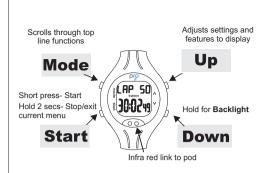
# Welcome to the PoolMatePro User Manual



# Contents:

PoolMatePro watch USB pod USB lead Instruction manual Quickstart/overview guide

# **Quick Start**

When using the PoolMatePro for the first time the pool length, your weight and the hand you wear the PoolMatePro on, must first be set. The default settings are 25m. 65KG and left handed.

#### From main CLOCK screen

Press Mode 4 times to show SETUP, select by pressing Start.

Set watch from metric to imperial units if required by pressing Up/Down.

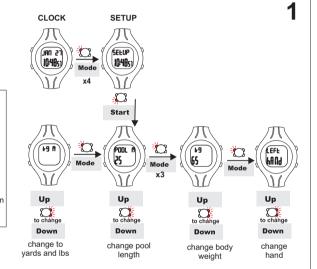
Set Pool length by pressing *Up/Down* until correct value is

Press Mode 3 times to set your weight (again use Up/Down to select correct value).

Press Mode once to set left or right hand (use Up to select).

Hold Start for 2 secs to return to main menu and Mode to return to CLOCK screen

You are now ready to Swim!



# **Swimming**

- Press Start to begin
- Swim your session
- Hold Start for 2 seconds to stop.

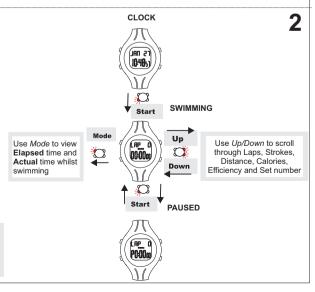
Press Up and Down to view Laps. Strokes, Distance, Calories, Efficiency Index and Time.

#### To record sets:

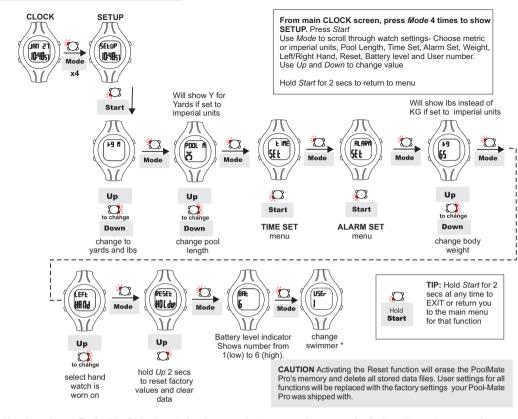
- Press Start- swim first set
- Press Start to Pause (a P will appear at the start of the bottom line and the time for your last set will remain for 3 seconds the reset so you can time your rest period).
- Press Start again to Restart- swim next set.
- Repeat as required
- Hold Start for 2 secs to Stop

The PoolMatePro must be put into Pause Mode when drilling

To conserve battery life, if the watch has NOT been PAUSED and no laps have been detected for 5 minutes, the watch will stop recording and return to CLOCK screen.



# **Selecting your settings**



\*Changing swimmer: The PoolMatePro has been designed so up to to 3 swimmers can share one watch or families with more than one watch can use the same PC to analyse their swims. In either case each swimmer should be assigned a number (1, 2, or 3). The swimmer should set the assigned number on the watch in the SETUP menu before swimming and change his weight.

# **Setting the Time**

# **Setting the Alarm**

ALAPA

SEE

From ALARM SET in the SETUP menu Press Start - the hours will flash on the clock display, press Up and Down to change value. Press Mode to select minutes, pressing Mode again selects on or off. Press Up and Down to change value as before.

Hold Start for 2 secs to return to SETUP. Hold Start again for 2 secs to return to Start main menu.



select Hours. Minutes on/off

Up to change Down

change

Setting the Alarm to ON activates the bell icon, above seconds on the display.

The alarm will sound each day at the set time for one minute or until Mode is pressed



Start

From TIME SET in the SETUP menu Press Start - the hours will flash on the clock display, press Up and Down to change value. Press Mode to select minutes, pressing Mode again will select Year, then month, then date, then 12/24 hour setting, press Up and Down to change values as before.

Hold Start for 2 secs to return to SETUP. Hold Start again for 2 secs to return to main menu.



select Hours. Minutes, Year, Month.Date 12/24hr



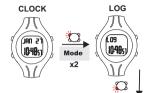
Hold

hold for 2 secs to EXIT

# Reviewing your sessions on the watch

# **Previous Session**

Data can be viewed after swimming directly from the CLOCK screen by simply using the Up/Down buttons to scroll though Laps, Average Strokes per lap, Distance, Speed (seconds per 100m or vards). Calories, Efficiency and Time,



Start

Start

**TOTALS** 

CHRONO

Chrone

Start

SEŁ

00<del>-</del>00<sub>00</sub>

### Other sessions

# From CLOCK screen press Mode twice to go to LOG

Press Start to enter. Use Up and Down to scroll through recorded sessions (the PoolMatePro stores each session in the log by

Press Start to view selected log details.

Use Mode to scroll through the TOTALS for this session - Swimming time (without rest periods), Laps, Distance, Calories and Average

Any SETS can then be viewed, Scroll through SET Time, Laps. Distance, Average Strokes, Speed, Efficiency Index with Mode.

Hold Start to exit

# Deleting files

All sessions are automatically stored in the LOG however you can delete individual sessions you do not want to save.

Select the Log file you wish to delete then press Mode. ERASE will flash at the top of the screen. Press Mode. SURE will appear press Mode again to delete the selected file.

NOTE: once erased you will lose this file and it will not be recoverable

SWIM icon indicates a Swim log. No SWIM icon indicates a Chrono log Up

SELECT

REQUIRED

LOG

Use Mode to scroll

through TOTAL Time.

Laps, Distance,

Calories and Average

Strokes.

and scroll through Sets with Up/Down. The metric will be shown

for each set so you can compare.

TIP: To see how specific

metrics vary between

sets (Time, Speed etc)

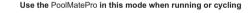
Select required metric

(eg Time) with Mode

Use Mode to scroll through SET Time. Laps. Distance. Strokes per lap, Speed and Efficiency Index.

# Chrono

CLOCK



SETS



SEL2 14 10:56 8

#### From CLOCK screen press Mode to go to CHRONO Press Start .

Set 1 will show on the display

As when Swimming, pressing Start again will PAUSE, another press will RESTART and the Set count will increment.

### A long press will STOP.

The session can be viewed in exactly the same way as swim sessions-using Up/Down immediately after the session or from the LOG screen. Chrono files are distinguished from Swim files as the SWIM icon will not show.

NOTE: In Chrono mode the motion sensor will not operate-only Time is recorded- not Speed or Distance.

## view Elapsed time and Actual time

Use Mode to

1. Your PoolMatePro has been designed for lap swimming in a pool. It has not been designed to work in Open Water.

START BUTTON:

Aquick press will START.

Afurther press will PAUSE.

A long press will STOP.

Another press will RESTART

- 2. The PoolMatePro detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the PoolMatePro must be put into PAUSE mode when doing drill and kick sets.
- 3. Strokes must only be changed at the end of a lap, not part way through a lap or inaccurate lap and stroke counts may be recorded
- 4. The stroke count displayed is the number of strokes taken by the arm you wear the PoolMatePro on. Remember when swimming FrontCrawl and BackStroke this is half the total number of strokes.
- 5. Like most sports watches, the buttons are not designed to be operated underwater. You must make sure the Pool-Mate Pro is out of the water before pressing any buttons. Do NOT dive in wearing the PoolMatePro. Pressures are much greater and water may be forced into the case.

#### Efficiency

The Efficiency Index is calculated from the distance travelled per stroke and time per stroke. This index decreases as your efficiency increases.

less than 30 Excellent -Elite athlete 30-40 Very Good

40-50 Above average 50-70 Average more than 70 Below average

### Replacing the battery

The PoolMatePro's battery (CR2025) has an estimated life expectancy of over 12 months. The higher your average hours swimming a week, the shorter the battery life will be. To maintain water resistance and ensure the warranty remains valid, the PoolMatePro should be returned to Swimovate Ltd for battery replacement or taken to a qualified watch maker- do not attempt to change the battery yourself.

#### Care and maintenance

The PoolMatePro is water resistant to 50m, however the buttons are not designed to be operated underwater. You should make sure the Pool-Mate Pro is out of the water before pressing any buttons. Do not dive wearing the watch. The PoolMatePro should not be used if any fogging or water droplets appear inside the watch. Never attempt to dismantle or service your PoolMatePro yourself.

Always protect your PoolMatePro from shocks, hard and sharp objects extremes of heat and prolonged exposure to direct sunlight.

If not in use, store your Pool-Mate Pro in a clean, dry environment at room temperature. Do not store in a damp environment such as a sports

Do not expose to strong chemicals and cleaning products as they may damage the PoolMatePro's seals, case and finish.

If your PoolMatePro needs cleaning, wipe it with a soft damp cloth, Mild soap may be used if necessary. The Pod and lead are not water resistant and should not be placed in contact with water.

#### Warranty

No guarantee is given as to the accuracy of the watch or it's lap and stroke counting ability with particular swimmers or strokes. If this product should fail due to defects in materials or workmanship. Swimovate Ltd will repair or replace it free of charge for a period of twelve months from the date of purchase (proof of purchase required). This warranty is only extended to the original purchaser and covers failures due to defects in materials or workmanship that occur during normal use. It does not cover battery, battery replacement, damage or failures resulting from neglect, accident. misuse, mishandling, alteration or modifications of the product or any failure caused by the operation of the product outside the scope of its published specifications. Swimovate Ltd shall in no event be liable for any incidental or consequential damages arising from the use or inability to use the product. Swimovate Ltd do not assume any responsibility for losses or claims by third parties that may arise through the use of this product. If a claim under warranty appears to be necessary email support@swimovate.com (or telephone +44 (0)1784 481562) to obtain a returns number before returning your Pool-Mate Pro. Packages will not be accepted without a returns number.

### Certification-The PoolMatePro has CE and FCC approvals.

The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC. The Pool-Mate has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This User Manual and its contents are intended solely for the use of our customers to obtain knowledge regarding the operation of the PoolMate Pro. The contents shall not be disclosed or reproduced without the prior written consent of Swimovate Ltd. Great care has been taken to ensure the accuracy of this documentation but it's contents are subject to change at any time without notice. The latest version of this documentation can be downloaded from www.pool-mate.com.

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**Automatic Swimming Computer** with PC/Mac Link

Manual

v2.00

# **Software Installation**

8

8.1 Download the latest PoolMatePro V2 installers from www.swimovate.com/downloads.html and save to your computer. Find this location then double click to run the installer. Follow the steps the installer takes you through, we recommend installing to the default settings.

Once the application has installed the USB drivers will automatically be installed as well

PC users can run the program from the Start button, select All Programs/Swimovate/PoolMatePro V2 Mac users will find it in the Applications directory

#### **GETTING STARTED**



When you have first installed the software you will need to setup your swimmer. From the *menu* bar at the top of the screen select SetUp and select your User name and number and the units you wish to use, either Metric (KG and Metres) or Imperial (Yards and Lbs) and add your weight.

The default settings are User1 and Metric units

Set a default stroke type (the most common one you swim), you can change this in individual sessions if you alter your stroke later. Click OK to save.

To UPLOAD from the watch, plug your pod into a spare USB port and select *Upload* from the *Menu* bar. Make sure the message box says a COM port number and it will instruct you to put the watch on the pod. You may need to wait a minute or so for the pod to register.

Place the pod is flat on a table, press Mode 3 times on the watch until it says UPLOAD and place upside down in the pod making sure the logos are aligned on the watch and the pod. Uploading progress will be shown and indicated when complete and the message box will automatically close.

Please note, the first time you plug in your USB pod it will take a minute or so to load the drivers and the message may show Plug in USB pod COM port None until this takes place. Just wait until it tells you to select Upload on the watch before trying to Upload.



# FAQs and troubleshooting

### THE SOFTWARE

#### Q My data won't upload?

A Plug the pod into a working USB port. Click on Upload on the menu bar and wait until the message box says "Place watch on USB pod in Upload mode, COM port x" where x is a number. This may take a minute or so. Then select UPLOAD on your PoolMate Pro and put on the pod.

If no COM Port number is shown after waiting a minute, please contact support.

The Pro logos on the watch and the pod should be aligned so the Infrared transmitter and receiver are lined up. The Pod also needs to be on a flat surface or upload won't commence.

### Q Do you support 3rd party developers?

A We would like other software developers to add PoolMatePro support in their applications. Please email info@swimovate.com for more details.

### THE WATCH

### Q How does the PoolMatePro work?

A The PoolMatePro contains state of the art motion sensors that detect the motion of your arm. Our unique software algorithms and digital signal processing techniques analyse the data and extract lap, stroke, distance, speed and calorie information automatically.

# Q Do I need to press a button at the end of each lap like other lap counters?

A No, The PoolMatePro is fully automatic and will sense when you start a new lap without you having to do anything.

### Q Why do I need to enter my weight?

A The PoolMatePro uses this to work out the calories you expend.

### QI want to swim sets, can the PoolMatePro record each set?

 ${\bf A}$  Yes, you can record all the details from individual sets as well as the details of the total swim session.

### Q The PoolMatePro doesn't count all my laps

A If you have inaccurate lap results make sure the watch is securely attached to your wrist and can't move around. Also try gliding for a longer period at the start of each lap. This saves you energy and gives the PoolMatePro a little longer to register the change of laps. Some swimmers may find better results wearing the PoolMatePro on the other wrist.

# Q The PoolMatePro doesn't work when I'm doing kick sets or some drills.

A The PoolMatePro must be put into Pause mode when kicking or drilling.

#### Q Will the PoolMatePro work in Open Water?

A The PoolMatePro has been designed for lap swimming in a pool and this version will not work in Open Water.

### Q Can I wear the PoolMatePro on my right arm?

A Yes, the PoolMatePro will work on either wrist, just change the setting in the SETUP menu .

# Q The PoolMatePro gives strange results when I change strokes mid

A The PoolMatePro has not been designed to recognise changes of stroke part way through a lap. If you are going to change strokes you must do it when you change laps. If a hesitation or interruption in the stroke pattern occurs mid lap this may also cause inaccurate lap counts.

### Q What does the efficiency index measure?

A The efficiency index is based on the recognized Swim Golf method that you may be familiar with. It is the number of strokes plus the time taken to swim 25 metres. Concentrate on reducing this number to increase your efficiency and improve your swimming.

### Q What units is the Speed measured in?

A We have found that the time to swim 100metres (or yards) is more of a meaningful measure of swimming speed than metres per second or miles an hour as swimmers are used to watching the pool clock and judging speed from it. The Speed shown is the average time in seconds per 100 metres if set to metric units, or yards if set to imperial units.

### Q Will the PoolMatePro work with tumble turns?

A Yes, the PoolMatePro will work with both tumble turns and when pushing off the wall.

#### Q How accurate is the PoolMatePro?

A The watch has been tested on a wide variety of swimmers over an 18 month period prior to launch. We have a 99.75% accuracy rate with our database of thousands of laps from many swimmers with 1500m times of between 22 and 40 minutes. No guarantee is given for accuracy with individual swimmers and rates may differ with users whose strokes or abilities differ from the norm.

### Q Will the watch work with all pools?

A The watch needs setting to the pool length before use. In order to recognise you are swimming, the watch needs to detect several swim strokes, if using a small pool you may reach the end before this occurs if this happens the watch wont record laps correctly, we recommend you try a larger pool. Best results will be found in pools over 20m.

For further details and latest software please see the website

www.pool-mate.com



# **9** PoolMatePro Version 2 Software

The PoolMatePro v2 software is made up of 4 sections

MENU- add swimmer details, select units, import and Upload

CALENDAR- Shows sessions by date, click on a date to select

DATA- Shows all metrics in tabular form

**GRAPHS-** Plots your metrics visually

#### GETTING STARTED

To get started setup your swimmer details from SetUp on the menu bar and Upload some data by clicking Upload in the software and selecting Upload on the watch and placing in the pod . You'll see sessions appear on the calendar, data in the Summary and entries on the graphs.

# 9.2 Calendar- select your session



When you have downloaded some sessions from your PoolMate Pro the data appears on the calendar on the date it was undertaken

SWIM sessions appear in blue with the distance swum, CHRONO sessions are red and show the duration of the session, Green is today's date, Blue is the currently selected date.

Clicking on a session will select it and the data appear in the *Data* area and on the graph below.

You can navigate between months and years using the arrows at the top or the scroll bar.

# 9.1 Menu Bar- set up swimmer and upload



When you have first installed the software you will need to setup your swimmer. From the *menu* bar at the top of the screen select *SetUp* and select your User name and number and the units you wish to use, either Metric (KG and Metres) or Imperial (Yards and Lbs) and add your weight. The default is User1 and Metric units. Set a default stroke type (the most common one you swim), you can change this in individual sessions if you alter your stroke later. Click OK to save.

To UPLOAD from the watch, plug your pod into a spare USB port and select *Upload* from the *Menu* bar. Make sure the message box says a COM port number and it will instruct you to put the watch on the pod. Make sure the pod is flat on a table, press Mode 3 times on the watch until it says UPLOAD and place upside down in the pod making sure the logos are aligned on the watch and the pod.

Uploading progress will be shown and indicated when complete

# File Upload Set Up Help 00/00/2010 00:00:00 Duration: 00:32:48 Laps Total Distance (m) Calories Stroke Rate Speed: Efficiency Stroke Length(n - 27.0 - 26.5 - 26.0 - 25.5 - 25.0 -24.5 ✓ Distance ✓ Duration ✓ Calories ✓ Strokes ✓ Speed ✓ Efficiency ✓ Stroke Rate ✓ Stroke Length

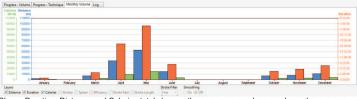
# 9.3 Graphs

# **Progress Volume**



Shows Duration, Distance and Calories for all sessions (smoothing on)

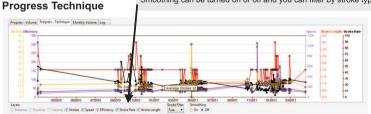
# Monthly volume



Shows Duration, Distance and Calories totals by month so you can see how much you have swam

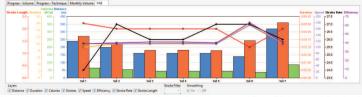
# for that session. You can turn off any data sets you aren't interested in by unticking the boxes at the bottom. Smoothing can be turned on or off and you can filter by stroke type

Hover over a point to show the value, click on it to see the data



Shows Technique related data- Average strokes, Speed, Efficiency, Stroke length and Stroke Rate for all data over time (smoothing off)

### Log



Shows Duration, Distance, AverageStrokes, Speed, Stroke Length and Rate, Efficiency and Calories for the session. If you have swam sets you can see how you have progressed through each set.

# **9.4** Data- select the different tabs to see your data

Time of Day

Stroke Rate

### SUMMARY

This is the default screen shown when you first log in It shows the Total Distance swum etc since your first session and Total Calories. Also shows details of your Best sessions and when they were. Click on the date to take you to that session!



07:10:01

#### LOGS

Shows Data for the date selected on the calendar, if you have more than one session they will all be shown, one after the other. Use the scroll bars that will appear to see the other sessions. To select another Log click on a row within that session

#### SETS

Shows data for the sets within the selected session

#### POO

Shows Pool details for that session, click to change the value.

		ngth(m)					2			
Rest	Time					00:12:17				
Sum	imary	Logs	Sets	Pool						
Set	Dura	ation	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Str	
1	00:0	3:04	8	160	9	114	40	23	2.23	
2	00:0	6:54	23	460	9	116	40	23	2.23	
3	00:0	6:28	17	340	10	114	41	26	2	
4	00:0	4:56	13	260	11	113	42	29	1.8	
5	00:0	2:39	7	140	10	113	41	26	2	
6	00:0	0:45	2	40	9	112	39	24	2.23	
7	00:00	4:25	10	200	10	132	46	22	2	
4										

#### EDITING AND ADDING

To Add a log, from the *Menu bar*, select *Add Log*, input the Time of day, Duration, Laps and Average Strokes per lap. The other metrics will be calculated for you.

To Delete a log, from within the Data area, select the *Log* tab, right click anywhere over the data and select Delete Log. Click *Save changes*.



To Add a Set at the end of a swim From the Set tab, right click anywhere over the data and select Add Set, input the Set Duration, Laps and Average Strokes per lap. Click Save changes and the other metrics will be calculated for you.

Sum	mary Logs	Sets	Pool					
Set	Duration	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Stro
1	00:03:04	8	160	9	114	40	23	2.22
2	00:08:54	23	460	9	116	40	23	2.22
3	00:06:28	17	340	10	114	41	26	2
4	00:04:56	13	260	11	113	42	29	1.81
5								
6	00:02:39	7	140	10	113	41	26	2
7	00:00:45	2	40	9	112	39	24	2.22
8	00:04:25	10	200	10	132	46	22	2
(								

To Insert a Set in the middle of a swim, From the Set tab, right click over the set you want to insert a set before and select Insert Set, input the Set Duration, Laps and Average Strokes per lap. Click Save changes and the other metrics will be calculated for you.

To Delete a Set, From the Set tab, right click over the set you want to delete and select Delete Set. Click Save changes.

#### IMPORTIN

To import data from the previous version of the software you need to export data from the old software and save in a known location. To do this open the old PoolMate Pro application and select the magnifier icon. Then click the red arrow at the right of the window. Open the new PoolMate Pro v2 software and select File/Import from the menu bar. Select the file you just exported and it will be imported.

#### XPORTING

To export to a .csv file, select File/Export from the menu bar. Select an appropriate location and file name and click save.