pool mate pro

User Manual

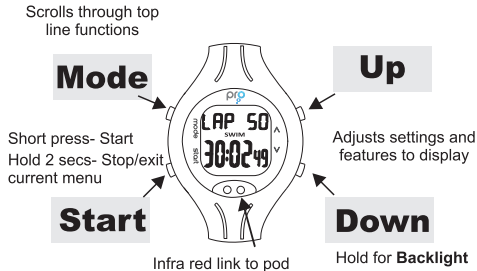v2.20

swimovate

Contents

Welcome to the PoolMatePro User Manual

Scrolls through top
line functions

Mode

Up

Short press- Start
Hold 2 secs- Stop/exit
current menu

Adjusts settings and
features to display

Start

Down

Infra red link to pod

Hold for **Backlight**

Contents:
PoolMatePro watch
USB pod and lead
Instruction manual

Important notes:

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

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 PoolMatePro 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.

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*.

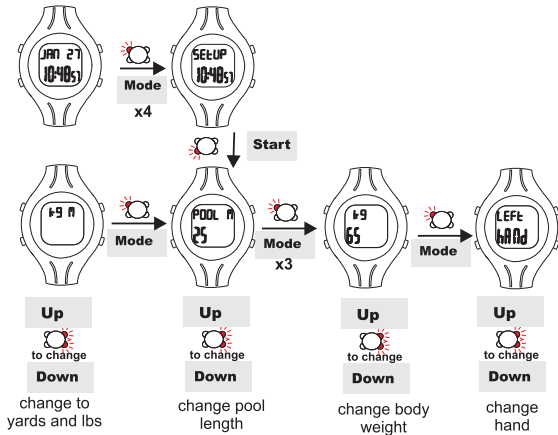Set watch from metric to imperial units if required by pressing *Up/Down.*
Set Pool length by pressing *Up/Down* until correct value is shown.
Press *Mode* **3 times** to set your weight (again use *Up/Down* to select correct value.
Press Mode once to set left or right hand (use *Up* to select).

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

You are now ready to Swim!

Up	Up	Up	Up
to change	to change	to change	to change
Down	Down	Down	Down
change to yards and lbs	change pool length	change body weight	change hand

Swimming

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.
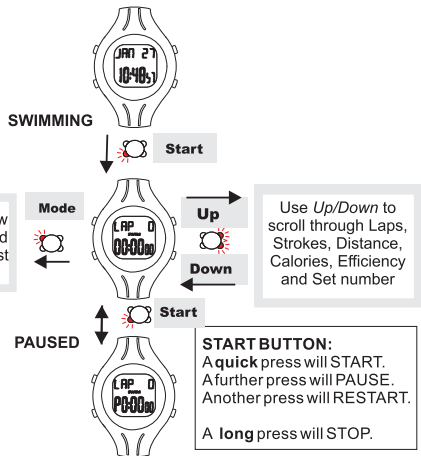
Recording individual sets

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).
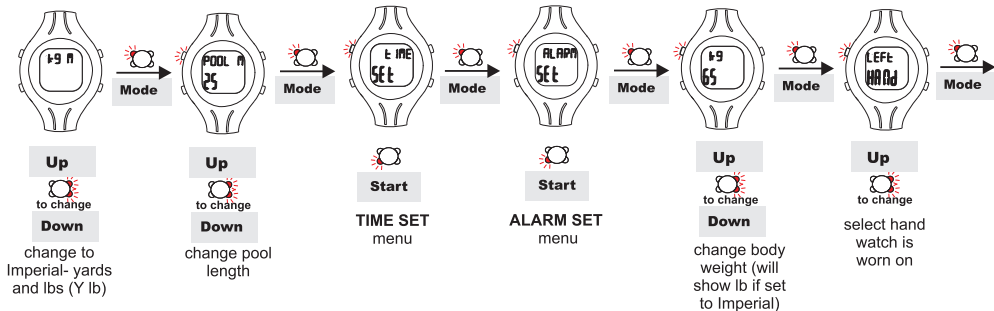**Press *Start* again to Restart**- swim next set.
Repeat as required.   H**old *Start* for 2 secs to Stop**

SWIMMING

Use *Mode* to view **Elapsed** time and **Actual** time whilst swimming

Mode

Start

Up

Down

Use *Up/Down* to scroll through Laps, Strokes, Distance, Calories, Efficiency and Set number

PAUSED

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

A **long** press will STOP.

Selecting your settings

From main CLOCK screen, press *Mode* 4 times to show SETUP.
Press *Start* then you can change settings by pressing *Mode* to select.

Up / **Down** to change	**Up** / **Down** to change	**Start**	**Start**	**Up** / **Down** to change	**Up** to change
change to Imperial- yards and lbs (Y lb)	change pool length	TIME SET menu	ALARM SET menu	change body weight (will show lb if set to Imperial)	select hand watch is worn on

Mode → PESEL HOLd up → **Mode** → BAL 6 → **Mode** → USEr 1

Up

hold *Up* 2 secs to reset factory values and clear data (all personal data and logs will be lost)

Battery level indicator Shows number from 1(low) to 6 (high).

*Changing swimmer: The PoolMate Pro 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.

TIP: Hold *Start* for 2 secs at any time to EXIT or return you to the main menu for that function

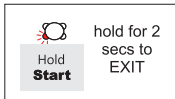Hold **Start**

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.

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

Start

Mode

Up
to change
Down

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.

select Hours, Minutes, on/off

Start

Mode

Up
to change
Down

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.

Reviewing your sessions

During your swim

Data can be viewed whilst swimming, simply using the *Up/Down* buttons to scroll though 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 though Laps, Average Strokes per lap, Distance, Speed (seconds per 100m or yards), Calories, Efficiency and Time.

The PoolMatePro **contains a large memory to store the details of over 100 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).
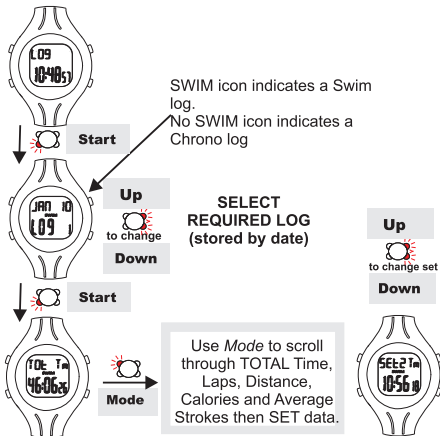
Press *Start* to view selected log details.

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

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

SELECT REQUIRED LOG (stored by date)

Up

Down
to change

Up

Down
to change set

Start

Use *Mode* to scroll through TOTAL Time, Laps, Distance, Calories and Average Strokes then SET data.

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.

Once the memory is full it will overwrite the oldest sets

Mode

Mode

Mode
to delete

Chrono

Use the PoolMatePro **in this mode when running or cycling**

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

**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.
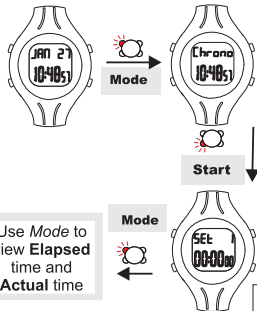
Use *Mode* to view **Elapsed** time and **Actual** time

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

A **long** press will STOP.

Software Installation

Download the latest **PoolMateProV2** 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 driver installer will automatically begin, make sure you install this 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.

Swimmer setup

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.

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.
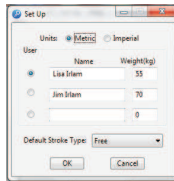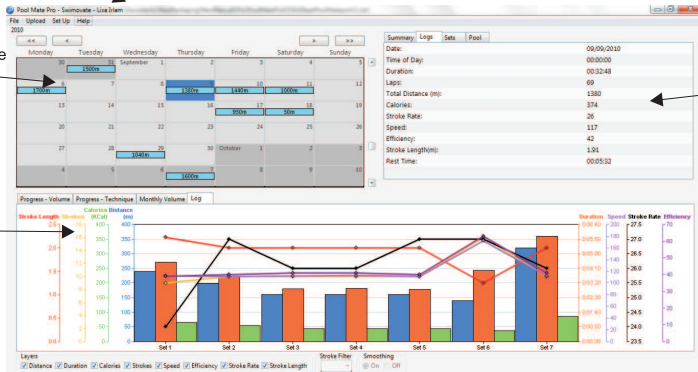
Software

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 so the logo on the watch and the logo on the pod are lined up. You'll see sessions appear on the calendar, data in the Summary and entries on the graphs.

Uploading
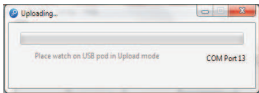
To UPLOAD from the watch, plug your pod into a spare USB port and select *Upload* from the *Menu* bar. Make sure the message box says a COM port number and it will instruct you to put the watch on the pod.

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.

Please note, the first time you plug in your USB pod it will take a minute or so to load the drivers and may show "Plug in USB pod, COM port None" until this takes place. This should change after a minute or so.
If a COM port number is not shown then PC users can check in the device manager that the pod is recognised under Ports as PoolMate USB pod. If it has a yellow exclamation mark next to it or does not appear as this name contact Swimovate for help installing.

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.
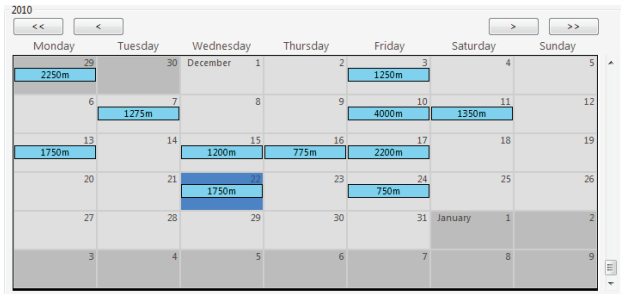
SWIM sessions appear in blue with the distance swum,

CHRONO sessions are red and show the duration of the session,

Green is today's date,

Dark Blue is the currently selected date.

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

You can navigate between months and years using the arrows at the top or the scroll bar at the right hand side.
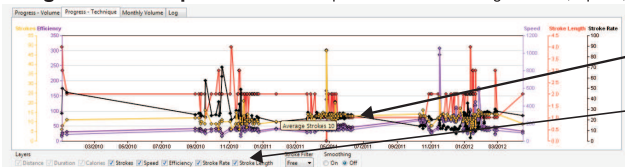
Graphs- View your data

Progress Volume Shows Duration, Distance and Calories for all sessions (smoothing on)
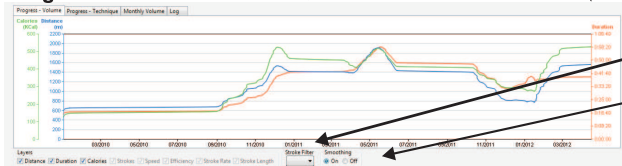
Filter by stroke type

Turn smoothing ON to see the overall trend, turn OFF to view exact data points of each session (as in the graph below)
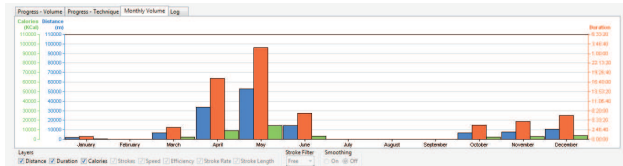
Progress Technique Shows Technique related data- Average strokes, Speed, Efficiency, Stroke length and Stroke Rate

Hover over a point to show the value, click on it to see the data for that session.
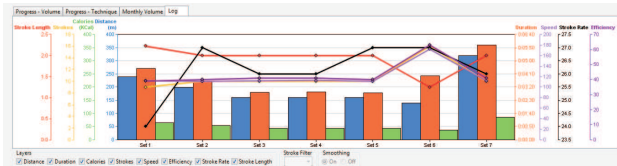
You can turn off any data sets you aren't interested in by unticking the boxes at the bottom

Monthly Volume

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

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.

Data- select the different tabs to see your data

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.

Summary	Logs	Sets	Pool	
Total Distance(m)		33125		
Total Calories		10346		
Max Distance(m)		4000	10/12/2010	
Max Calories		1486	10/12/2010	
Max Speed		193	16/12/2010	
Best Efficiency		32	17/09/2010	

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 on the right hand side to see the other sessions. To select one of the other Logs click on a row within that session

Summary	Logs	Sets	Pool
Date:			15/10/2010
Time of Day:			07:10:01
Duration:			00:27:52
Laps:			40
Total Distance (m):			800
Calories:			214
Stroke Rate:			26
Speed:			113
Efficiency:			41
Stroke Length(m):			2
Rest Time:			00:12:17

SETS
Shows data for the sets within the selected session. Scroll right for more details

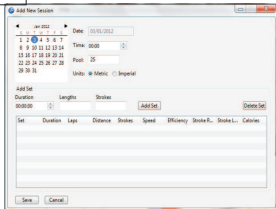| Set	Duration	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Stro
1	00:03:04	8	160	9	114	40	23	2.22
2	00:08:54	23	460	9	116	40	23	2.22
3	00:06:28	17	340	10	114	41	26	2
4	00:04:56	13	260	11	113	42	29	1.81
5	00:02:39	7	140	10	113	41	26	2
6	00:00:45	2	40	9	112	39	24	2.22
7	00:04:25	10	200	10	132	46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

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

Adding and deleting

LOGS

To Add a new 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. You can add sets within the session too.

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*.

SETS

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.

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*.

Editing Sets

You can edit data within a set if the recorded data doesn't quite match your actual swim or you want to add a comment in the Note field.

Double click over the field you want to change in the Set tab and type the correct value.
You can change Duration, Laps, Strokes, Stroke type and add to the Notes field.

Stroke filtering

When you set up your swimmer you can select a default stroke type. You can edit individual sets if you change from this stroke within your session.

Multiple Users

By default the watch is set to User1 and you should input your name in the User1 field in the software when setting up your swimmer. If you are sharing the watch with another user add their name as User2. Each time you swim you will need to change the User number on the watch to the appropriate one. Swim, then download your session to the software. After this delete the session from the watch.

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

Previous Version 1 software users

IMPORTING
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.

FAQs

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.

Q I want to swim sets, can the PoolMatePro 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 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 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 Pool-Mate on the other wrist.

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 Will the PoolMatePro work with tumble turns?
A Yes, the PoolMatePro 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 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 will work with pools over 15m 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 PoolMatePro gives strange results when I change strokes mid lap.

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.

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

Registering your purchase

Please register your purchase at
www.swimovate.com/register.html

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 PoolMatePro 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 PoolMatePro 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 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.

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. 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 PoolMatePro.

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.

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 PoolMatePro 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 PoolMatePro is protected by Patents
UK number 0822084.0 | USA number US2010204952

For more information please see our website

www.swimovate.com

CE FC