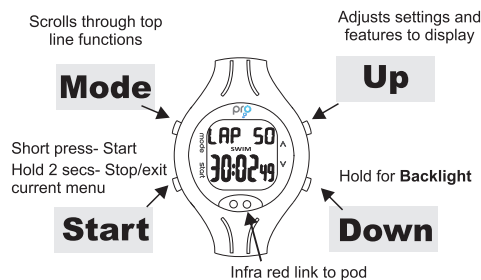


Welcome to the Pool-Mate Pro User Manual



Contents:
Pool-Mate Pro watch
USB pod
USB lead
Instruction manual
Quickstart/overview guide

Quick Start

When using the Pool-Mate Pro for the first time the pool length, your weight and the hand you wear the Pool-Mate Pro 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**.

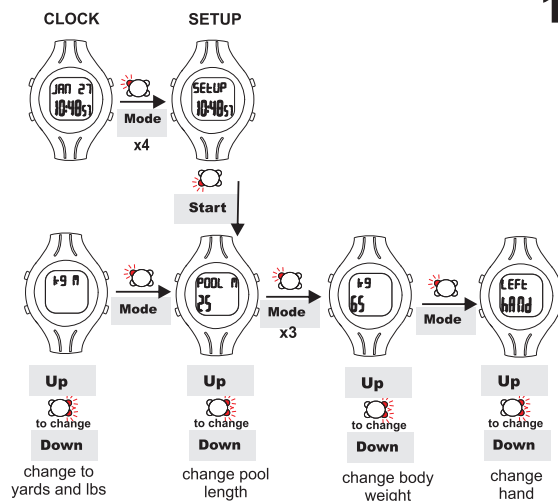
Set Pool length by pressing **Up/Down** until correct value is shown.

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!



Swimming

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

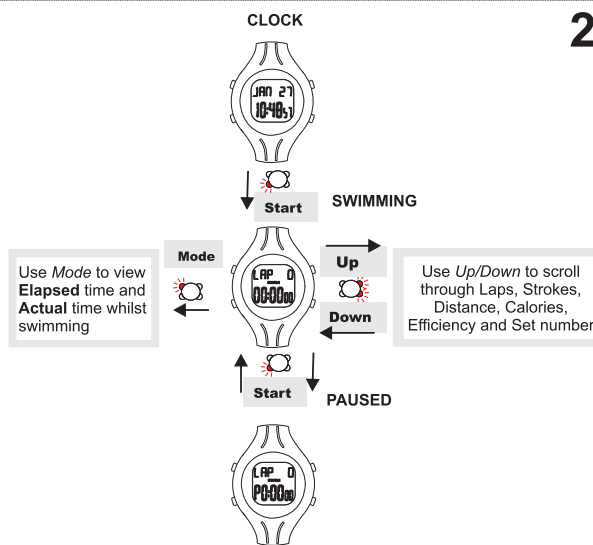
Press **Up** and **Down** to view Laps, Strokes, Distance, Calories, Efficiency Index and Time.

To record sets:

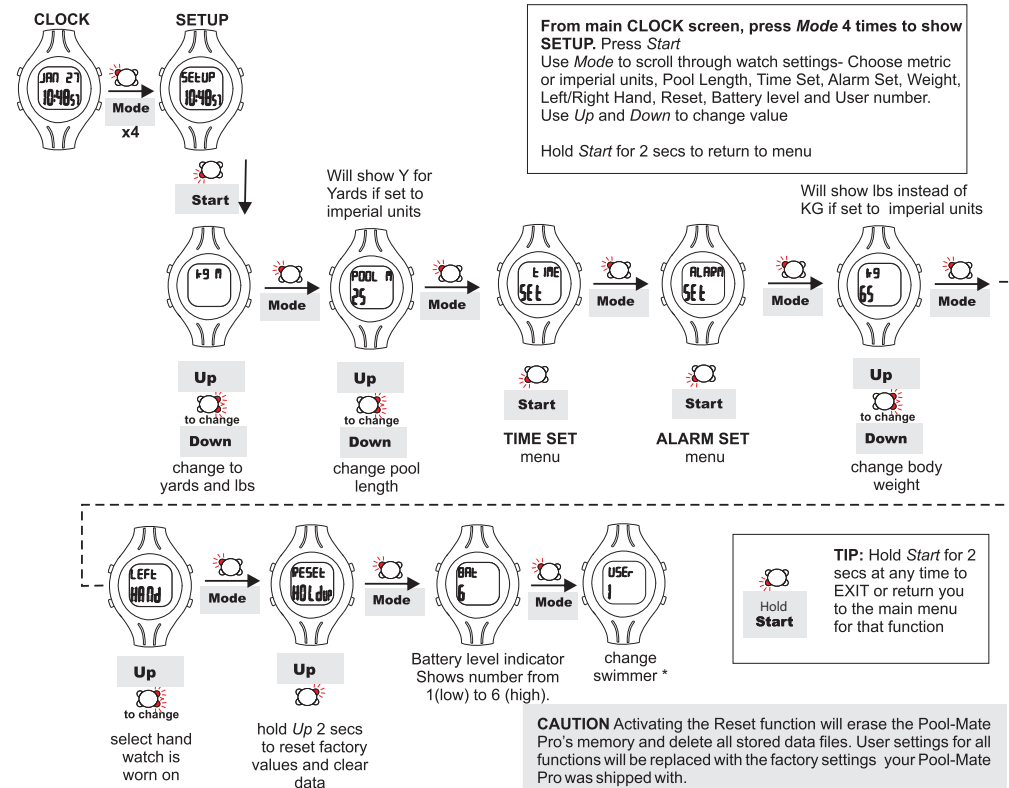
- Press **Start**- swim first set
- Press **Start** to **Pause** (a **P** will appear at the start of the bottom line and the time for your last set will remain for 3 seconds the reset so you can time your rest period).
- Press **Start** again to **Restart**- swim next set.
- Repeat as required
- Hold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

The Pool-Mate Pro must be put into **Pause Mode** when drilling or kicking.

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.

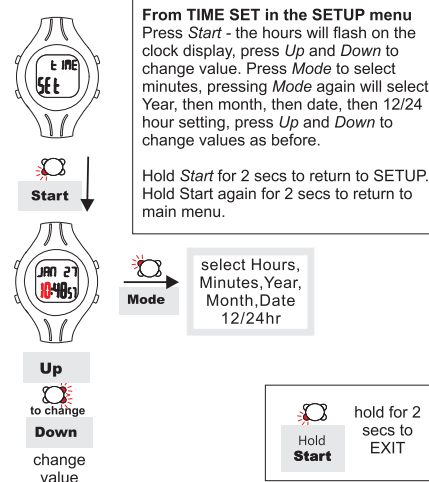


Selecting your settings

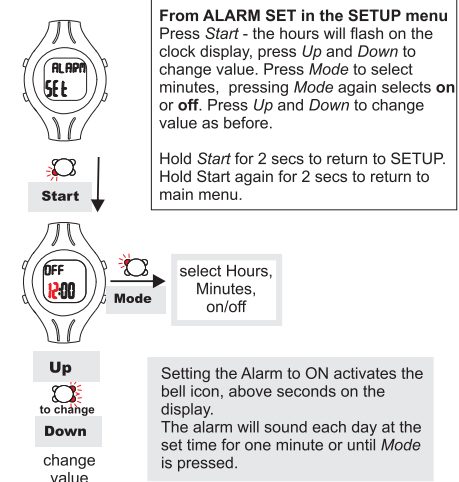


***Changing swimmer:** The Pool-Mate Pro has been designed so up to 3 swimmers can share one watch or families with more than one watch can use the same PC to analyse their swims. In either case each swimmer should be assigned a number (1, 2, or 3). The swimmer should set the assigned number on the watch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

Setting the Time



Setting the Alarm



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 through Laps, Average Strokes per lap, Distance, Speed (seconds per 100m or yards), Calories, Efficiency and Time.

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.

Other sessions

From CLOCK screen press Mode twice to go to LOG

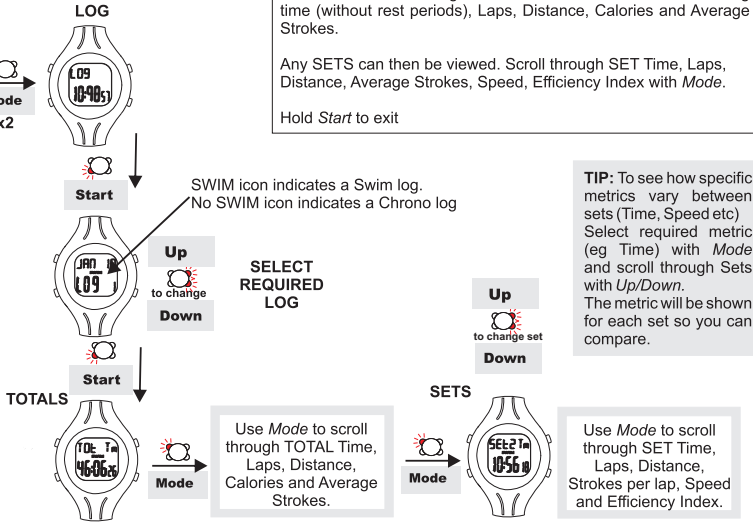
Press Start to enter. Use Up and Down to scroll through recorded sessions (the Pool-Mate stores each session in the log by number and date).

Press Start to view selected log details.

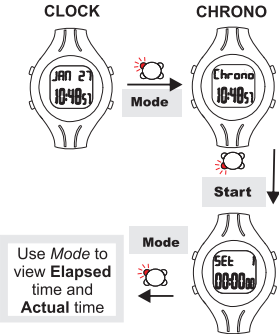
Use Mode to scroll through the TOTALS for this session - Swimming time (without rest periods), Laps, Distance, Calories and Average Strokes.

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

Hold Start to exit



Chrono



START BUTTON:

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

A long press will STOP.

The Pool-Mate Pro 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.

- Important notes:**
1. Your Pool-Mate Pro has been designed for lap swimming in a pool. It has not been designed to work in Open Water.
 2. The Pool-Mate Pro detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the Pool-Mate Pro 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 Pool-Mate 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 Pool-Mate Pro. 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 Pool-Mate Pro'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 Pool-Mate Pro 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 Pool-Mate Pro 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 Pool-Mate Pro should not be used if any fogging or water droplets appear inside the watch. Never attempt to dismantle or service your Pool-Mate Pro yourself.

Always protect your Pool-Mate Pro 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 bag.

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

If your Pool-Mate Pro 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 Pool-Mate Pro 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 Pool-Mate 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 Link

Manual

v1.00

Software Installation

8

8.1 Download the installers from www.swimovate.com/downloads.html

The software consists of three programs:

1. Driver for the USB pod. Important: Must be installed before connecting the pod
2. Pool-Mate Link. Downloads your data from the pod to your computer.
3. Pool-Mate Pro application. Shows the data on your computer.

The driver and link are supplied in a single archive (PoolMateSetup.exe) and the PC software in another. Download both archives to your computer. The PoolMateSetup.exe is suitable for XP, Vista or Windows 7 but you will need to download the appropriate version of the Pro application for your operating system.

8.2 Run PoolMateSetup.exe by double clicking on it. The Driver and Link software will be extracted to **C:\PoolMateSetup**.

8.3 Install the driver software

Go to **C:\PoolMateSetup\USBdriver** and double click **setup.exe**.

Follow the instructions and click on accept the license. The driver will be installed for you.

Connect the pod to a spare USB port using cable provided and place on a flat table. The computer should detect the new device and complete installation of the driver. This may take a minute or two.

8.4 Install the link software

Go to **C:\PoolMateSetup\PoolMateLink** and double click **setup.exe**. Follow the instructions to install.

8.5 Install the PC software

Double click **setup.exe** in the PC software archive and an installer will take you through the installation process.

The link and PC applications can be added to your startup folder so they are automatically loaded when you need them.

You can now transfer your data from the Pool-Mate Pro!

Upload from watch

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9.1 Run the link software ([Program files/Swimovate Ltd/Pool-Mate Link](#)). Plug your pod into your computer via the cable.

An icon will appear in the system tray in the bottom right of your screen. Hover your mouse over the icon and the Pool-Mate pod name will be shown and a COM port number.



Press **Mode 3** times on your Pool-Mate Pro to select **UPLOAD**.

Turn your watch over so it is facing downwards and place gently in the pod making sure the Pro logo on the pod is aligned with the Pro logo on the watch and both have the same orientation (the watch does not need to be pressed hard into the pod).

After a short period the download will automatically start and progress shown by the system tray icon.



The data is checked to make sure it has been received correctly.



9.2 Run the PC application ([Program files/Pool-Mate Pro](#)) and view your data! See section 10.

NOTE- Each time you download data from your watch you need to run the link software, download your data, then run the PC software!

FAQs and troubleshooting

THE SOFTWARE

Q My data won't upload?

A Check you have selected **UPLOAD** on your Pool-Mate Pro, it is lined up correctly in the pod and your pod is connected to a spare USB port.

Make sure you have run the Link software and the icon appears in the system tray. Hover your mouse over the icon and the Pool-Mate Pod name will be shown e.g. Pool-Mate port:COMxx (where xx is the port number). If no Port number is shown 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 Pool-Mate support in their applications. Please email info@swimovate.com for more details.

THE WATCH

Q How does the Pool-Mate Pro work?

A The Pool-Mate Pro 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 Pool-Mate Pro 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 Pool-Mate Pro uses this to work out the calories you expend.

Q I want to swim sets, can the Pool-Mate Pro record each set?

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

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

Q The Pool-Mate Pro doesn't work when I'm doing kick sets or some drills.

A The Pool-Mate Pro must be put into Pause mode when kicking or drilling.

Q Will the Pool-Mate Pro work in Open Water?

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

Q Can I wear the Pool-Mate Pro on my right arm?

A Yes, the Pool-Mate Pro will work on either wrist, just change the setting in the **SETUP** menu.

Q The Pool-Mate Pro gives strange results when I change strokes mid lap.

A The Pool-Mate 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 Pool-Mate Pro work with tumble turns?

A Yes, the Pool-Mate Pro will work with both tumble turns and when pushing off the wall.

Q How accurate is the Pool-Mate Pro?

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 happens the watch won't record laps correctly, we recommend you try a larger pool. Best results will be found in pools over 20m.

For other support issues please email support@swimovate.com

Please register your purchase and we will keep you updated with tips, offers and upgrades.

<http://www.swimovate.com/register.html>

For further details and latest software please see the website

www.pool-mate.com

swimovate

Once you have followed the steps overleaf to install the software and upload your data you are ready to run the PC software. NOTE- you must run the Link software each time you want to add new data from your watch first.

10.1 Run the Pool-Mate Pro software (Program files/Pool-Mate Pro/Pool-Mate Pro.exe). The first time you do this a screen will appear asking you to choose your language and default unit, click the correct settings. You will then be asked to input a swimmers details- put in your details and click the green tick box then close.

The main screen below will appear and ask you to record your first swim.

10.2 Click the download icon (second from the left)

Click on *open file* to add new data from your Pool-Mate Pro once you have uploaded it. A dialog box will appear with progress and feedback. Close this screen and your latest data will appear on the main screen.

Manual input and edit -good way to see your sets!

Use this screen to add a session if you forgot your Pool-Mate Pro in the pool. Click the green tick box to complete when you have filled in the blanks.

To edit existing swims (add notes, change details and grade your swim), double click on the entry you want to change in the table - Make your changes. Clicking the magnifying glass allows you to change details from a specific set. The Green tick saves your changes.

To delete a session select it by double clicking on the required session and click the red cross that appears.
Note: you should delete the session from the watch as well or it will reappear next time you upload new data.

Automatic download

Click on open file to upload new data from your Pool-Mate Pro once you have uploaded it. A dialog box will appear with progress and feedback.

PoolMatePro 1.0.5

Change swimmer → Lisa Irlam

Select session → 31/08/2010

Latest Session 31/08/2010

Bests

Speed	01/01/2010	68
Stroke	01/01/2010	7
Session	24/08/2010	00:34.02
Calories	21/08/2010	453

Totals

Distance	3,525 M
Calories	1,204
Time	01 h 39 m 21 s

Note: Imported on 31/08/2010

Rating OK

Cupcakes burnt 2.71

Examine swims in detail →

Swim History →

Distance over time →

Examine swims in detail

Select the session you want to look at with the drop down box at the top left of the Main Screen first.

Your totals for the session will be shown on the top graph.

Details for each set are shown below, each set will appear after the previous one. You can turn off any metric by unticking the item at the bottom right of the screen. All the statistics are shown in tabular form as well.

Save as .csv file by clicking the red arrow.

Swim History

Here you can view your progress over time. Select the date range you want to analyse from the drop down calendars.

Turn off speed, stroke or efficiency by unticking the appropriate metric

Add Swimmer

Add your details and those of any other swimmer who wants to use the software. If adding multiple swimmers, you will need to set up the appropriate user number on your Pool-Mate Pro too. If a swimmer is identified by User 1 in the software he must set his Pool-Mate Pro to User 1. If he is User 2 in the software he must set his Pool-Mate Pro to User 2 etc.

Change language

Select the language you want to use and your preferred setting (yards or meters). The Green tick will select.

Distance over time

View the distances you have swum. Select the year you want to analyse and either month or week. Hover over the bar to see details of the data.