

pool
mate
sport

SW07

User Manual v1.01



swimovate

PoolMateSport swim watch

Suitable for Pools, Open water, Endless pools

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

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

Contents:

PoolMateSport watch (NFC enabled)

USB clip 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 clip 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>



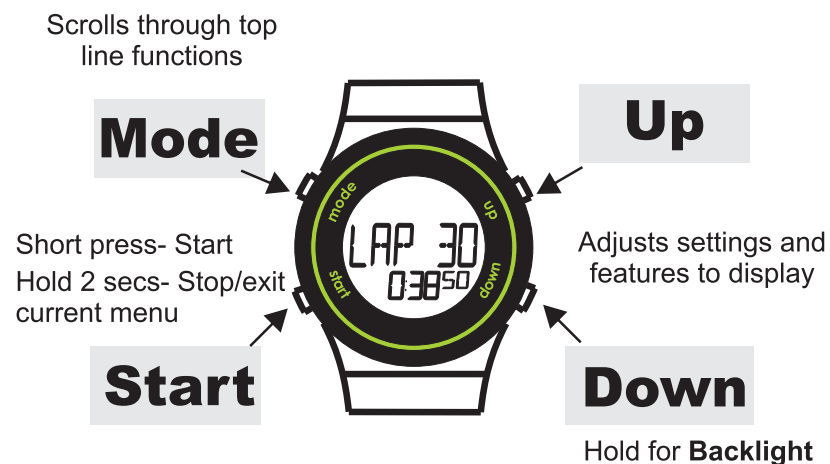
Contents

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

Welcome.....	2	Connecting to Android	13
Quick Start.....	3	FAQS.....	15
Swimming.....	4	Care and Maintenance.....	17
Selecting your settings.....	5	Warranty.....	17
Setting the Time.....	6	Battery replacement.....	18
Setting the Alarm.....	6	Certification.....	18
Open water swimming.....	7		
Chrono.....	8		
Reviewing your sessions.....	9		
Deleting logs.....	10		
Connecting to PC or MAC.....	11		

Welcome to the PoolMateSport User Manual



Important notes:

1. The PoolMateSport detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the PoolMateSport 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 PoolMateSport 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 PoolMateSport is out of the water before pressing any buttons. Do NOT dive in wearing the PoolMateSport. Pressures are much greater and water may be forced into the case.
5. Your PoolMateSport 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.

Quick Start (in the pool)

When using the PoolMateSport for the first time the pool length, your weight and the hand you wear the PoolMateSport 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**.

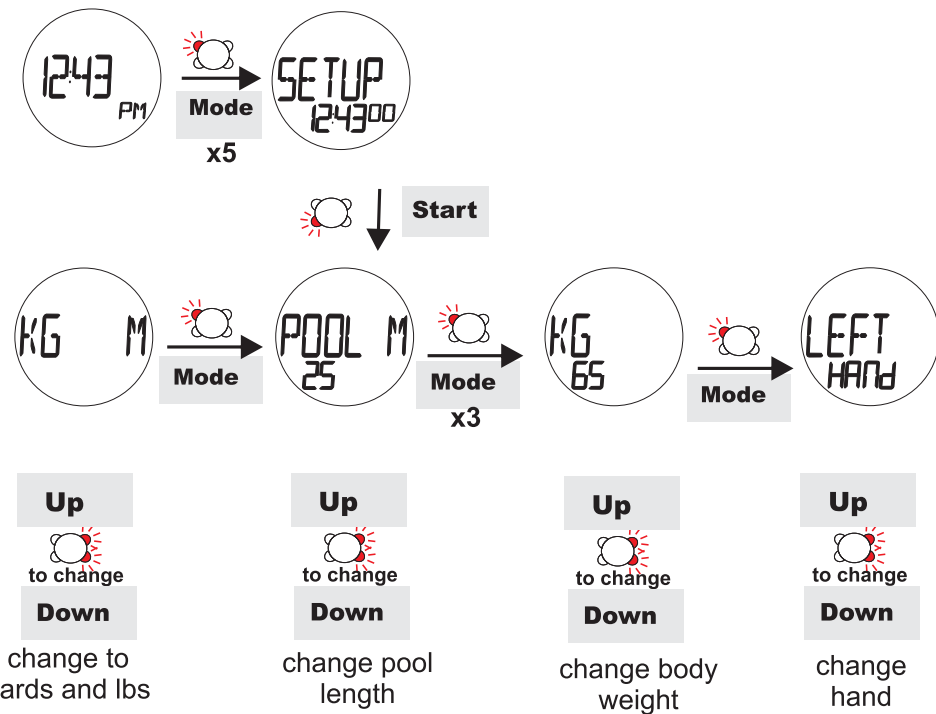
Set Pool length by pressing **Up/Down** until correct value is shown.

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

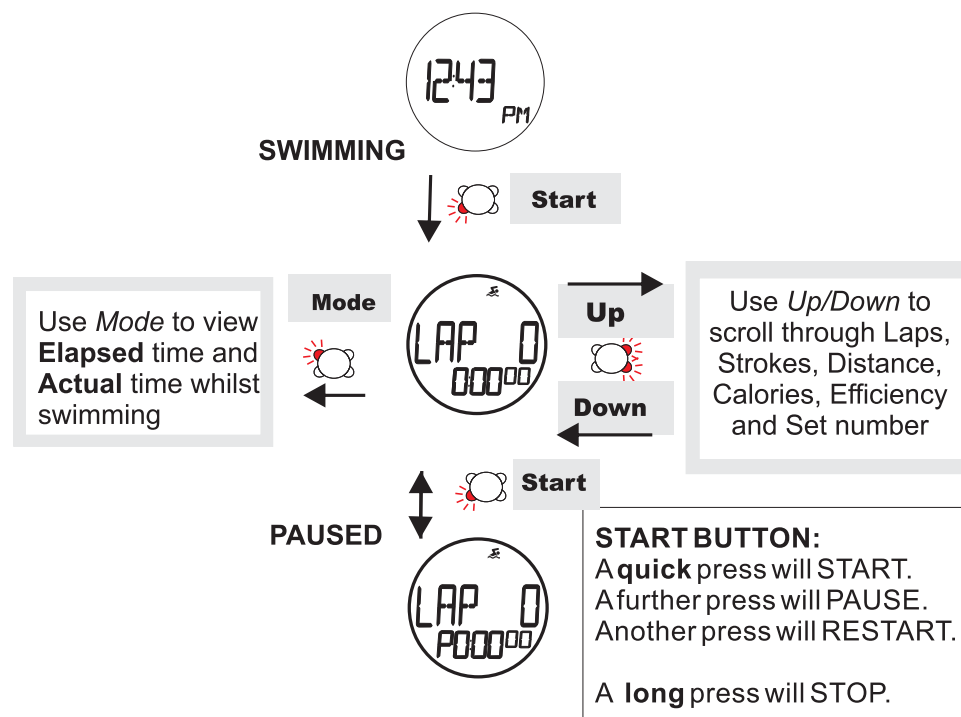
Up to 99 Sets can be recorded in each Swim Session

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).

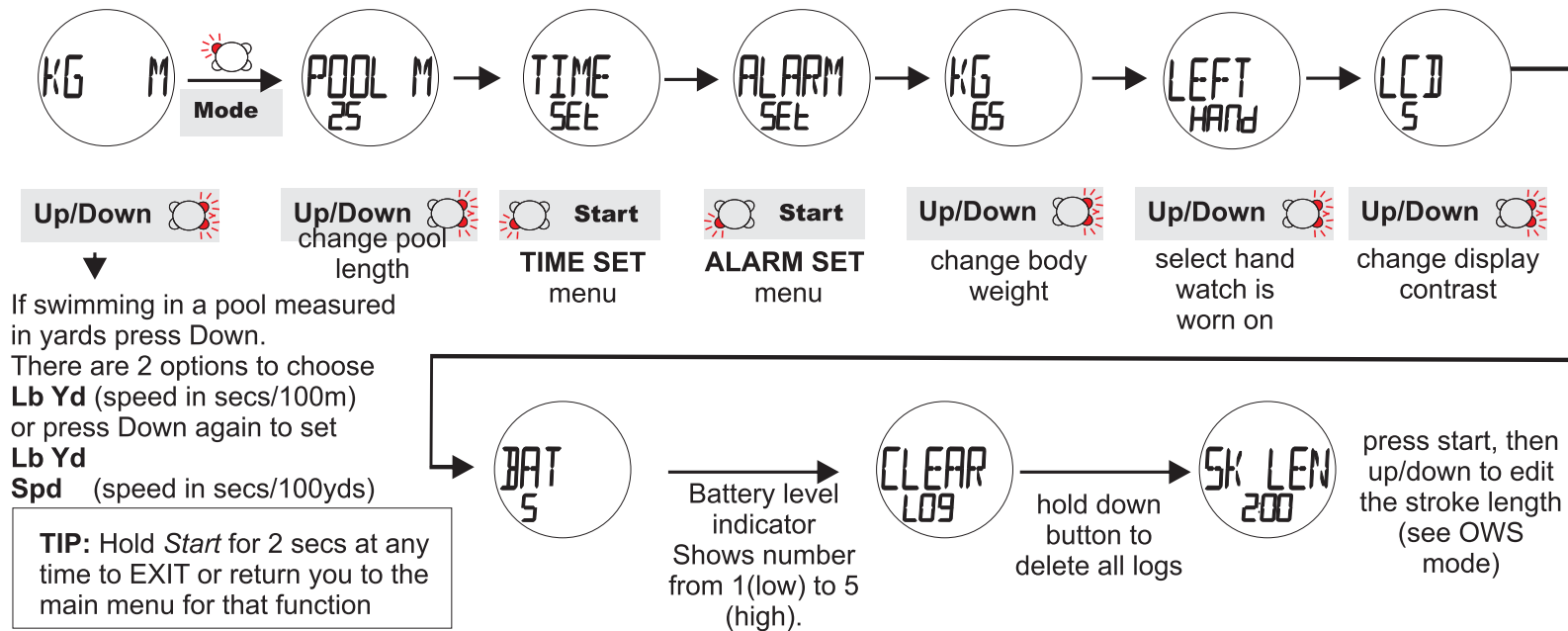
Press Start again to Restart- swim next set.

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

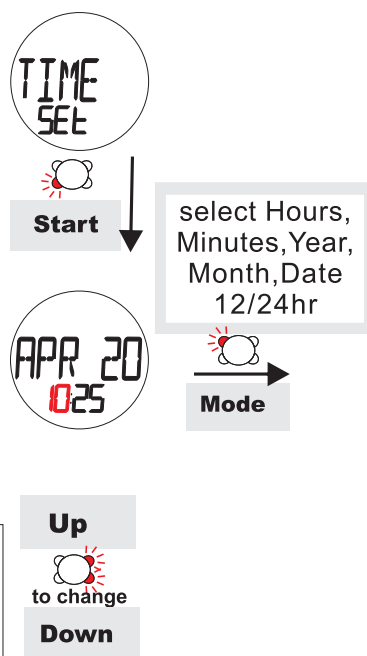
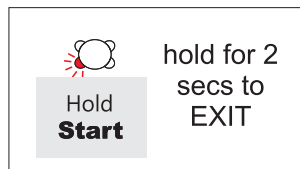
Press **Start**

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.



Setting the Alarm

From **ALARM SET** in the **SETUP** menu

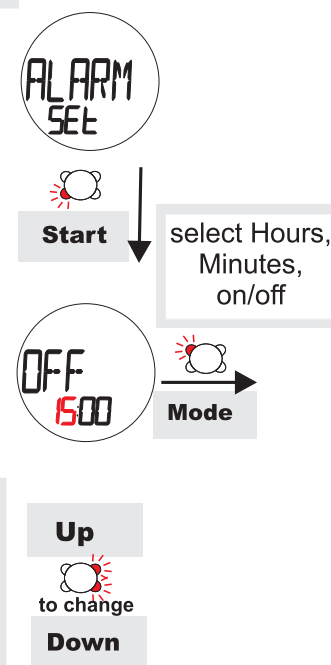
Press **Start** - the hours will flash on the clock display, press **Up** and **Down** to change value.

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.



Openwater Swimming

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.

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

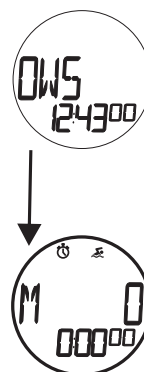
At the start of the course press mode to get to OWS mode, then press *start*. Swim the course one time only.

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.

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

Use the PoolMate in this mode when running or cycling

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* .

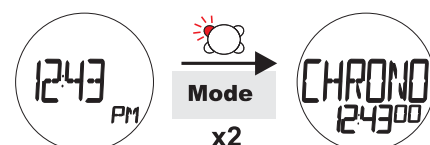
Set 1 will show on the display

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 *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.

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 PoolMateSport will store around 15 sessions depending on the length of the swims, once full it overwrites the oldest.

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

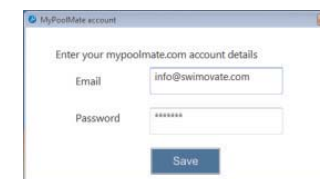
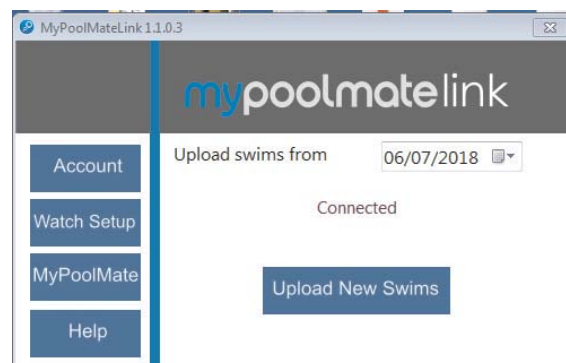
Connecting to PC or MAC

The data from the PoolMateSport can be downloaded on a PC or Mac via the USB clip 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. If you don't get an email in a couple of minutes check your spam folder to make sure it's not been sent there by mistake.

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 clip into the cable and connect to a spare USB slot in your computer
- 3, Open the MyPoolMateLink software and fill out your mypoolmate account details in the Account page, click SAVE.



4, Connect the clip to the right hand side of the watch making sure the pins in the clip connect to the connections on the back of the watch.

5, Wait until the status message in the centre of the software changes to say Connected and the watch face will say LINKED and click UPLOAD NEW SWIMS.

6, When uploaded mypoolmate.com login page will open and you can log on and view your swims.

PC USERS: If the software says “Plug in pod” when the pod is first connected then the drivers are not installed,

Step 1: Open the device manager- right click your start button in the bottom left of the screen and click Control Panel. Find System and select the Hardware tab. Then click on Device Manager. Look for “Swimovate pod” or “USB serial Port” under Ports (COM & LPT). If it is not installed it will have a yellow exclamation mark by the side of it. Right click on this and select update driver.

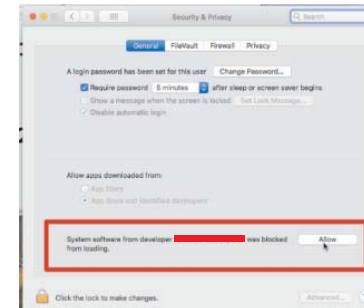
The Found New Hardware wizard appears and will ask
"Search Automatically for updated driver software"
Ignore this and click the second option
"Browse my computer for driver software"

Select C:/CDM20814_WHQL_Certified if you can't find this folder it should be in C:/Program Files x86/Swimovate/PoolMateLink/Driver/CDM20814_WHQL_Certified
Click OK, Click Next and the wizard will start installing the software.
Click Finish

Step 2- you haven't finished just yet
Looking in the device manager again there will now be another entry with a yellow exclamation mark called “USB serial port”
Follow the same exact steps as above to install the second part.
Right click on this and select update driver.

MAC USERS: If the software installation fails and you are running High Sierra then this OSX has extra security built in and may need you to approve installation of the pod driver.

Run the mypoolmatelink installer again, it will fail but don't worry.
Once it's failed go to System Preferences , you can find this by pressing the Apple button in the top left of the screen.
Select Security and privacy and you will see



Click the lock at the bottom to make changes and then click the Allow button to unblock our drivers.
Restart the computer and then you should be able to run the mypoolmatelink program from your Applications directory and everything should connect.

Connecting to an Android device

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.

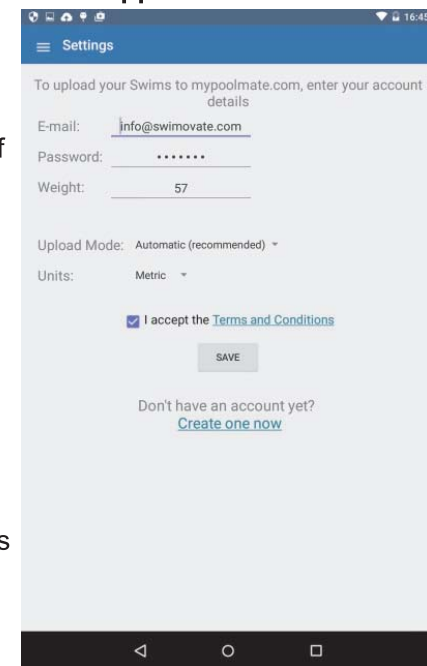
PLEASE NOTE: if you wish to study your data for each individual lap you will need to download the data via the download clip to your computer. Only summarised details per set are available in the Android app.

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)



2, SCANNING YOUR WATCH

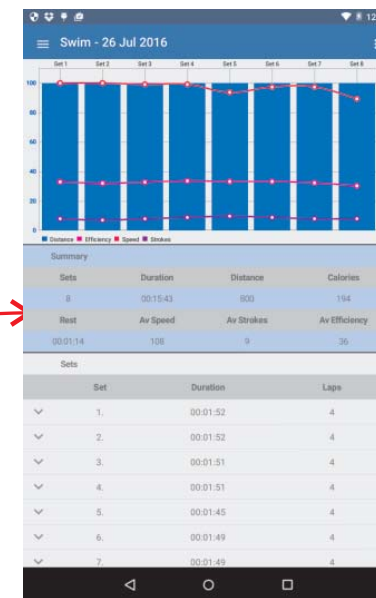
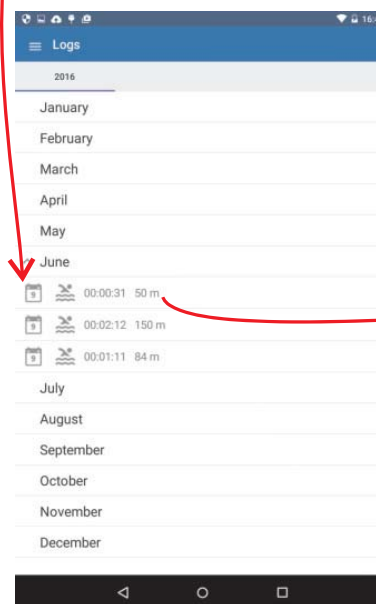
Select HOME from the menu and you will see the Welcome screen telling you place your watch to the NFC area on your device to transfer your swims. This is usually in the **top centre of the back of the device** but check your user manual for the exact location.



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 PoolMateSport work?

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

Q I want to swim sets, can the PoolMateSport 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 PoolMateSport doesn't work when I'm doing kick sets or some drills.

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

Q The PoolMateSport 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 PoolMateSport 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 PoolMateSport work in Open Water?

A The PoolMateSport will estimate distance in open water , you should calibrate the watchfirst, as explained in this manual.

Q Can I wear the PoolMateSport on my right arm?

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

Q Will the PoolMateSport work with tumble turns?

A Yes, the PoolMateSport 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 PoolMateSport?

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 PoolMateSport gives strange results when I change strokes mid lap.

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

Never attempt to dismantle or service your PoolMateSport yourself.

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

If not in use, store your PoolMateSport 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 PoolMateSport's seals, case and finish.

If your PoolMateSport 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 PoolMateSport.

Replacing the battery

The PoolMateSport's battery (CR2032) has an estimated life expectancy of around 12 months. The higher your average hours swimming a week and the more you use the vibration alarm, the shorter the battery life will be. To maintain water resistance and ensure the warranty remains valid, the PoolMateSport should be returned to Swimovate Ltd for battery replacement or taken to a qualified watch maker- do not attempt to change the battery yourself.

FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

- 1) this device may not cause harmful interference, and
- 2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

Patent

The PoolMateSport 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 PoolMateSport. 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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For more information please see our website

www.swimovate.com

