

**pool
mate
plus**
Swim watch



User Manual v1.00

swimovate

PoolMatePlus swim watch

Suitable for Pools, Open water, Endless pools

Connectable to PC, MAC (via USB pod) or Android (via NFC)

Counts Laps, Strokes, Distance, Speed, Calories, Efficiency, Duration and much more...

Contents:

PoolMatePlus watch (NFC enabled)
USB pod and lead
Instruction manual
Software and App downloadable from swimovate.com

What is NFC?

Near Field Communication is built into most Android phones and tablets, you can use this for tasks like Android pay. The PoolMatePlus can use this to sync swim data direct to your phone. Just install and open our app, hold the watch to the NFC area on your phone (usually towards the top and centrally on the back of the device) for a couple of seconds and your swims will magically transfer.

Note: only available on Android phones, but we've included a USB pod so you can still upload your swims if you haven't got a suitable Android device.

Look out for the NFC logo or check your device for compatibility at <https://www.unitag.io/nfc/is-my-phone-compatible-with-nfc>



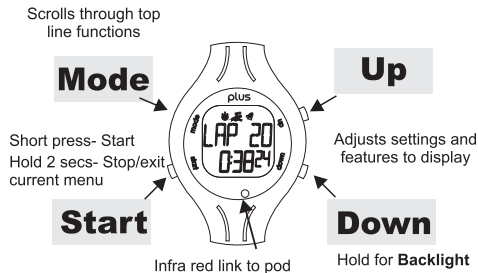
Contents

Warning: Always consult your doctor or physician before you begin or modify any exercise program.

For support or further information please email support@mypoolmate.com

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Welcome to the PoolMatePlus User Manual



Important notes:

1. The PoolMatePlus detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the PoolMatePlus must be put into PAUSE mode when doing drill and kick sets.
2. 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.
3. The stroke count displayed is the number of strokes taken by the arm you wear the PoolMatePlus on. Remember when swimming FrontCrawl and BackStroke this is half the total number of strokes.
4. Like most sports watches, the buttons are not designed to be operated underwater. You must make sure the PoolMatePlus is out of the water before pressing any buttons. Do NOT dive in wearing the PoolMatePlus. Pressures are much greater and water may be forced into the case.
5. Your PoolMatePlus will estimate the distance you swim in open water based on your stroke length. It needs to be calibrated during your first open water swim and should be repeated frequently to get the best results.
6. The PoolMatePlus will transfer data to a PC, Mac or Android device with our apps and software. Due to technical limitations it will not transfer data to iPhones or iPads.

Quick Start (in the pool)

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

From main CLOCK screen

Press **Mode** 5 times to show SETUP, select by pressing **Start**.

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

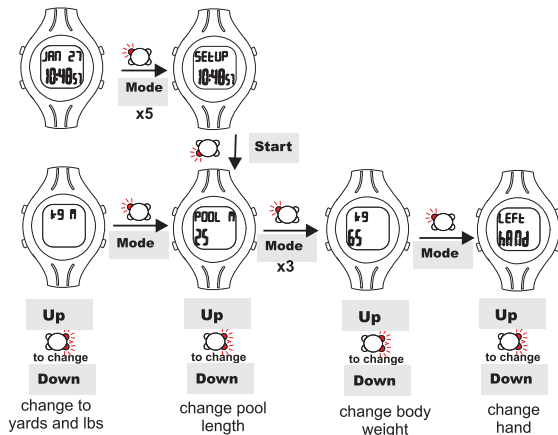
Set Pool length by pressing **Up/Down** until correct value is shown.

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 (in the pool)

Recording whole session

From main **CLOCK** screen, press **Start** to begin (the **SWIM** icon will appear)

Hold **Start** for 2 seconds to stop

During or after the session, press **Up** and **Down** to view Laps, Strokes, Distance(m), Calories, Efficiency Index and Set number.

Press **Mode** to show the **Elapsed** time since you started recording, press again to show the **actual** time of day.

Recording individual sets

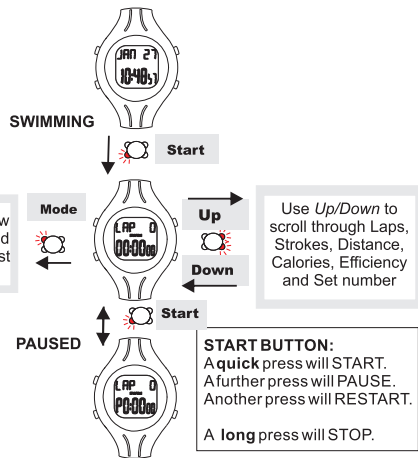
Up to 99 Sets can be recorded in each Swim Session

From main **CLOCK** screen, 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 then reset so you can time your rest period).

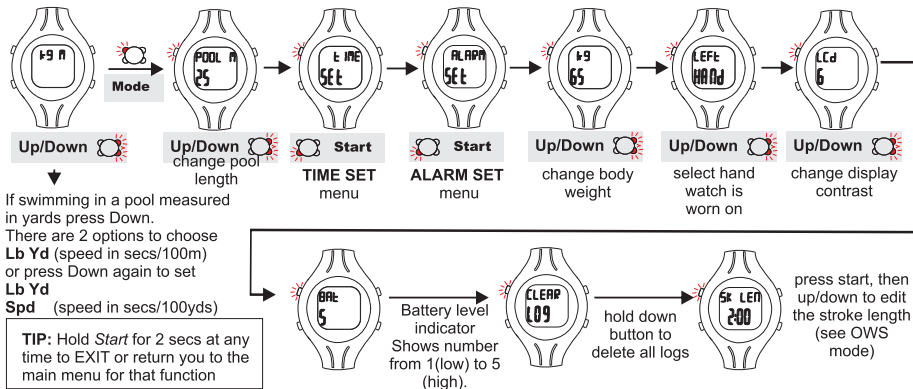
Press Start again to Restart- swim next set.

Repeat as required. **Hold Start for 2 secs to Stop**



Selecting your settings

From main **CLOCK** screen, press **Mode** 5 times to show **SETUP**. Press **Start** then you can change settings by pressing **Mode** to select.



Setting the Time

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, press **Up** and **Down** to change value.

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.



Start



Up

 to change
Down

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

 **Mode**

 **Hold Start**

hold for 2
secs to
EXIT

Setting the Alarm

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 main menu.

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



Up

 to change
Down

select Hours,
Minutes,
on/off

 **Mode**

Openwater Swimming

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

You will need a swim course with a known distance >50m, it doesn't matter what this is you just need to know it. Ask your openwater 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.

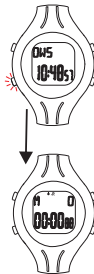
Hold the *start* button for 2 seconds to stop the session then press *Up* to recall the data. Press *Up* until you see distance, it will not be correct at this point but don't worry.

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.

Alternatively if you know your stroke length in Metres you can edit the stroke length directly in SETUP mode.

The PoolMate 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.

Once calibrated and on subsequent swims just press mode until you see OWS, press start and swim.



START BUTTON:

A **quick** press will START.
A further press will PAUSE.
Another press will RESTART

A **long** press will STOP.

OWS mode can also be used to estimate distance in an endless pool too. Just swim a few laps of a regular pool or openwater facility at the same intensity you would use in the endless pool and follow the calibration instructions.

Note that this is an estimation, like a swim pedometer, and will not be as accurate as GPS measurements from a kayak or other vessel.

Chrono

The PoolMate can also be used in Chrono mode as a 99 lap timer when not in the pool

From CLOCK screen press *Mode* twice to go to CHRONO
Press *Start* .

Set 1 will show on the display

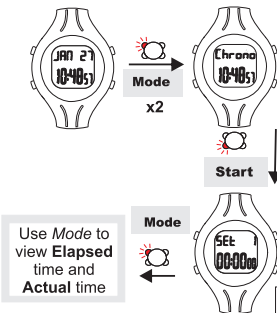
As when Swimming, pressing *Start* again will PAUSE, another press will RESTART and the Set count will increment.

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.

Use the PoolMate in this mode when running or cycling



START BUTTON:
A **quick** press will START.
A further press will PAUSE.
Another press will RESTART

A **long** press will STOP.

Reviewing your sessions

During your swim

Data can be viewed whilst swimming, simply using the *Up/Down* buttons to scroll through the metrics. Laps are shown by default but pressing *Up* will show, Average Strokes per lap, Distance, Calories, Efficiency and Set number, Total laps (TL) and Total time, if more than one set has been recorded.



Previous Session

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



The PoolMatePlus contains a large memory to store the details of up to 50 sessions

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 PoolMate stores each session in the log by number and date).

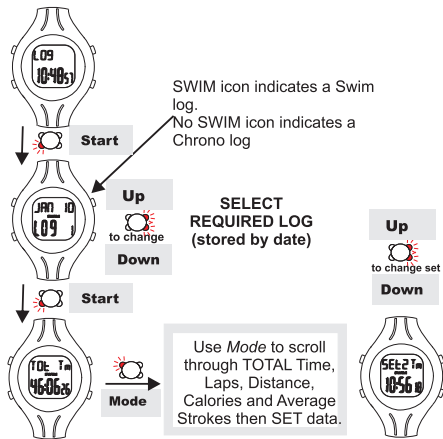
Press *Start* to view selected log details.

Use *Mode* to scroll through the TOTALS for this session - Swimming time (Tot Tm), Laps (Tot L), Distance (Tot M), Calories (Tot CA) and Average Strokes (AV ST).

Any SETS can then be viewed. Scroll through SET Time (SET1Tm), Laps (SET1 L), Distance (SET1 M), Average Strokes (SET1 S), Speed (SET1SP), Efficiency Index (SET1EF) with *Mode*.

To see how time, laps, speed etc vary between sets, Select the required metric (eg Set Time) with *Mode* and press *Up/Down* to scroll through the Sets.

Hold *Start* to exit

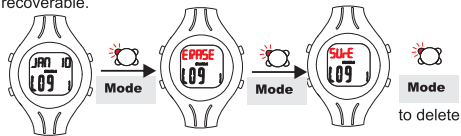


Deleting LOGS

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.



Connecting to PC or MAC

The data from the PoolMatePlus can be downloaded on a PC or Mac via the USB pod and cable provided and viewed at mypoolmate.com.

STEP 1- Register for an account at mypoolmate.com. Wait for an activation email and click on the link in the email to activate your account.

STEP 2- Visit www.mypoolmate.com/help to download and install our MyPoolMateLink application on your computer. This will run on your computer to sync the data from the watch to mypoolmate.com.

- 1, Install the software
- 2, Plug the USB pod into the cable and connect to a spare USB slot in your computer
- 3, Open the MyPoolMateLink software and fill out your [mypoolmate](http://mypoolmate.com) account details in the Account page, click SAVE.
- 4, Wait until the status message in the centre of the software changes to say Regular Pod connected and click UPLOAD.
- 5, The software will say "Place watch on USB pod in upload mode". Press mode on the watch until you see UPLOAD, turn it over and put into the pod. Make sure the Plus logo on the watch matches the logo in the pod.
- 6, Click UPLOAD NEW SWIMS
- 7, When uploaded mypoolmate.com login page will open and you can log on and view your swims.

Further instructions can be found at mypoolmate.com/help or swimovate.com/downloads

NOTE: If the software says "Plug in pod" when the pod is connected then the drivers are not installed, see mypoolmate.com/help for instructions

Connecting to an Android device with the poolmate app

If you have an Android device with NFC you can sync the watch with your phone and view your swims on the phone anytime.

Swims can be uploaded and viewed at mypoolmate.com for further analysis too.

Most modern android devices have NFC, check your device for compatability at <https://www.unitag.io/nfc/is-my-phone-compatible-with-nfc>

STEP 1 - Register for an account at mypoolmate.com. Wait for an activation email and click on the link to activate your account.

STEP 2 - Download and install the Poolmate App from Google Play or from mypoolmate.com/help or swimovate.com/downloads

Make sure NFC is enabled on your phone if it's not already. The app should take you to the setting page to do this if it's not enabled already.

1, SETUP YOUR DETAILS

From the *menu* bar at the top of the screen select *Settings* and input the information required.

- Your mypoolmate email
- mypoolmate password
- Add your weight
- Manual or Automatic
- Metric or Imperial units
- Accept the Ts and Cs
- Click SAVE.

(we recommend Automatic upload so your swims will always be on mypoolmate.com)

The screenshot shows the 'Settings' screen of the Poolmate app. At the top, there's a blue header with a menu icon and the word 'Settings'. Below the header, a message says 'To upload your Swims to mypoolmate.com, enter your account details'. There are three input fields: 'E-mail:' with the value 'info@swimovate.com', 'Password:' with masked characters '*****', and 'Weight:' with the value '57'. Below these, 'Upload Mode:' is set to 'Automatic (recommended)' with a dropdown arrow, and 'Units:' is set to 'Metric' with a dropdown arrow. A checkbox labeled 'I accept the Terms and Conditions' is checked. A grey 'SAVE' button is below the checkbox. At the bottom, there's a link 'Don't have an account yet? Create one now'.

For full instructions see www.swimovate.com/poolmateplusapp

2. SCANNING YOUR WATCH

Select HOME from the menu and you will see the Welcome screen telling you place your watch to the NFC area on your device to transfer your swims. This is usually in the **top centre of the back of the device** but check your user manual for the exact location.

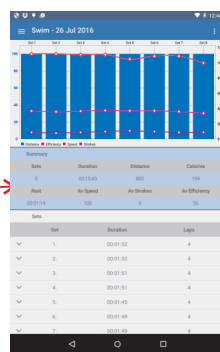
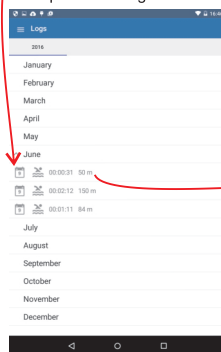


Hold the watch to the NFC area of your device for a couple of seconds, when data has been transferred you will get a message "Watch scanned successfully" at the bottom of the screen and the LOGS page will open.

3. VIEW A LOG

Tap on a month to expand and see a summary of the swims. Then touch the details you want to see more of and you will be taken to the swim itself.

Swipe left and right to see other swims.



FAQs

Q How does the PoolMatePlus work?

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

Q I want to swim sets, can the PoolMatePlus record each set?

A Yes, you can playback all the details from individual sets as well as the details of the total swim session.

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

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

Q The PoolMatePlus 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 PoolMatePlus a little longer to register the change of laps. Some swimmers may find better results wearing the PoolMatePlus on the other wrist.

Q Will the PoolMatePlus work in Open Water?

A The PoolMatePlus will estimate distance in open water , you should calibrate the watch first, as explained in this manual.

Q Can I wear the PoolMatePro on my right arm?

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

Q Will the PoolMatePlus work with tumble turns?

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

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 How accurate is the PoolMatePlus?

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 will work with pools over 18m in length. It just 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 occurs we recommend you try a larger pool.

Q The PoolMatePlus gives strange results when I change strokes mid lap.

A The PoolMatePlus 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.

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 -Professional athlete
30-40	Very Good
40-50	Above average
50-70	Average
more than 70	Below average

Care and maintenance

The PoolMatePlus is water resistant to 50m, however the buttons are not designed to be operated underwater. You should make sure the PoolMatePlus is out of the water before pressing any buttons. Do not dive wearing the watch. The PoolMatePlus should not be used if any fogging or water droplets appear inside the watch.

Never attempt to dismantle or service your PoolMatePlus yourself.

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

If not in use, store your PoolMatePlus in a clean, dry environment at room temperature. Do not store in a damp environment such as a sports bag.

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

If your PoolMatePlus needs cleaning, wipe it with a soft damp cloth. Mild soap may be used if necessary.

Warranty

No guarantee is given as to the accuracy of the watch or its 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. 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 PoolMatePlus.

Replacing the battery

The PoolMatePlus's battery (CR2032) has an estimated life expectancy of over 24 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 PoolMatePlus should be returned to Swimovate Ltd for battery replacement or taken to a qualified watch maker- do not attempt to change the battery yourself.

Certification

The PoolMatePlus has CE and FCC approvals. The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC. The PoolMatePlus 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.

Patent

The PoolMatePlus is protected by Patents
UK number 0822084.0 | USA number US2010204952

This User Manual and its contents are intended solely for the use of our customers to obtain knowledge regarding the operation of the PoolMatePlus. 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 its 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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For more information please see our website

www.swimovate.com

