

**»»» RAC**

# RAC 225 S Super HD Dash Cam with GPS and Speed Camera Alerts

Designed and tested by experts

INSTRUCTION MANUAL



3.0"

**SUPER  
HD**

130°

32GB  
Support



Congratulations on choosing the Forward Facing RAC 225 S Super HD Dash Cam with GPS and Speed Camera Alert Function. Please read these instructions carefully before use.

## Contents

Product Features	P01	Zoom in / out	P14
Unpacking	P01	Playing Back Videos and Photos	P15
Identification of Controls	P02	Playing Back Videos and Photos	P15
Preparing for Use	P03	Screen	
Installing the Dash Cam	P04	Playback Menu Options	P16
Connecting to Power	P04	Playback Menu Options	P17
Powering the Dash Cam On / Off	P05	GPS Function	P18
Set the Date / Time	P06	GPS Icon Indication	P19
Mode Selection	P06	GPS Tracking Logger	P19
Using the Dash Cam	P06	Battery Warning and	
Recording Screen	P07	Installation Notes	P20
Emergency File Protection	P07	Caution	P21
Motion Detection	P08	Warranty	P21
G-sensor Collision Recording	P09	Specification	P22
Protection (Protect Level)			
Audio on/off	P09		
Menu Operation	P09		
General Settings Menu Options	P10		
Menu Settings Mode	P11		
Menu Settings Mode	P12		
Menu Settings Mode	P13		
Taking Pictures	P14		
Still Capture Screen	P14		

## Product Features

- › Super HD 1296p Dash Cam - records what happens on the road ahead
- › 3 Megapixel CMOS Sensor
- › 3.0" TFT Display - with screen saver function to avoid distractions whilst driving
- › 130° Wide Angle F1.8 6G Lens
- › Built in GPS function records speed and location
- › Built in Speed Camera Alerts to notify the driver of upcoming speed and safety cameras by way of an audio and visual alert, advising the distance to the speed camera, the speed camera type and the current speed limit and the current speed of the vehicle
- › Supports up to 32GB Class10 Micro SD Card
- › G-sensor Collision Recording Protection
- › Motion Detection
- › Seamless Loop Recording

## Unpacking

Unpack the contents of the box and ensure the following components are present.

- › RAC 225 S Dash Cam
- › Class 10 Micro SD Card ( pre-installed into the RAC 225 S )
- › Car Charger
- › GPS Mount
- › 3M Windscreen Mount
- › SD Card Reader
- › Quick Start Guide
- › Window Sticker

## Identification of Controls



### Controls:

1. USB Port for GPS Mount
2. Lens
3. LCD
4. SD Card Slot
5. Up Button
6. Menu Button
7. Down Button
8. OK Button
9. Mode Button
10. Lock Button
11. Power Button
12. Microphone
13. Reset
14. GPS Unit
15. 3M Windscreen Mount

## Preparing for Use

### Battery Indicator and Charging

#### Inserting the Micro SD Card (included)

Follow the direction indicated on the Dash Cam to insert the Micro SD card, a click sound is heard indicating the card is in position.

**NOTE:** For first use, the Micro SD card is pre installed.

To remove the Micro SD card, push to eject the Micro SD card out of the slot.

#### NOTE :

1. Do not remove or insert the Micro SD card when the Dash Cam is turned on. This may damage the Micro SD card.
2. Please use a minimum Class 10 or higher rating Micro SD card, maximum up to 32 GB.
3. Please format the micro SD card before the first use (see instructions in this Manual).
4. When removing the Micro SD card, be careful that the card may spring out and get lost. The Micro SD slot has this spring-out feature for easy removal of the card.



## Installing the Dash Cam

1. Insert the GPS mount into the 3M windscreen mount, the GPS cable goes through the hole of the 3M windscreen mount.
2. Screw the GPS mount into the top of the Dash Cam, and tighten the screw to make sure the GPS mount is securely locked in place.
3. Insert the GPS cable from the 3M windscreen mount into the RAC 225 S.
4. Tear off the sticker from the 3M windscreen mount, and position the 3M windscreen mount onto the windscreen.  
**Note:** The 3M mount is hard to move, so please make sure that the windscreen mount is in the correct location and position prior to fixing onto the windscreen.
5. Rotate the Dash Cam 360° to secure the desired view

## Connecting to Power

Use only the supplied car charger for powering the Dash Cam.

1. Connect one end of the car charger to the USB port on the GPS mount.
2. Plug the other end of the car charger to the in car power socket of your vehicle. Once the vehicle engine is started, the Dash Cam automatically turns on. It will also turn off when the engine is turned off. (**Note:** Some vehicles have an in car power supply that remains on, even if the engine is turned off. If this is the case, you will need to manually turn the Dash Cam on and off, using the power button, when you enter and leave the vehicle).

**Note:** Any excess cable can normally be tucked into the ceiling of the vehicle. We have a video to advise on how best to fit the RAC 225 S which is available at [www.proofcam.com](http://www.proofcam.com) and visit "Dash Cam Resources". You can also search "How to fit a 225 S" on YouTube - please visit the ProofCam channel on You Tube for a number of helpful videos.

## Powering the Dash Cam On / Off

### Auto Power On / Off

Once the vehicle engine is started, the Dash Cam automatically turns on and starts recording ( must have the Micro SD Card installed). After the car engine is stopped, the Dash Cam will automatically save the last recorded file and shutdown.

**NOTE:** If your vehicle in car power remains on after the car engine has been turned off, you may need to remove the power lead, or turn the RAC 225 S off using the power button. This is because if the in car power remains on, the RAC 225 S will not know that the engine has turned off.

Please **MUST** insert the GPS cable into the Dash Cam first and then insert the car charger into the GPS mount. Otherwise it will not open the dash cam every time.

### Manual Power On / Off and Reset

#### Manual Power On / Off

Short press the Power button  1 second to power the Dash Cam on and off.

#### Reset the Dash Cam

In case the Dash Cam fails to function normally due to unknown causes, press the Reset button with sharp pin, then wait for restarting the dash cam. Sometimes it is also necessary to format the Micro SD Card, which can be performed from the menu settings.



## Set the Date / Time

### Auto Update

The time and date will automatically update after the Dash Cam has received a GPS signal. The letters GPS in the top left of the screen will turn from red to green once a GPS signal has been acquired. You may need to adjust the time zone settings in the menu if the displayed time is not correct.

### Manual Update

Press OK button **OK** to stop recording;  
Press Menu button **MENU** to enter menu settings;  
Press the Up / Down **▲▼** buttons to select Clock Settings;  
Press OK button **OK** to enter the Clock settings;  
Press Up / Down buttons **▲▼** to change values, then when complete, press OK button **OK** to return to the menu settings;  
Press Menu button **MENU** until the Dash Cam exits the menu function and returns to the Home screen;  
Press OK button **OK** to resume recording.

## Mode Selection

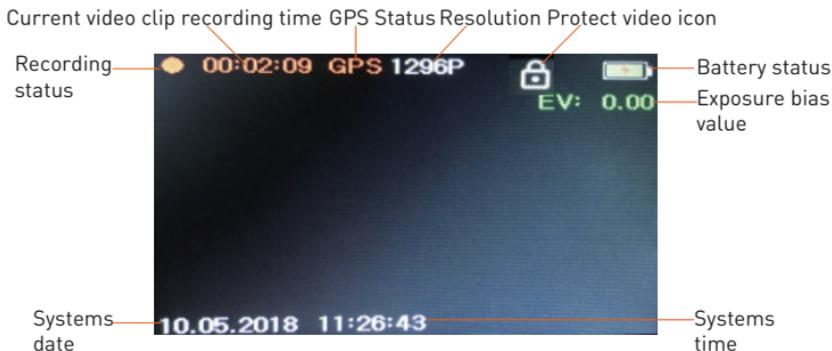
The default setting is Video Mode. Press MODE button one time to switch to Still Capture Mode, twice to Playback Mode. In Playback Mode, press UP and DOWN buttons to switch to VIDEO (normal video), EVENT (any lock video during recording), PHOTO (pictures). Press LOCK button to switch to Rear camera Playback Mode.

## Using the Dash Cam

### Recording Videos

Before starting to record, please ensure that the Micro SD card (included) is inserted. If you are using the Dash Cam for the first time, it will be pre installed in the slot. Please format your SD card in Dash Cam before using. Please adjust the Time Zone according to your location and seasons at MENU settings. Press OK button to start recording, the video recording icon  flashes on the screen. The recorded files are saved to the Micro SD card. To stop recording, press OK button again. With the car charger connected the Dash Cam will automatically turn on and start recording when the car engine starts. When the engine stops, the Dash Cam will automatically save the last file and turn off.

## Recording Screen



## Emergency File Protection

The RAC 225 S records in segments onto the Micro SD card. The default segment duration is 3 minutes, which can be changed from the menu settings. For example, 1 hour of recording would generate 20 x 3 minute segments.

During recording, press Lock button to protect the current video, the lock icon  appears on the screen, the current video clip will be protected and cannot be replaced.

The protective video can be seen the lock icon  in the EVENT file of dash cam playback mode, and the file name will be changed to "EMERXXXXXX-XXXXXXF.MOV".

### Remove the protection for the video:

Press OK button to stop recording, then press MODE button twice switch to Playback Mode, press UP or DOWN buttons to choose EVENT file, then press OK button to enter Emergency file, and then press UP and DOWN buttons to select the protection video and then press MENU button to enter Playback menu, press UP and DOWN buttons to select "Protect" menu, press OK button to enter to choose "Unprotect One" or "Unprotect All", press OK button to confirm unprotect current video or all the protected videos, the lock icon will disappear from the screen. The video will not be protected and can be replaced if the Micro SD card is full.

**NOTE:** The manual unprotected videos can't change the file name and move to the Video file automatically.

## Recovery the video to the protection video:

During Playback menu, press UP and DOWN buttons to select VIDEO or EVENT file, when you choose one, the color will be changed to Yellow; press OK button to enter the file and press UP and DOWN buttons to select the video; press MENU button and press UP and DOWN buttons to select the Protect menu setting; Press OK button and press UP and DOWN buttons to select "Protect One" or "Protect All", then press OK button to select a file or all files, and press OK button twice to recovery the current video or all the videos to protected videos.

- NOTE:**
1. All the manual protected videos in VIDEO files can't be replaced, but their file name can't be changed to "EMERXXXXX-XXXXXF.MOV" and moved to EVENT file.
  2. The recording will stop automatically and the screen will show " No space, format SD card" if the Micro SD card is full of protected files. To continue recording, please do this in thress ways:
    - a. Change another Micro SD card;
    - b. Format Micro SD card in dash cam or computer;
    - c. Delete the protected files in computer.

## Motion Detection:

First, press OK button to stop recording; Second, press Menu button to enter Menu settings to activate the Motion Detection function ( the default setting is Off, press UP and DOWN buttons to select the Low/Middle/High, press OK button to confirm the selection); Third, press Menu button to exit Menu settings and the motion detection icon  will appear on the right side and under the exposure bias value of the screen and standby for detection, it will be recording automatically once the Dash Cam detects any motion in front of the lens, the recording time is generally 10-15 seconds without any motion is detected again.

The Dash Cam will start to record next 10-15 seconds if any motion is detected, press OK button to stop recording and press MENU button to enter menu settings to set the Motion Detection to Off, and then can exit from the motion detection mode and icon will disappear from the screen.

- NOTE:**
1. When the battery is fully charged and is in good condition, the recording time depends on the loop recording segment and the default setting is 3 minutes.
  2. As the dash cam is used, the battery storage capacity will decrease gradually.

## G-sensor Collision Recording Protection (Protect Level)

When a collision is detected while recording, the lock icon  will appear on the upper right side of the screen and the current video segment will be protected automatically and cannot be replaced until it is deleted from the SD card.

- NOTES:**
1. The default setting is Low.
  2. If the collision happened and you wish to protect the following videos when the collision is detected before the last 5 seconds of current video, you can also press Lock button to activate the SOS function during recording.
  3. If there is an incident, and you do not want to risk the segment being overwritten, you should always push the Lock button to protect the current segment.

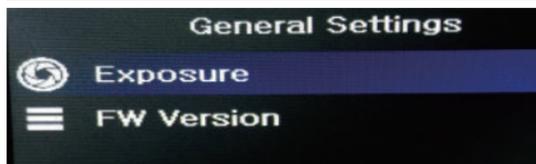
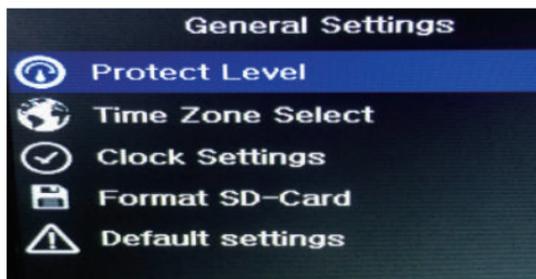
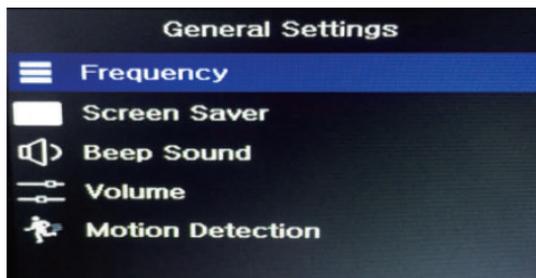
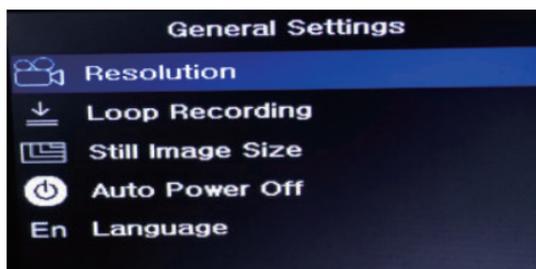
## Audio On / Off

Press OK button to stop recording, and then press DOWN button to turn the microphone on and off. On means the video recorded with voice, off means no voice recorded even the car has voice.

## Menu Operation

Press OK button to stop recording, then press Menu button to enter menu setting, press UP / DOWN button to select the menu, and then press OK button to enter the setting, press UP / DOWN button to select the option, and then press OK button to confirm the setting. After finished the setting, press Menu button to exit menu setting.

## General Settings Menu Options



## Menu Settings Mode

Function List	Description	Available Option
Resolution	Setting for video resolution.	2304x1296 30fps 1920x1080 30fps
Loop Recording	Setting for enabling automatic loop record and the video clip time. 1 min / 3 min / 5 min - Select segment recording time. For example, the recording time is 3 minutes. If 21 minutes of video is recorded, then 7 segments each of 3 minutes in length will be created. The default setting is 3 min.	1 min / 2 min / 5 min
Still Image Size	Select the picture quality / resolution. 3M is the default one.	3M / 2M / 1.2M / VGA
Auto Power Off	Set the automatic power off time when the dash cam is not recording or operating. Off - The dash cam will not automatically power off. This is the default setting. 1min - The dash cam will automatically turn off after the dash cam is not recording or operated for 1 minutes. 3min - The dash cam will automatically turn off after the dash cam is not recording or operated for 3 minutes. 5min - The dash cam will automatically turn off after the dash cam is not recording or operated for 5 minutes.	Off / 1min / 3min / 5min
Language	Select the desired OSD language.	Off / 1min / 3min / 5min
Frequency	Set the suitable frequency.	50 Hz / 60 Hz

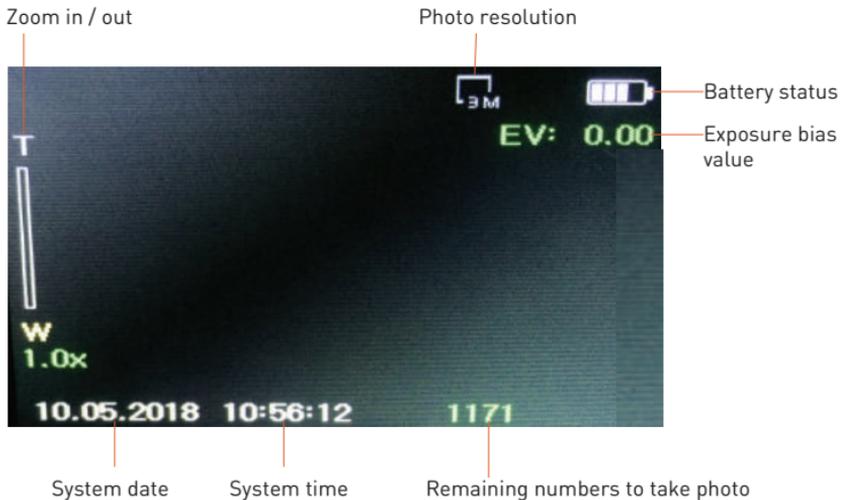
Function List	Description	Available Option
Screen Saver	<p>Manage the backlight of the screen. It is advisable to enable this feature to preserve the battery power.</p> <p>Off - Select to disable power saving for the screen. Screen will keep on all the time.</p> <p>1min / 3min - The dash cam will automatically shut down the screen after 1min / 3min if no operation. 3min is the default setting.</p> <p>Note: If enabled, the dash cam continues to record video even when the screen is shut off.</p> <p>Press any button to turn on the screen.</p>	Off / 1min / 3 min
Beep Sound	<p>Setting to enable / disable the press button beep sound.</p> <p>Off - No beeps sound when you press button.</p> <p>On - Select this to enable audible system beeps when setting the menu options. This is the default settings.</p>	On / Off
Volume	Set the dash cam volume.	Volume 1-9
Motion Detection	<p>Setting for activating the motion detection and the sensitivity.</p> <p>Off - Disable the motion detection. It's the default setting.</p> <p>Low / Middle / High - Select to enable the motion detection and the sensitivity</p>	Off / Low / Middle / High
Protect Level	<p>Setting for the sensitivity of G-sensor to detect collision to protect the recording video.</p> <p>Off - Disable the G-sensor function.</p> <p>High - The collision will be detected at the easiest.</p> <p>Medium - The collision will be detected easier.</p> <p>Low - The collision will normally be detected. This is the default setting.</p>	Off / High / Medium / Low

Function List	Description	Available Option
Time Zone Select	Set the time zone so that the time will be automatically changed to the time zone's time when it receive the GPS signal. The default one is GMT+00:00.	GMT+00:00 / GMT+01:00 GMT+02:00 / GMT+03:00 GMT+03:30 / GMT+04:00 GMT+04:30 / GMT+05:00 GMT+05:30 / GMT+05:45 GMT+06:00 / GMT+06:30 GMT+07:00 / GMT+08:00 GMT+09:00 / GMT+09:30 GMT+10:00 / GMT+11:00 GMT+12:00 / GMT+13:00 GMT-01:00 / GMT-02:00 GMT-03:00 / GMT-03:30 GMT-04:00 / GMT-05:00 GMT-06:00 / GMT-07:00 GMT-08:00 / GMT-09:00 GMT-10:00 / GMT-11:00 GMT-12:00
Clock Settings	Set the dash cam date & time.	YYYYMMDD HH:MM:SS
Format SD-Card	Format the inserted micro SD card videos and pictures. YES - Select this option completes the format process. All the videos and pictures will be deleted. NO - Select this to end the format and return to the previous menu. <b>Warning:</b> All videos and pictures are permanently deleted and CANNOT be recovered once the SD card is formatted.	NO / YES
Default settings	Set the dash cam to the original factory default settings.	NO / YES
Exposure	Manual compensation for low or bright light levels. The more negative “-” in scale, the darker the recorded video appears. The more positive “+”, the brighter the recorded video appears. 0 is the natural setting for this option and is the default value.	NO / YES
Version	This option displays the current firmware version of the dash cam. This information may be important for service and support communications.	Ver: 225S.20180409V2

## Taking A Picture

To take a picture make sure the **Still Capture Mode** is selected (Press the OK button to stop recording and then press MODE button to enter still capture mode). Press OK button to take a photo. Photos are saved on the Micro SD card.

### Still Capture Screen



### Zoom in / out

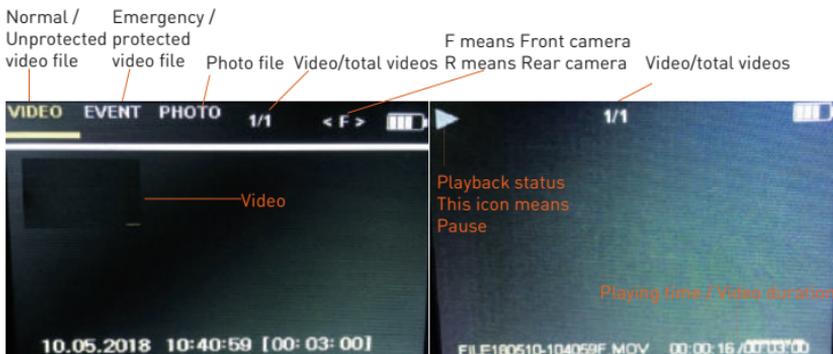
On the **Still Capture Mode**, press UP and DOWN button to zoom in / out.

## Playing Back Videos and Photos

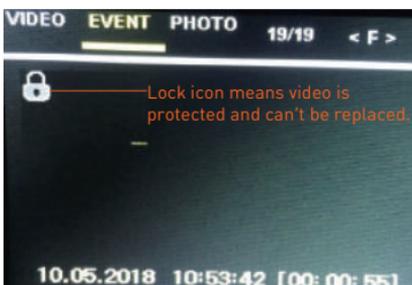
### Playing Back Videos and Photos

Press OK button to stop recording, then press MODE button twice switch to videos view mode, press UP / DOWN button to select the video file (the color of selected file name will appear yellow), press OK button to enter the file (file name will change to red), press UP / DOWN button to select the video / photo to play (the selected video's / photo's frame will change to red), press OK button to start to play the selected video. Press OK button can pause the playing, press MODE button to back videos view mode, then press MODE button again to back file select mode, and then press MODE button to back video recording mode.

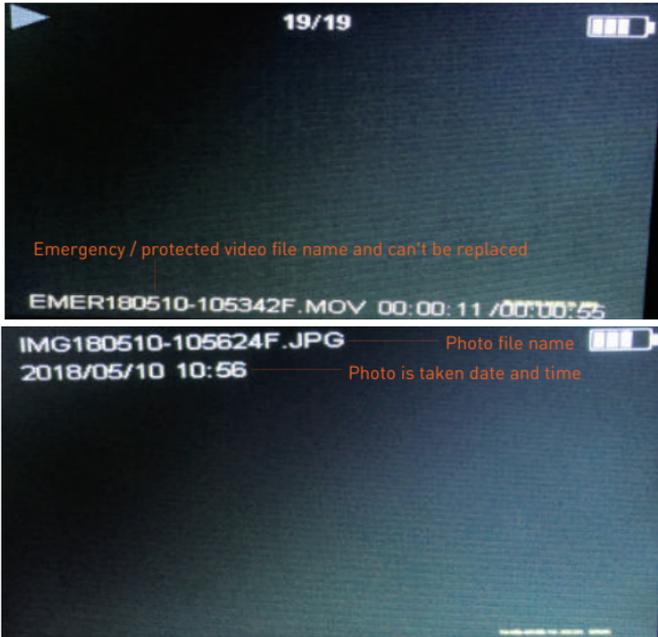
### Playing Back Videos and Photos Screen



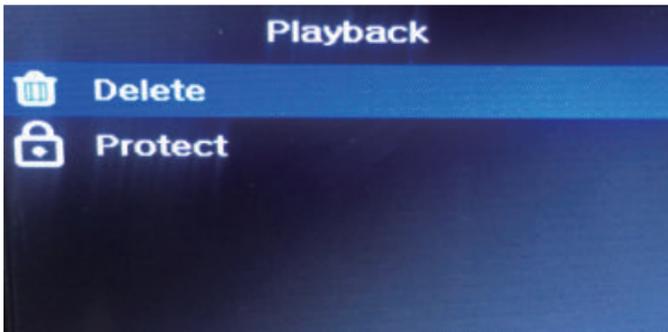
Recorded date Recorded time Video duration



Normal / unprotected video file name,  
FILE means normal file,  
18 means recorded year,  
05 means recorded month,  
10 means recorded date,  
- means hyphen,  
10 means recorded hours,  
40 means recorded minutes,  
59 means recorded seconds,  
. means period,  
MOV means video format.



## Playback Menu Options





Function List	Description	Available Option
Delete One	Delete One - This option allows a single video or photo to be deleted from the inserted micro SD card per action. <b>Warning:</b> The protected videos actually can't be deleted by this operation.	YES / NO
Delete All	Delete All - This option allows all videos or photos to be deleted from the inserted micro SD card per action. <b>Warning:</b> The protected videos actually can't be deleted by this operation.	YES / NO
Protect One	Protect One - This option allows a single video or photo to be protected.	YES / NO
Unprotect One	Unprotect One - This option allows a single video or photo to be unprotected.	YES / NO
Protect All	Protect All - This option allows all videos or photos to be protected.	YES / NO
Unprotect All	Unprotect All - This option allows all videos or photos to be unprotected.	YES / NO

## GPS Function

This product built-in GPS module in mount, power on and waiting for 1-5 minutes in outdoor, when GPS word on preview screen turned green, it means that the signal has been received, the recorded video can be tracked at this time.



At this time, the recorded video will have the correct latitude, longitude and speed displayed on the watermark.

## GPS Icon Indication

When the Dash Cam received GPS signal, the LCD will display the following subtitles when a speed point is detected during driving recording:



Indication:

- > '15 Mph': Indicating that the current car speed is 15MPH.
- > '150 M': Indicating there are 150 meters far away from the speed point.
- > '40': Indicating the current speed limit is 40MPH.
- > 'Fixed Camera': Indicating the speed camera type, i.e. fixed camera means the speed camera can't be changed,

## GPS Tracking Logger (ProofCam GPS Media Player, PC player)

ProofCam GPS Media Player enables you to playback video files and view the speed and location data for each video in real time and is available as a free download from [www.proofcam.com](http://www.proofcam.com)

- > Open [www.proofcam.com](http://www.proofcam.com) in your mac / PC and follow the link to find " Dash Cam Resources" ;
- > Download the software according to your computer's system;
- > Follow the guide to install and use it.

Note:

The speed in GPS Media player will have a little different from the speed of original video. This is normal, and there may also be a difference from the vehicle speed and the GPS speed. Sat Navs and other devices have the same features.

Please regularly update the speed camera database from the ProofCam website.

## Battery Warning and Installation Notes

- › Always charge using the provided in car charger. Improper handling of the battery may result in explosion.
- › Never dismantle or pierce the battery or allow the battery to short-circuit.
- › Batteries may explode if exposed to naked fire. Never dispose of batteries in a fire.
- › Dispose of used batteries observing local regulations.
- › Never replace the battery on your own, have the dealer do it for you.
- › This product should be installed near the rear view-mirror, at the centre of windshield, if possible, for optimal viewing.
- › A protective film on the lens will affect the video or photographic effect, remove the protective film before using the Dash Cam.
- › Do not touch the lens with your fingers. Finger grease may be left on the lens and will result in unclear videos or snapshots. Clean the lens on a regular basis.
- › Do not attempt to disassemble or alter any part of the Dash Cam that is not described in this guide.



THE LITIUM-ION BATTERY CONTAINED IN THE PRODUCT MUST BE RECYCLED OR DISPOSED OF PROPERLY. USE RAC DASH CAM ONLY WITH THE SUPPLIED DC POWER LEAD AND AC ADAPTER FOR BATTERY CHARGING.

To recycle your RAC Dash Cam unit, please take it to your local recycling centre. This product fully satisfies the requirements for CE marking when used in a residential, commercial or light industrial environment.



This equipment complies with the essential requirements of EU Directive 2014/53/EU. Do not use this product on board aircraft, or in hospitals, without first obtaining permission.

## Caution

- › Due to local laws and vehicles safety considerations, do not operate the Dash Cam while driving.
- › Set up time and date accurately before you use this Dash Cam.
- › This product gets warm when in use, this is normal.
- › Do not place the Dash Cam near a heat source or directly expose it to flame or heat.
- › Never place the Dash Cam in vicinity of equipments generating strong electromagnetic fields. Exposure to strong magnetic fields may cause malfunctions or data corruption and loss.
- › The system is used only for non-commercial use, within the maximum limits permitted by applicable law. Our company does not accept any responsibility for any data loss during the operation.
- › Improper use or operation of the product may result in damage of the product or its accessories and void the warranty.
- › Before you start using the system, it is assumed that you agree to the above statement.

## Warranty

This RAC Dash Cam is warranted to be free from defects in materials or workmanship from one year from the date of purchase ( pre-installed Micro SD card has six months warranty). Within this period, ProofCam will repair or replace any part or parts ( not include Micro SD card) that fail provided such failure is not deemed to be as a result of misuse or damage caused. The warranty does not apply to cosmetic damage not to consumables such as batteries or storage cards. At our option, we will either repair or replace any cameras that are deemed to be eligible under the terms of this warranty. Any damage or fault caused by accident, misuse, unauthorised repair or interference or similar is not covered under this warranty.

If you have a camera that requires service under warranty, then in the first instance you should return it to the retailer from whom it was purchased.

Should you have any general or technical questions on your RAC 225 S Dash Cam, please email us at [customer@proofcam.com](mailto:customer@proofcam.com). We will endeavor to answer your mail within 24 hours.

ProofCam Limited EC1V 7LQ  
proofcam.com

You can also find general information, news, reviews and competitions on our 'ProofCam' Facebook page and Twitter feed.

## Specification

LCD Display	3.0 inch TFT LCD monitor
Image sensor	3MPCMOS
View angle	130°
Video Resolution	1296P 2304 x 1296 / 1080P 1920 x 1080
Picture resolution	3M / 2M / 1M / VGA
Video format	MOV
Picture format	JPG
Memory	Support Class 10 or higher rating Micro SD card, maximum up to 32GB
GPS	Built-in mount
Speed Camera Alerts	Built-in mount
Microphone	Built-in
Speaker	Built-in
G-sensor	Yes
Power source	In car charger
Interface	USB port, SD card slot, Rear Camera port
Operating temperature	0°~ 45° C
Dimensions	91.2*54.5*34mm ( L*W*H)
Weight	106g



**Important:**

It is your responsibility to make sure that you use the RAC Dash Cam in a safe and responsible manner. Do not access functions or change settings whilst you are driving, and the location and positioning of your RAC Dash Cam should not interfere with the driver's field of vision.

Please make sure that you drive in an appropriate way and in compliance with all the laws and regulations. The RAC Dash Cam is not a driving aid and is designed solely to provide a video record of your journey.

ProofCam accept no responsibility whatsoever for any failure of the equipment to work correctly.