

pool
mate
live

User Manual
v2.02





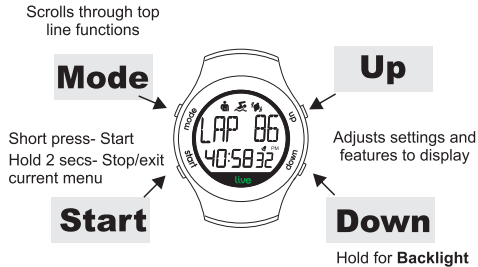
Contents

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

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Welcome to the PoolMateLive Manual



Contents:

PoolMateLive watch
Instruction manual

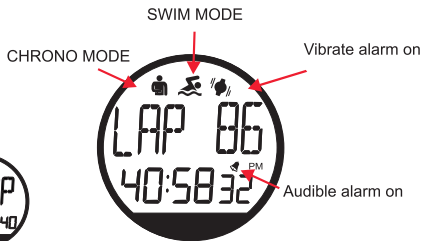
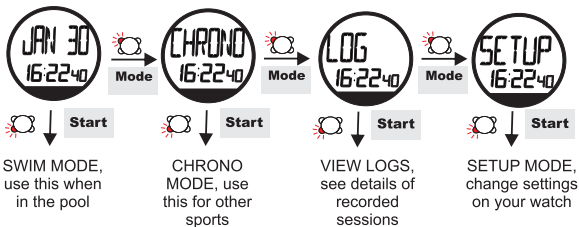
Optional download clip available to
upload swim data to your computer

Important notes:

1. Your PoolMateLive has been designed for lap swimming in a pool. It has not been designed to work in Open Water.
2. The PoolMateLive detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the PoolMateHr 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 PoolMateLive 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 PoolMateLive is out of the water before pressing any buttons. Do NOT dive in wearing the PoolMateLive. Pressures are much greater and water may be forced into the case.

Overview

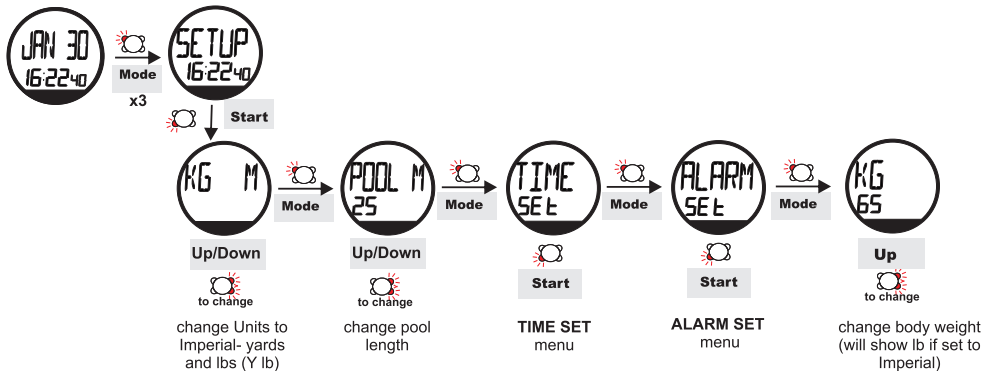
Pressing *mode* will take you through the different modes of operation

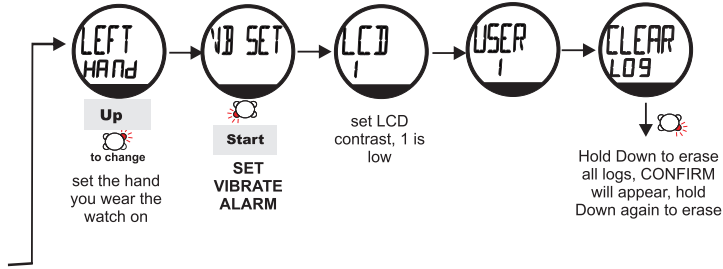


Hold **Start** for 2 secs at any time to EXIT

Selecting your settings

From main CLOCK screen, press **Mode** 3 times to show **SETUP**. Press **Start** then you can change settings by pressing **Mode** to select.





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

***Changing swimmer:** The PoolMateLive 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 changing weight.

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



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 **Mode** again to set **BEEPER** on or off (if beeper is off the watch will only vibrate if the alarm is switched on. 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

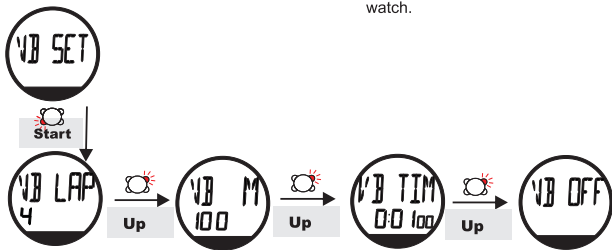
Up



Down

Setting Vibrate Alarm

From **SETUP** Press *Start* , press *mode* until you see **VIB SET**



IN SUMMARY: From **VIB SET** press *Start*, press *Up* to choose between setting lap interval, distance, Time intervals or turn vibration off. Press *Start* to select setting to change, press *up* and *down* to change value then hold *Start* for 2 secs to save and exit

The **PoolMateLive** has a small motor inside that will vibrate when it detects you have swam a certain number of laps, distance or time. You will feel a short buzz on your wrist when this occurs.

If the vibrate alarm is set to 4 laps for example (the default setting) it will vibrate the watch for a couple of seconds when you are approaching the end of the 4th lap. This can be really useful in keeping track of your laps without looking at the watch.

To set alarm to vibrate on a different lap count

From **VIB SET** press *Start*. **VIB LAP 4** will appear, press *Start* and the lap number will flash. Press *Up* and *Down* to change value. Hold *Start* for 2 seconds to save

To set alarm to vibrate on a Time interval

From **VIB SET**, press *Start* and **VIB LAP** will show, press *Up* twice until you see **VIB TIME**.

Press *Start*, the hours will flash. Press *Up* and *Down* to change value. Press *Mode* and the minutes will flash. Press *Up* and *Down* to change value. Press *Mode* again to change seconds. Hold *Start* to save.

Swimming

Recording a simple session

From main **CLOCK** screen, press **Start** to begin (the **SWIM** icon will appear) and SWIM!

During or after the session, press *Up* and *Down* to view Strokes, Distance(m), Calories, Efficiency Index and Set number rather than Laps.

Press *Mode* to show the **Elapsed** time since you started recording, press again to show the **actual** time of day.

Hold Start for 2 seconds to stop

NOTE: If the watch doesn't count any laps for 5 minutes it will turn itself off to conserve the battery and may not save your session. So always make sure to hold start for 2 seconds to stop and save your session after your swim



Start

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



Use *Up* to view Strokes, Distance, Calories, Efficiency and Set number rather than Laps

WHEN IN SWIM MODE
Hold Start for 2 seconds to stop

Swimming sets

Up to 99 Sets can be recorded in each Swim Session

Recording individual sets

Imagine you want to swim 10 x 100m sets with your watch. You can record each set within the same swim session.

From main **CLOCK** screen, press **Start** - swim set 1

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 set 2.
Press **Start to Pause**.

Press **Start** and swim set 3, repeat as required

Hold Start for 2 secs to Stop

You can record whatever combination and distance of sets you wish. The whole session will be recorded and the data for each individual set

a **P** indicates the watch is **PAUSED**
Any laps will not be recorded, rest time will be shown
Make sure this is NOT displayed when swimming



Start



Start



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

Use **Up** to view Strokes, Distance, Calories, Efficiency and Set number rather than Laps

START BUTTON:

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

A **long** press will **STOP**.

Changing the battery

The battery in your PoolMateLive should last over 12 months with normal use (approx 3 hours of swimming a week). If you swim more frequently the battery will run out sooner. It is a Cr2032 battery.

You can change the battery yourself, turn the watch over so you can see the stainless steel case.

Insert the end of a coin into the notch on the battery case and turn anticlockwise several turns until it pops open. Using a pair of tweezers or a paperclip insert the end into the small half moon shaped recess in the 4 o'clock position inside the battery compartment and lever the battery out.

Replace the battery and securely replace the compartment lid making sure it is clean. Make sure this is tight and correctly positioned to preserve the seal.



Reviewing your sessions

During or directly after your swim

Metrics can be viewed whilst swimming, simply using the *Up* button to scroll through the metrics.

Laps are shown by default but pressing *Up* will cycle through,

- LAP**- laps (for that set)
- STK**- Average Strokes per lap (for that set)
- M**- Distance (for that set)
- CAL**- Calories (for that set)
- T**- Time (for that set)
- SET**- Set number (if more than 1 set)
- TL**- Total laps (if more than 1 set)
- TOTAL T**- Total time (if more than 1 set) and back to laps



The PoolMateLive contains a large memory to store the details of many sessions. If you have the download clip you don't need to upload to your computer each time you swim.

NOTE: Individual lap details can only be viewed in the software after downloading

LOG All sessions are stored in the LOG, it can store up to 30 sessions depending on their size

From **CLOCK** screen press **Mode** twice to go to **LOG**

Press **Start** to enter. Use **Up** and **Down** to scroll through recorded sessions (the PoolMateLive stores each session in the log by number and date). The last log appears first. Press **Start** to view selected log details.

Use **Mode** to scroll through the **TOTALS**

TOTAL- swimming time,

REST- rest time,

KCAL- calories,

LAPS- total laps,

METRES- total distance

Any **SETS** can then be viewed

S1 TM- set 1 time,

S1 RST- rest time,

S1 LAPS- laps,

S1 M- distance,

S1STK- average strokes,

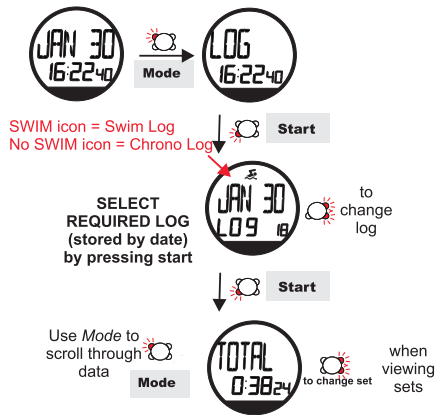
S1 SPD- speed,

S1 EFF- efficiency,

S1 KC- calories,

To see how time, laps, speed etc varies on other 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.

From CLOCK screen press *Mode* twice to go to LOG.

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.

There is no need to delete older sessions to free the memory. Once the memory is full it will overwrite the oldest sessions.

You can delete all logs in one go from the SETUP menu, see page 5.



Chrono

Use the PoolMateLive in this mode when running or cycling as a 99 lap timer

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.



Uploading to a computer

If you have a PoolMateLive download clip (optional extra) you can upload your swim data from the watch to your computer with our MyPoolmateLink application. Once uploaded you can view your data at mypoolmate.com, anytime, anywhere.

Visit www.mypoolmate.com/help to download and install our MyPoolmateLink application

- 1, Install the software
- 2, Plug the clip into a USB port
- 3, Put the watch in the clip so the hinged lever is between the up and down buttons
- 4, Open the MyPoolMateLink software
- 5, Wait until the status message in the software indicates *Connected* and the watch says LINKED
- 6, Select Upload
- 7, Log into mypoolmate.com to view your data.

When the software is open it will search at see if the pod is connected and indicate the pod status (this may take a few seconds). Common messages are

Initialising pod- checking if pod is connected

Connected- the watch is in the pod correctly and pod has been recognised

Please plug pod in- no pod connected or drivers not installed

Detailed instructions are at mypoolmate.com/help



If the software should fail to recognise the pod is connected or display an error message please shut down the software and restart. This should reset the status.

FAQs

Q How does the PoolMateLive work?

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

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

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

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

Q Will the PoolMateLive work in Open Water?

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

Q Can I wear the PoolMateLive on my right arm?

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

Q Will the PoolMateLive work with tumble turns?

A Yes, the PoolMateLive will work with both tumble turns and when pushing off the wall.

Q What units is the Speed measured in?

A We have found that the time to swim 100metres 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.

Q How accurate is the PoolMateLive?

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 The PoolMateLive gives strange results when I change strokes mid lap.

A The PoolMateLive 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 How do I upload my swim data to my computer?

A You need the PoolMateLive download clip, available as an optional extra, email us at support@mypoolmate.com for details.

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 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.

Firmware upgrading

The PoolMateLive watch firmware can be updated with new releases. Any new releases and full instructions will be posted at www.mypoolmate.com/help

Registering your purchase

Please register your purchase at www.pool-mate.com

Care and maintenance

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

Never attempt to dismantle or service your PoolMateLive yourself. Always protect your PoolMateLive from shocks, hard and sharp objects, extremes of heat and prolonged exposure to direct sunlight.

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

If your PoolMateLive 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, We 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. We shall in no event be liable for any incidental or consequential damages arising from the use or inability to use the product. We 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@mypoolmate.com (or telephone +44 (0)1784 481562) to obtain a returns number before returning your watch.

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

Certification

The PoolMateLive has CE and FCC approvals. The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC. The PoolMateLive 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 PoolMateLive 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 PoolMateLive. The contents shall not be disclosed or reproduced without the prior written consent. 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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