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 compatability at https://www.unitag.io/nfc/is-my-phone-compatible-with-nfc

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 to the PoolMatePlus 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**
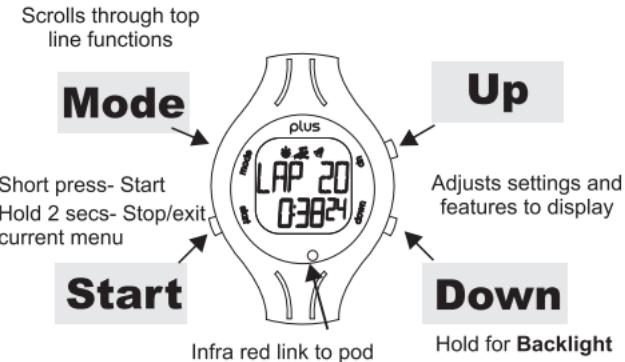
Important notes:

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!

Mode ×5

Start

Mode

Mode ×3

Mode

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
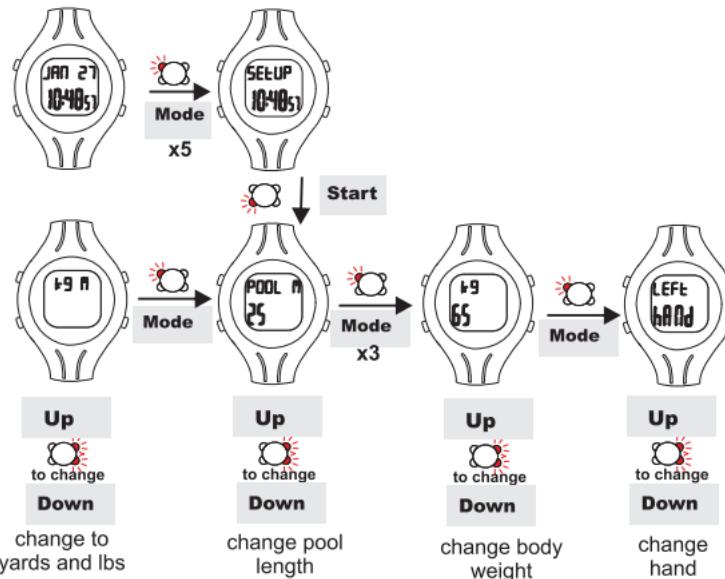
Swimming (in the pool)

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.   H**old *Start* for 2 secs to Stop**

SWIMMING

Start

Mode

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

Up

Down

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

PAUSED

Start

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

A **long** press will STOP.
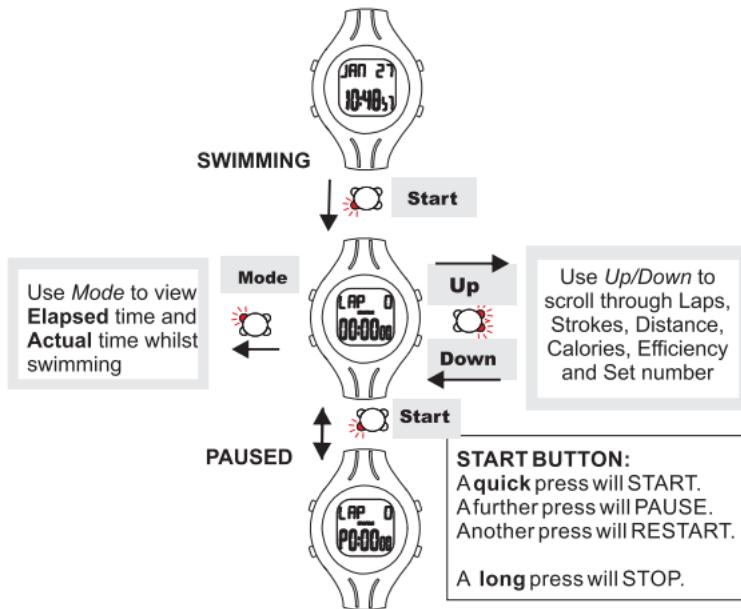
Selecting your settings

t9 A	**POOL A 25**	**t IAE SEt**	**ALAPA SEt**	**t9 65**	**LEFt HAND**	**LCd 6**
Up/Down	Up/Down	Start	Start	Up/Down	Up/Down	Up/Down
	change pool length	TIME SET menu	ALARM SET menu	change body weight	select hand watch is worn on	change display contrast

If swimming in a pool measured in yards press Down.
There are 2 options to choose
Lb Yd (speed in secs/100m)
or press Down again to set
Lb Yd
Spd   (speed in secs/100yds)

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

BAt 5	**CLEAP LOG**	**SŁ LEN 200**
Battery level indicator Shows number from 1(low) to 5 (high).	hold down button to delete all logs	press start, then up/down to edit the stroke length (see OWS mode)
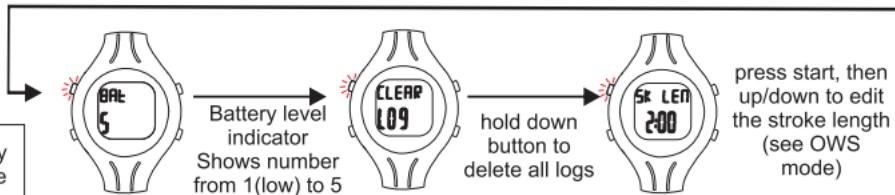
Setting the Time

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

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

Mode

Up

to change

Down

Hold **Start**   hold for 2 secs to EXIT
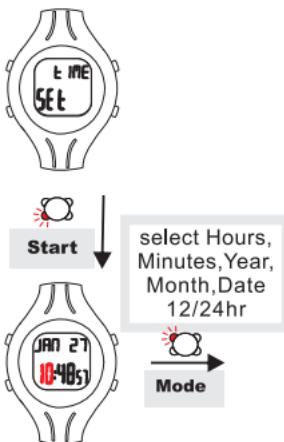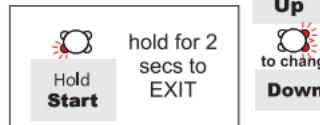
Setting the Alarm

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.

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

select Hours, Minutes, on/off

Mode

Up

to change

Down

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.
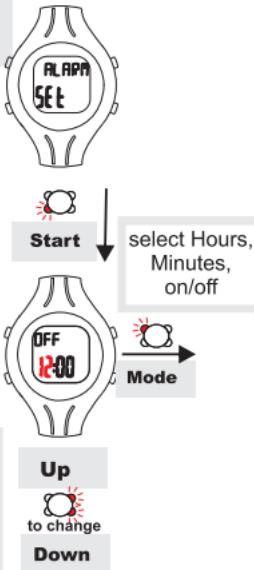
The first time you use OWS mode you need to undertake a calibration swim. This swim should be in similar conditions to your normal openwater swimming. i.e. In openwater and with a wetsuit if you normally wear one.
You will need a swim course with a known distance >50m, it doesn't matter what this is you just need to know it. Ask your openwater swim operator if you are not sure.

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

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.

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**

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.