

The PoolMate2 will estimate your distance in open water based on your stroke length. It needs to be calibrated during the first open water swim and should be repeated frequently to get best results.

Openwater swimming

The PoolMate2, Plus and Live can also be used in OWS mode when swimming outdoors in a lake or sea. It will estimate your speed, distance etc by using your stroke length and the number of strokes.

The first time you use OWS mode you need to undertake a calibration swim. This swim should be in similar conditions to your normal open water swimming. i.e. In open water and with a wetsuit if you normally wear one.

You will need a swim course with a known distance, it doesn't matter what this is you just need to know it. Ask your open water swim operator if you are not sure.

Calibration instructions

At the start of the course press mode to get to OWS mode, then press start. Swim the course one time only.

Hold the start button for 2 seconds to stop the session then press Up to recall the data. Press UP until you see distance, it will not be correct at this point but don't worry.

Press start, then the up or down buttons and change the distance until it matches the known course distance. Hold the start button for a couple of seconds to exit. It's now calibrated to your stroke length.

On subsequent swims just press mode until you see OWS, press start and swim.

(Please note that this is an estimation and will not be as accurate as GPS measurements from a kayak or other vessel.)

OWS mode can also be used to estimate distance in an endless pool too.

Just swim a few laps of a regular pool or open water facility at the same intensity you would use in the endless pool and follow the calibration instructions.