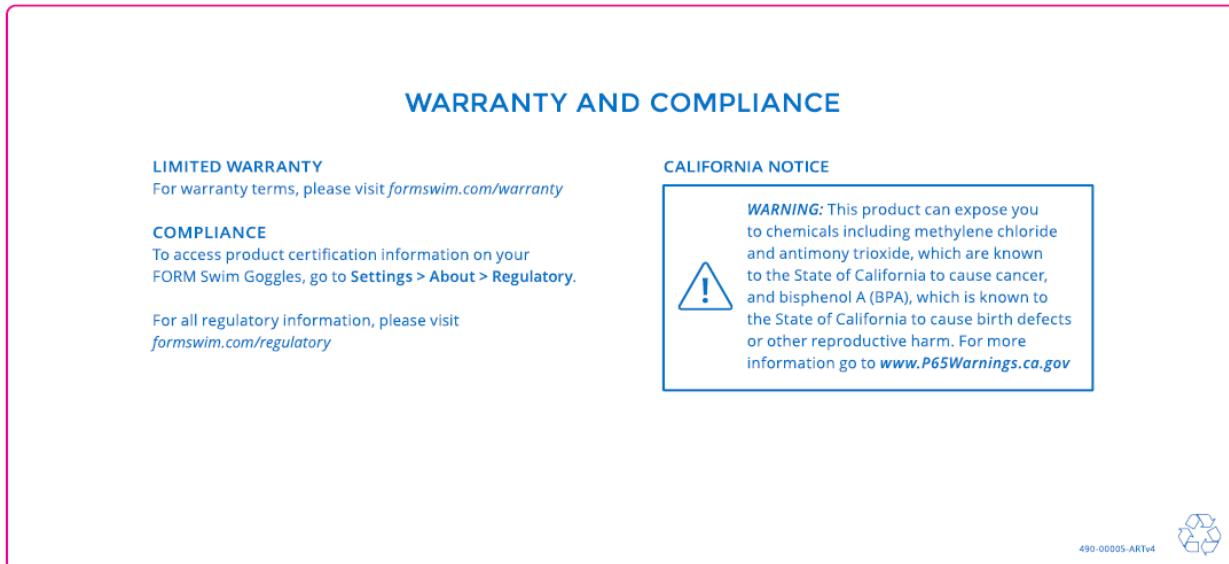


# USER GUIDE

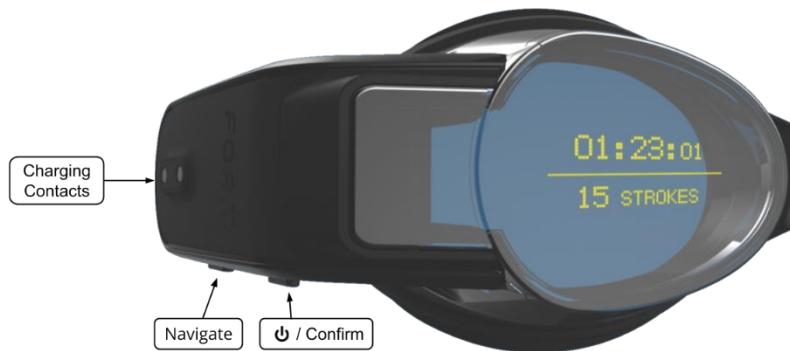
The product will be shipped with a warranty and compliance card which will direct customers to our website for full regulatory information, steps required to access the e-label are also included in the card. The warranty and compliance card is shown below:



## FORM Swim Goggles Guide

### Device

#### Hardware



- The rear button, closer to the user's temple, navigates menus in the display interface
- The front button, closer to the goggle lens, functions both as both power button and confirm button in the display interface

#### Power

- To power the goggles on/off hold the (front) power button for approximately 2 seconds then release, the display will indicate if the device is powering on/off
- If the goggles become unresponsive during use, the power button may be held for 8 seconds to force a power down

## Charging

- The battery will last 12-18 hours of use from a full charge, this value is expected to fluctuate during development as features are added and optimized
- The goggles may be charged from any standard USB device such as a computer, phone adapter, or portable charger
- A provided USB cable will magnetically attach to the contacts on the side of the goggles
- LEDs on the device will illuminate **red** during charging and **green** when charging is complete

## Fit

Proper fit is important for an optimal experience using the device, it should not leak or cause discomfort during use.

Five nose pieces are provided with the goggles to ensure every user can find the correct size. The sizes provided are XS, S, M, L, and XL; medium is installed by default. Users are encouraged to try the different options to increase comfort and prevent leaking.

- If the goggles are lifting on the outer side near the temple, it is recommended to try a larger size nose piece
- If the goggles are lifting on the inner side near the nose, it is recommended to try a smaller size nose piece

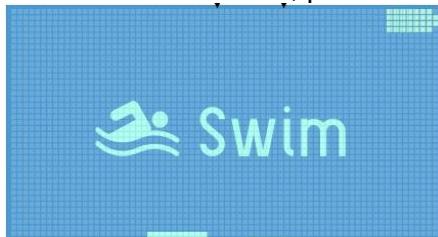
The strap may be adjusted by threading the strap through the plastic piece joining both sides. Users should take care to lock the strap back in place to prevent slipping.

## Goggle Care

- Ensure the goggles are dry prior to attaching the charging cable to prevent damage to the goggles and charger
- Rinsing the goggles in warm water helps wash away harmful chemicals from pool water after each use, this will help retain the anti-fog coating and extend the life of the goggles

## Starting a Swim

1. From the main screen, press "confirm" (front button) on Swim



2. In the next menu select the appropriate pool length and press "confirm"



3. Select the swim mode:

1. Interval Swim is designed for swimming sets of intervals, each time the user finishes a rest the interval time is reset
2. Lap Swim is designed for all other use, the timer continues to count up throughout the entire activity, by default it will count rest time separately so the user knows how long they have been stationary

The goggles will remember the previous path taken to start a swim. If a user wants the same settings on a subsequent swim, they may simply press the “confirm” button a few times to start.

### Swim Experience

After choosing the desired swim mode, the device will show a “Confirm to start” screen. Since the goggles automatically detect movement to start the swim, this screen allows a user to get in position before activating the sensors. Press the “confirm” button to continue.



The bar along the bottom of the display indicates movement detection at the start of a swim and during rest. The timer is started in the background immediately, but will only show if the bar is filled completely. If the user was moving accidentally, they may hold still and the bar will reset along with the timer in the background.



Once the swim is started, there are three main screens throughout the experience. When a turn is detected, the turn dashboard will appear briefly. The turn dashboard shows the running timer on top (interval time for interval swims), and the length split on the bottom by default. The swim dashboard is shown between turns, and shows the running timer on top with length pace/100 on the bottom by default. The rest dashboard is automatically shown when resting is detected by the goggles, it shows the timer and pace for the entire interval by default. All of the lower dashboard metrics are customizable within the application.

Turn Dashboard



Swim Dashboard



Rest Dashboard



Interval swims have an additional dashboard that is displayed when transitioning from swimming to rest, it freezes the interval finish time on top and shows the last length split on the bottom. This will automatically swap over to the rest dashboard after a brief period.

At any point during a swim either button may be pressed to pause the activity. The pause menu has options to resume or finish the swim, as well as enter Drills mode. Drills mode is useful when performing kicking or using equipment that may pollute the other swim data or cause incomplete lengths. Drill mode tracks time and distance, and it is highlighted separately in the mobile application.



When a swim is completed, pause the activity, then “Save & Quit”. Next time the device is synchronized with the mobile application the swim data will be processed and available for review.

## Regulatory Screen Access

Access the regulatory screen by pressing the front button for approximately 2 seconds to turn on the goggles and then press the rear button to navigate to the “Settings” menu. Once in settings, use the rear button to navigate to “About”. Finally use the rear button to navigate to “Regulatory”. Press the rear button to cycle through display of the device FCC ID, IC ID and HVIN.

**The FCC and IC statements that will be included on the [formswim.com/regulatory](http://formswim.com/regulatory) website are below:**



FCC ID: 2ASL3- FSG100

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, including interference that may cause undesired operation of the device.

FCC Warning

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 and can radiate radio frequency energy and, if not installed and used in accordance with the 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.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

IC: 24807-FSG100

This product meets the applicable Innovation, Science and Economic Development Canada technical specifications.

Le présent produit est conforme aux spécifications techniques applicables d'Innovation, Sciences et Développement économique Canada.