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 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).

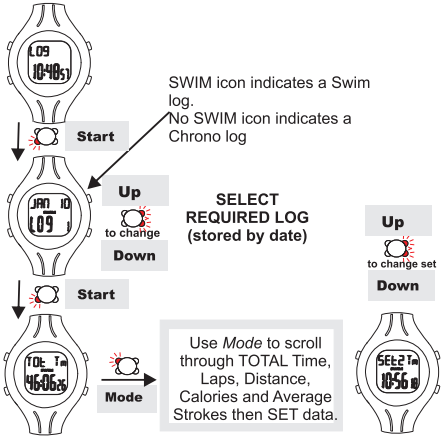
Press *Start* to view selected log details.

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



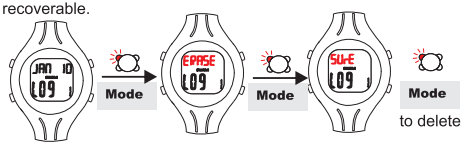
Deleting LOGS

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.

Once the memory is full it will overwrite the oldest sets



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 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.

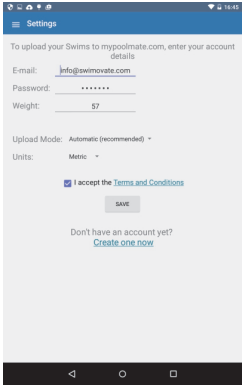
STEP 2 - Download and install the Poolmate App from Google Play or from mypoolmate.com/help or swimovate.com/downloads

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.

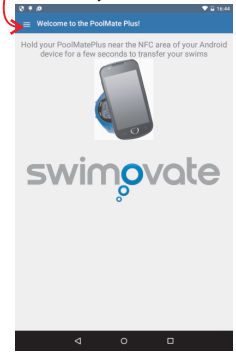
- Your mypoolmate email
- mypoolmate password
- Add your weight
- Manual or Automatic
- Metric or Imperial units
- Accept the Ts and Cs
- Click SAVE.

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



2, SCANNING YOUR WATCH

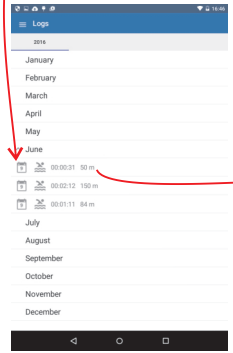
Select HOME from the menu and you will see the Welcome screen telling you place your watch to the NFC area on your device to transfer your swims. This is usually in the **top centre of the back of the device** but check your user manual for the exact location.

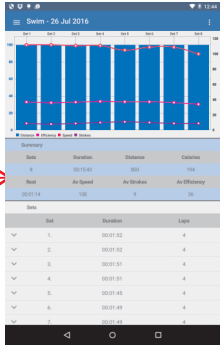


Hold the watch to the NFC area of your device for a couple of seconds, when data has been transferred you will get a message “Watch scanned successfully” at the bottom of the screen and the LOGS page will open.

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 PoolMatePluswork?
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 PoolMatelus 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 watchfirst, 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 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 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 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

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 the user's authority to operate the equipment.

NOTE: This equipment 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 equipment generates, uses instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.