-Air-pockets slightly to the side (if the parachute is equipped with Ram-Air-pockets).

2. Remove the packing cord.

Placing in deployment bag

1. Fold the reserve parachute lines in S-folds (stack pack) to fit in the deployment bag. Bundle the lines in “6 to 8-folds”. Do not bundle the last 60 cm of lines.
   Attention: new rubber bands must be used for line bundles and container with every re-pack!



3. Close the right flap. Also, here you can adjust the deployment bag volume by using the inner or outer eyelets.

2. Close the deployment bag with the lines inside. First the left flap with the upper and lower flap. Depending on the rescue system size, the inner or outer Eyelets can be used to adjust the deployment bag volume.

4. Connect the rescue bridle with the harness bridle by looping the bridles or with a quick link (strength > 2400 daN) and fix the connection to prevent slipping (for example with a neoprene sleeve or rubber O-ring).

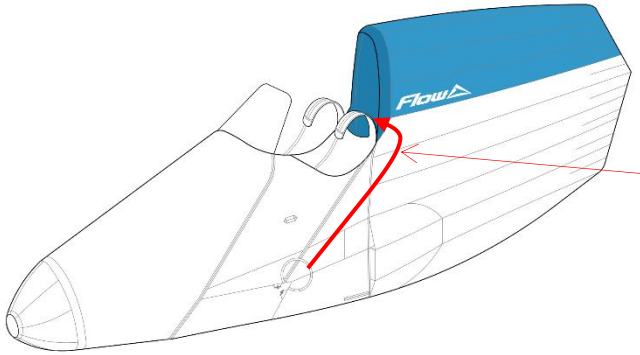
Installing the deployment bag into the harness

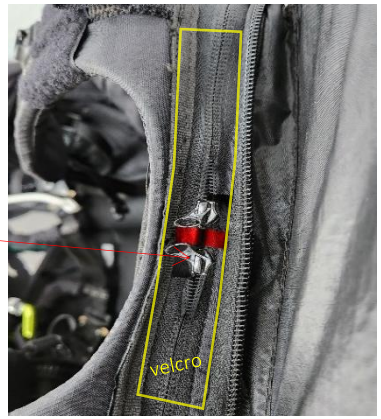
1. Stow the reserve bridle inside the harness container and place the deployment bag inside as well, with the lines facing inward. Insert two nylon pins into the white loop.

2. Gently pull the two ends of the nylon pins separately to slide the red fabric cover close to the circle handle. Ensure that the black webbing of the handle remains facing outward.

3. Loop using the routing cords (1,2).
   Close the zipper to cover the reserve bridle.

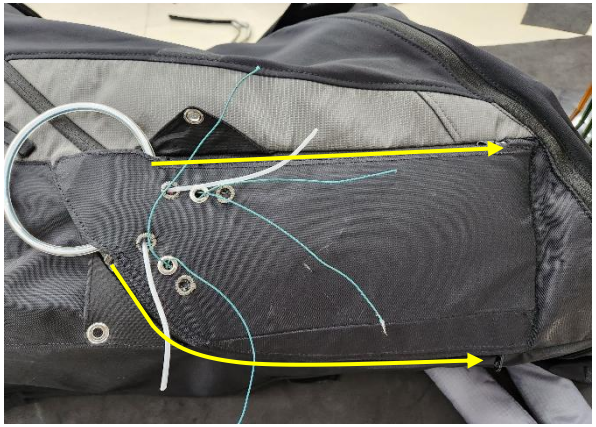
4. Zip up until the end of the zipper tracks, keeping the zipper on the longer side. Repeat this process for the other side. Use the Velcro tabs to cover the zippers.



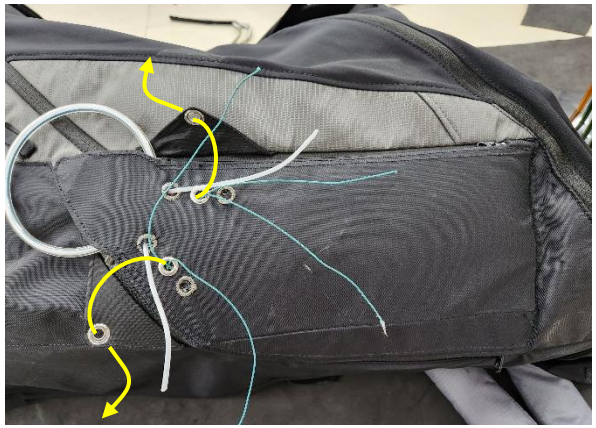


5. From inside the rescue flap, insert the nylon pins through the rear holes of the eyelets, ensuring the routing cords runs through the eyelets as well.

6. Close both the top and bottom zippers, ensuring the slider runs all the way to the end of each zipper.



7. Thread the routing cords through the eyelets on the triangle flap.

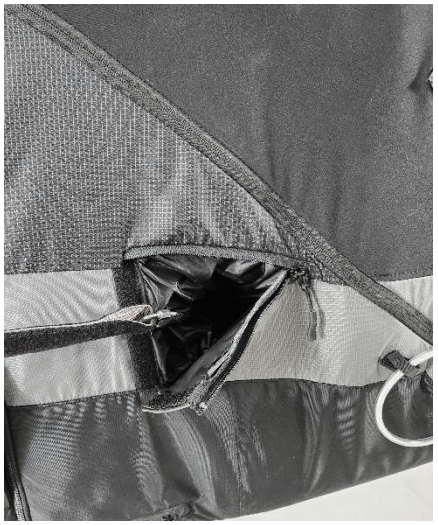


8. Pull the routing cord to expose the elastic loops, then thread the nylon pins through these loops. Insert the ends of the nylon pins into the protection holes on the front side. Finally, remove all routing cords.

Installing the D-Chute into the harness

1. Open the Zipper: Choose your preferred side and open the zipper. Pull the flap out of the Velcro to access the inner compartment and find the maillon attachment point.

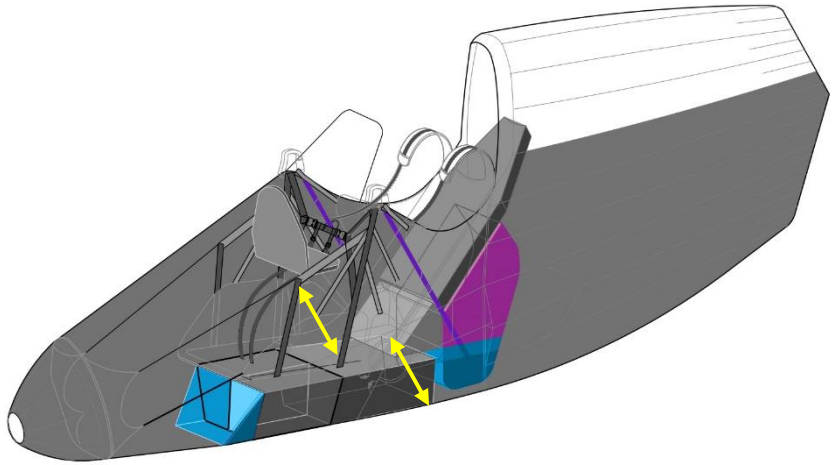
2. Connect the D-Chute:
   - Locate the short bridle with the maillon inside the inner bag.
   - Attach the D-chute to the maillon and securely tighten the screw.
   - The D-chute can be accessed from both sides during flight and is easy to reposition if needed.



Dedicated ballast compartment

- ***Front Pocket:*** *The front pocket can hold up to 3.3 liters of ballast*.*
- ***Main storage:*** *Up to 10-15 liters of ballast can be stored in the main compartment.*
- ***Webbing adjustment:*** *Adjust the length of the two webbing straps to distribute the ballast weight to the main carabiner. Ensure there is space below the luggage bag to accommodate the dumping hose.*

**Note: The ballast bag is not included.*

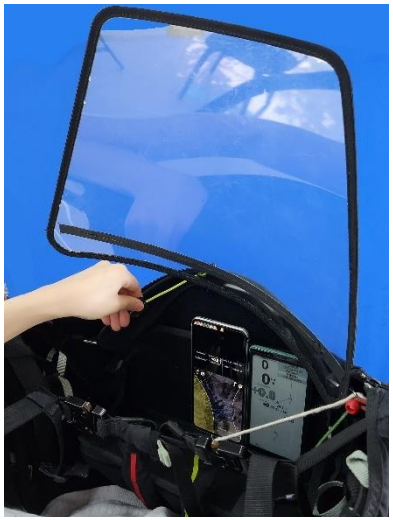


Installation of ballast bag in the main storage compartment

Run the dump hose through the hole at the bottom of the storage compartment. The hose can be accessed from either side through the zipper gate during flight.

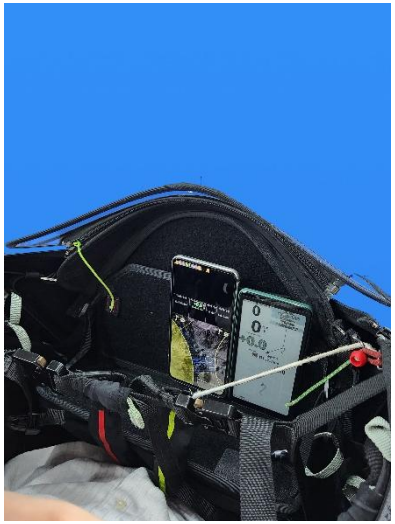
Pro Tip: Pull out the hose before launch on your preferred side, then tuck it back in and close the zipper. This will make it easier to locate the hose while in the air.

Windshield Installation



Attach the windshield before take-off using the designated zipper.

Secure the zipper slider by fastening the Velcro tag to the flight deck



Pro Tip: Before launch, fold the windshield forward for easy preparation. After takeoff, you can flip the windshield back with the wind. To help with this, open the zipper about 10 cm using the slider, then close it again.

Note: Perform the windshield flipping in a clear and safe area.

Pee tube outlet

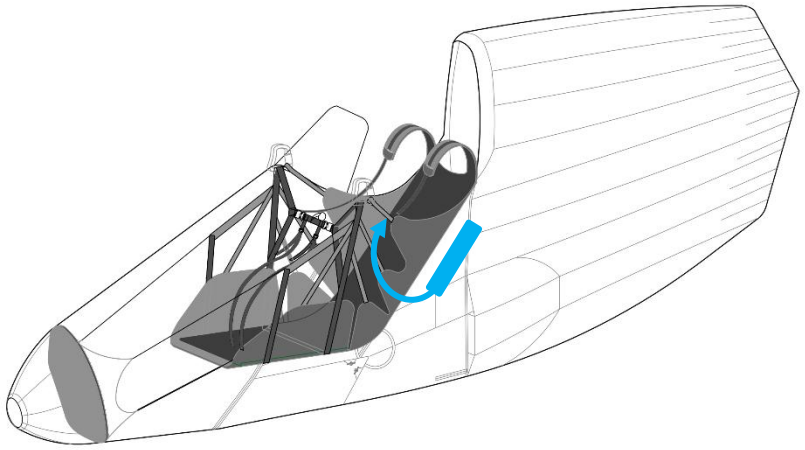
The pee tube hose can be extracted via the hole on top of the rescue from either side.

Drinking system

1. Place the camelback into the small pocket inside the luggage storage.

2. Run the drinking tube into the small hole at the side of the storage.

3. Thread the drinking tube inside the harness cover, running it from under the arm up to the shoulder.



4. Secure the drinking tube to the shoulder webbing using the elastic band.

BEFORE YOUR LAUNCH

1. Ensure all rescue handles are in place and the slider is positioned at the end of the zipper lines.

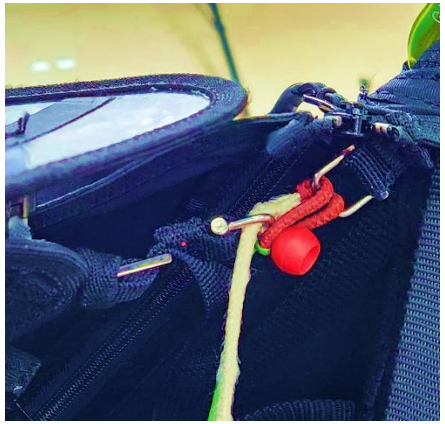
2. Make sure all zippers on the luggage are closed, and the D-chute zipper is also closed.

3. Secure the leg straps using the click-lock buckles.

4. Fasten the buckles at the back of the flight deck to the ends of the carbon rods.

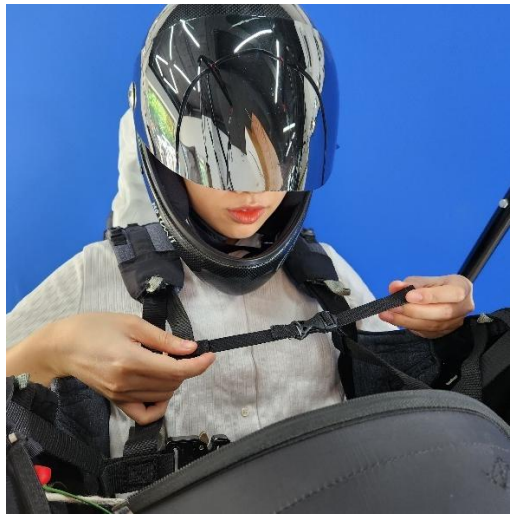
5. Close the Pod cover to the center button.

6. Use the Anti forget line to close the flight deck ring to the carabiner rings.



7. Attach the windshield (optional).

8. Fasten the chest buckle.



FOLDING THE HARNESS

1. Unzip both sides of the luggage zipper below the inlet valve of the fairing. Remove all items from the compartment.

2. Fold the inlets of the fairing flat to prevent bending, and then place the fairing into the luggage storage.

3. Detach the windshield and unzip the flight deck to lay it flat.

Pro Tip: Leave the zipper partially closed to save time during your next launch

4. Place the flat flight deck and footplate inside the harness, then fold the back of the harness in half.

Pro Tip: Store the windshield separately to avoid scratches. Additionally, detach the removable deck to store the instrument separately.

5. Place half of the glider (in concertina bag) onto rucksack. Place the harness on top of the glider.

6. Fold the rest of the glider over the harness and close the zipper of the rucksack.

7. Close the rucksack.

BACK PROTECTOR OPERATING NOTES

The VISSTA XC features a certified back protector made from a specialized foam encased in a dedicated nylon fabric cover. In cold temperatures or after the harness has been stored and compressed, it may take longer for the protector to inflate completely. Ensure that the protector is fully inflated before takeoff.

During a hard landing, the air inside the protector compresses and gradually deflates through the seams of the nylon fabric cover. This deceleration helps distribute impact energy over a longer period, protecting the spine from extreme peak loads. Although the type certification demonstrates excellent G-force performance, no back protector can guarantee complete prevention of back injuries.

Important: Avoid unnecessary “butt landings” to preserve the protector's effectiveness. Over time and with use, the protector's efficiency may decrease, even if no visible damage is present. If any damage is visible or after a hard landing, the protector should be replaced or repaired by an authorized dealer or workshop.

Pre-Use Checklist:

- Ensure the outer shell of the protector and the entire webbing system are intact.
- Verify that the protector is fully inflated.
- Ensure that the rescue container and reserve handle are properly closed and installed.
- Check that the speed system is properly adjusted and secured.
- Make sure all harness buckles are properly closed and adjusted.

Maintenance and Service Life

The back protector requires minimal maintenance. Check its position before each takeoff. The mounting position between the rescue container and seat board offers protection from mechanical damage. However, any visible damage (e.g., holes, cracks) must be repaired to prevent the outer shell from breaking during impact, which could affect the protector's performance. After a hard landing, if visible damage occurs, have the protector repaired or replaced by the manufacturer or an authorized dealer/workshop.

Tandem flights

The VISSTA XC is not suitable as a passenger harness nor pilot's harness.

Towing

The VISSTA XC is suitable for towing if the main carabiners are used as attachment points for the towing release. There are no separate attachment points to mount a towing release.

Behaviour in particular cases

During water and strong wind landings the pilot should disconnect himself as soon as possible from the paraglider/ harness after landing. To do so, please loosen the leg belts and then open the leg and chest buckles. We generally recommend carrying a webbing cutter.
For tree landings, etc. the pilot should first secure himself against a possible fall and should wait for professional help. Contrary to above recommendations, it is possible that a different behaviour as described is required. The variety of possible situations doesn't allow a universal or general advice for the right behaviour. The right behaviour is a case-to-case decision in full responsibility of the pilot.

Lifetime and replacement of parts, repair advice

The VISSTA XC is designed for high loads and stress. High demands were set in the choice of materials. The lifetime of the harness depends on a high degree of awareness and treatment of the pilot. We recommend inspecting the harness periodically for signs of wear. If necessary damaged components must be replaced.

Damaged components may only be repaired by the manufacturer or an authorized workshop. Only original parts are to be used.

If the harness is dirty, clean it with water only. Avoid mechanical stress like rubbing with a brush. Chemical cleaners will damage fabric and webbing.

The only spare parts that are necessary for the VISSTA XC are rubber bands and maillons, for the connection of the reserve to the harness. Only approved rubber bands with the size of 30x3x1 mm or 25x3x1x mm should be used. An inexpensive purchase is possible through us.

MAINTENANCE, INSPECTION AND PERIODIC CHECKS

The VISSTA XC is almost maintenance free, but it requires a regular check for damage. Regular inspection gives you the guarantee of a full function of the harness.

Take special care that no dirt gets into the mechanic of the buckles and that all moving parts of the buckles are running freely and are not damaged.

The harness must undergo a complete check at least after 24 months. The carabiners must be replaced according to the carabiner manufacturer instructions, no later than after 1000 hours or 5 years. Only original carabiners are to be used. All periodic checks must be documented.

Storage and transport

In order to prevent unnecessary weakening of the harness we recommend the following for storage and transport:

- Avoid high temperatures (for example a closed car in summer)
- Avoid dealing with fire, sharp objects and chemicals in proximity of the harness
- Avoid unnecessary long exposure to sunlight as ultraviolet radiation can destroy the molecular structure of the material
- Avoid contact with saltwater or acid liquids
- If the harness is not in use for a long time, especially the back protector should not be stored compressed. Store the harness in a cool and dry place.

Nature- and environment friendly behaviour & disposal

We would also like to emphasise respecting our beautiful nature and looking after your flying sites. Please practice our sport in a way which does not impact our beautiful nature and environment and don’t leave your litter behind.
If you need to dispose the harness, please don't dispose of it in the normal household waste but in an environmentally responsible way. If you are unsure, please contact your local council or Flow dealer.

WARRANTY

Flow Paragliders' warranty covers any material defects or any production fault for two years or 250 hours since the date of purchase.
The guarantee does not cover:

- Damage caused by misuse
- Neglecting the regular maintenance
- Overloading or misuse of the glider
- Damage caused by inappropriate landings

In case of any doubts regarding the information in the manual contact your FLOW PARAGLIDERS dealer.
For spare parts or information in how to obtain them get in contact with us directly or with your local dealer.

Flow Paragliders PTY LTD | 15 Christine Avenue, Miami QLD 4220, Australia | info@flowparagliders.com.au