



The Quick Board App and QBiAd User Manual

All Basic and Plus App capabilities are explained in this manual. The Quick Board app will identify which settings are available depending on the app version purchased.

Important, please read checkmarks below before use.

✓ To use the sensor board with The Quick Board App, select Lower Limb response mode in The Quick Board App Settings. The Settings button is located on The Quick Board App Home Screen.

✓ Place The Quick Board Sensor Board flat on the floor.

✓ iPad MUST lie on a flat, elevated surface when the QBiAd is attached.

QBiAd is compatible with:

iPad (3rd Generation)

iPad 2

iPad

Legal Notice

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

Important Safety Instructions

WARNING: To reduce the risk of injury, place the sensor board on a flat, horizontal, and stable surface. Do not place or use the sensor board on a slippery surface.

WARNING: To reduce the risk of injury, do not use the sensor board with wet shoes, wet feet or socks.

WARNING: To reduce the risk of injury, do not use the sensor board if the surface is wet. If the sensor board surface becomes wet, dry the surface before using.

WARNING: **DO NOT** step on QBiAd DB 9 cable connector located on the front of the sensor board. This may cause the connector to break and affect the functionality of the sensor board and/or the QBiAd.

WARNING: Avoid stepping on the QBiAd cable and connector. This may damage the equipment and affect the communication between the iPad and sensor board.

WARNING: When securing the QBiAd DB 9 connector to the sensor board, do not over-tighten the DB 9 connector posts as this may strip the connector mounting posts.

****Stepping on the QBiAd accessory or stripping The Quick Board DB 9 mounting posts due to over-tightening the QBiAd cable connector screws are not covered by [The Quick Board Limited Warranty](#).****

Save these Instructions

Read all instructions before using The Quick Board

- 1) Close supervision is necessary when The Quick Board is used by, on, or near children, invalids, or disabled persons.
- 2) Use The Quick Board only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 3) Never operate The Quick Board if the QBiAd or sensor board are damaged, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact The Quick Board for assistance.
- 4) Do not carry The Quick Board by the QBiAd accessory or use the QBiAd accessory as a handle. Do not carry the iPad by the QBiAd accessory or use the QBiAd accessory as a handle.
- 5) Keep the QBiAd and sensor board away from heated surfaces.
- 6) Do not use outdoors.
- 7) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

SAVE THESE INSTRUCTIONS

Maintenance/Cleaning Instructions

The sensor board should be wiped down immediately if the surface is wet to avoid slipping.

The only maintenance/cleaning steps taken by the user is wiping down the top of the board with a soft, dry towel. DO NOT clean the board with any surface cleaners or water. If there are any questions about maintenance/cleaning then contact a Quick Board representative. If there is any maintenance required, then contact a Quick Board representative to obtain a return shipping authorization. DO NOT attempt to disassemble the sensor board or QBiAd accessory in any way or warranty will be voided.

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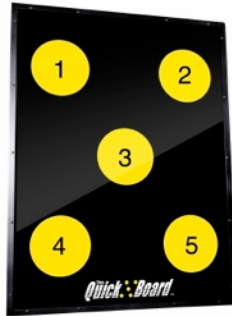
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1. Getting Started

1.1 System Components

1. The Quick Board Sensor Board (Sensor locations are labeled below. Note, the numbers are not labeled on the actual sensor board.)



2. QBiAd
3. iPad - Reference compatibility list on Page 1.
4. The Quick Board App (Download in the App Store)

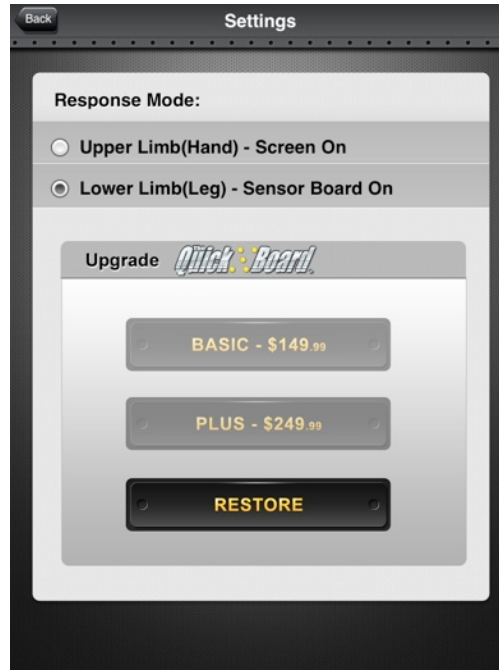
1.2 Launch The Quick Board App

1. To run the Quick Board App, the iPad must be in a vertical position. The app does not rotate to landscape.
2. Press The Quick Board App icon on the iPad to launch the software or connect the QBiAd to auto-launch the app

1.3 Syncing the Sensor Board to the iPad

1. Lie the iPad flat on an elevated surface. DO NOT place the iPad on the floor.
2. Place the sensor board flat on the floor.
3. Connect the iPad to The Quick Board Sensor Board with the QBiAd.
 - The 30 pin connector syncs to the iPad and the DB 9 connector syncs to the sensor board.

***To use the sensor board with The Quick Board app, ensure Lower Limb response mode is selected in The Quick Board App Settings as seen in image below. From The Quick Board app Home Screen, select Settings and the Upper and Lower Limb settings are displayed.**



2. Drill Type Descriptions

2.1 Count Drills

Count Drills measure and improve foot speed. During a count drill, the user attempts to touch the sensors as many times as possible in a specific interval of time. Additionally, count drills can measure how long a user takes to complete a predetermined number of steps. The drill lasts for the pre-programmed amount of time or until the number of touches are complete.

2.2 React Drills

React Drills measure and improve the user's reaction time. At random, one of the five lights is illuminated in The Quick Board app and the user touches the corresponding sensor on the sensor board. Immediately after the user touches the sensor, another light is illuminated indicating where they should next place their foot. If users touch a sensor that is not lit up in the app, they will hear a beep, which tells them they hit the wrong sensor and an incorrect touch error will be counted toward their drill results. Users will continue to log incorrect touch errors every time they hit an incorrect sensor until the lit sensor is touched. The app will display the number of incorrect touches next to the total of correct touches at the completion of the drill. The drill lasts for the pre-programmed amount of time or until the number of programmed touches is complete.

2.3 Sequence Drills

Sequence Drills measure and improve foot speed and also test for precision. This drill type allows the user to program a sequence of up to twenty sensors. If the programmed sequence isn't performed in the correct order then the user will hear an audible beep when they touch an incorrect sensor. The user will incur incorrect touch errors every time they touch an incorrect sensor until the correct sensor in the sequence is touched. The app will display the number of incorrect touches next to the total of correct touches at the completion of the drill. The drill lasts for the pre-programmed amount of time or until the number of programmed touches is complete.

2.4 Agility Drills

Agility Drills provide directional arrows for whole body change of direction drills. Drills are programmed for time or number of arrows. The delay between arrows is programmable to allow for shorter or longer distances covered by athletes during the drill. There are two directional options settings, program custom arrow sequences or set the drill to arrow react, which randomizes the arrows.

Note, the QBiAd and sensor board are NOT needed to use the Agility Drill.

3. Drill Programming Options

There are two common programming options for all three drill types in The Quick Board App.

3.1 Common Drill Options

End

Edit this setting to designate drill length by time or number of touches.

TIME

The app will measure number of touches accomplished during the programmed time interval (00:01 - 09:59).

or

TOUCHES

The app will measure the amount of time it takes to complete the number of programmed touches (1 - 350).

Start

Edit this setting to dictate whether the athlete is able to anticipate the start of the drill with a predetermined countdown or react to the beginning of the drill.

FULL COUNTDOWN

Program the desired drill start countdown (1 - 5 seconds).

or

RANDOM START

The screen fades and the user begins the drill when the screen activates and begins timing.

3.2 Count Drill Options

Edit this setting to activate all sensors on the sensor board or break down left and right foot touches.

Sum

SUM ALL

All sensors are activated and will sum all touches in a single total. This drill gives the user flexibility for training protocols.

or

LEFT RIGHT

Only Sensors 1 & 2 and 4 & 5 are activated. User will place the left foot either on sensor 1 or 4 and the right foot on 2 or 5 respectively. The app will display two totals corresponding to the right foot and left foot.

3.3 React Drill Options

React Flip

OFF

React to the corresponding sensor on the sensor board.

or

ON

When a stimulus appears on the iPad, react to the diagonally opposite sensor on the sensor board. Sensor 3 is deactivated for this setting.

Delay

OFF

The stimulus (yellow dot) displayed on the iPad will immediately progress to the next random dot once the corresponding sensor is pressed on the sensor board.

or

ON

There will be a variable 2 - 3 second delay before the next dot appears on the iPad. This allows the user to reset their feet between reactions.

Prompt

SOLID

The stimulus (yellow dot) stays on until the user presses the corresponding sensor on the sensor board.

or

FLASH

The amount of time the stimulus (yellow dot) stays illuminated can be programmed. If the corresponding sensor is not pressed within the programmed time range, then an error will be recorded and the dot will progress to another random dot. The Flash Prompt Option programmable time range is 00:00.1 to 00:10.0 seconds.

3.4 Sequence Drill Options

Delay

OFF

The stimulus (yellow dot) displayed on the iPad will immediately progress to the next programmed sensor once the corresponding sensor on the sensor board is pressed.

or

ON

There will be a variable 2 - 3 second delay before the next dot in the programmed sequence appears on the iPad. The Delay On capability is provided in Sequence Drill for drill programming flexibility.

Prompt

SOLID

The stimulus (yellow dot) stays on until the user presses the corresponding sensor on the sensor board.

or

FLASH

The amount of time the stimulus (yellow dot) stays illuminated can be programmed. If the corresponding sensor is not pressed within the programmed time range, then an error will be recorded and the dot will progress to the next programmed sensor in the sequence. The Flash Prompt Option programmable time range is 00:00.1 to 00:10.0 seconds.

Sequence

Note: 12345 is the default sequence in the software. Tap this field to edit the desired sequence. The programmable sequence length is 1 to 20 sensors. The ability to accurately perform the programmed sequence is tracked with correct Touches and Errors.

3.5 Agility Drill Options

End

Edit this setting to designate drill length by time or number of arrows.

TIME

The app will measure number of touches accomplished during the programmed time interval (00:01 - 09:59).

or

ARROW COUNT

The drill lasts for the number of programmed arrows (1 to 20).

Delay Between Arrows

0:1

Note: 1 second is the default time between arrows. Tap this field to edit the delay between arrows. The delay time range is 1 to 10 seconds.

Custom

ARROW SEQUENCE

Customize a directional sequence

or

ARROW REACT

The app automatically randomizes selected arrows

4. User Interface - Home screen

When the application is launched, the following Home screen will be displayed.

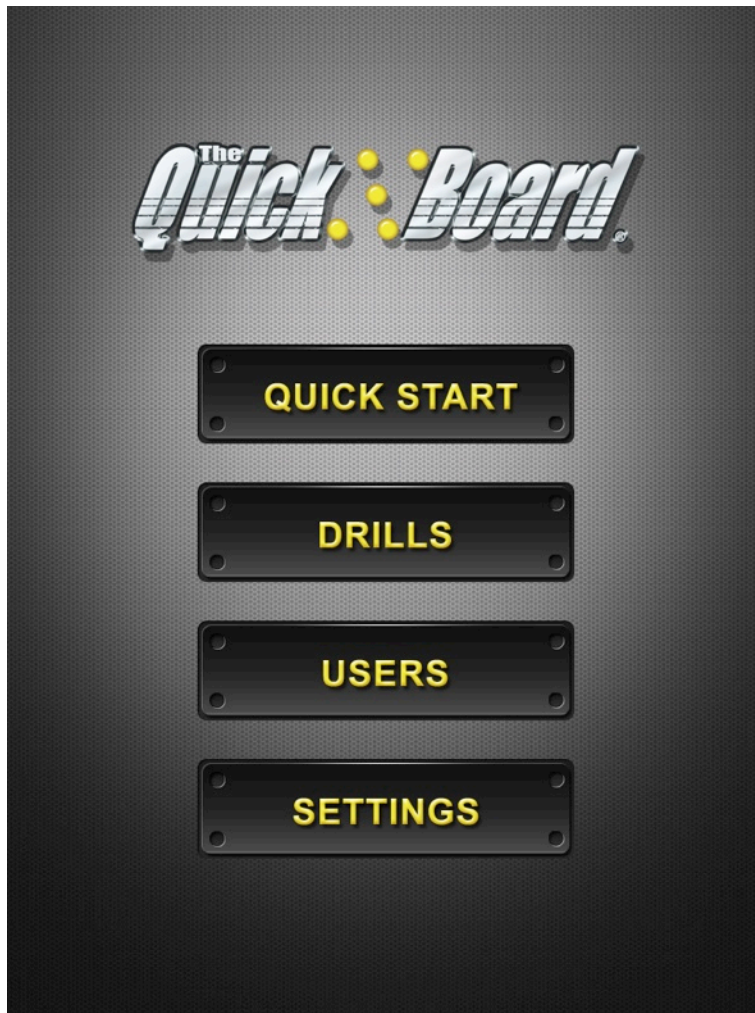


Figure 1

The user has the following options on the Home screen: [Quick Start](#), [Drills](#), [Users](#) and [Settings](#). Each of these options is illustrated below.

5. Quick Start

Tap **Quick Start** on the Home screen (see Figure 1). The two options below (see Figure 2) are provided: List All and Repeat Last.



Figure 2

- **List All:** From the displayed list of all the drills in the app, the user can create a playlist of drills to perform. Refer to Section 5.1 for more details.
- **Repeat Last:** This option allows the user to repeat the last drill or playlist of drills previously performed with the same or modified settings. Refer to Section 4.5 for more details.

5.1 List All Option

- This option is available under the Quick Start menu (see Figure 2).
- Tap the **List All** option in Figure 2. The drills will be displayed under their respective categories on the Include Drills screen (see Figure 3).

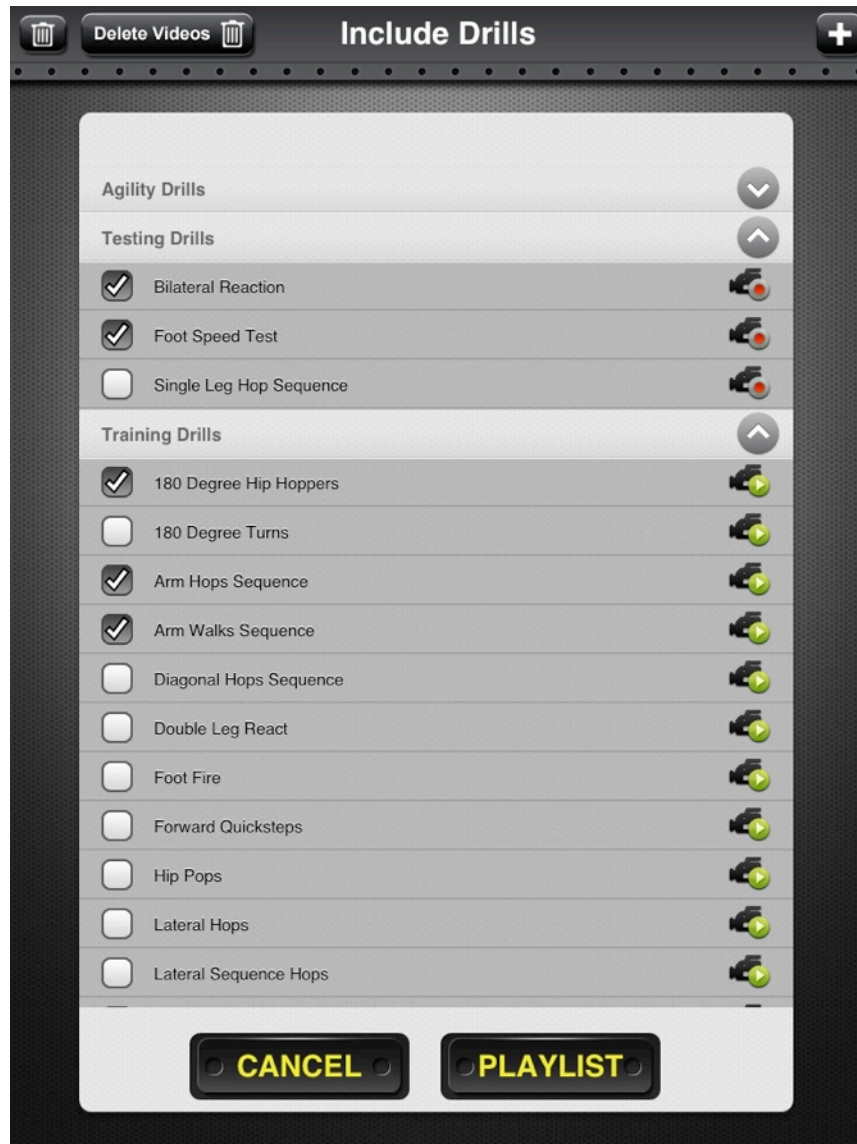





Figure 3

5.2 Include Drills Screen:

- A. : This icon is shown for an expanded category of drills. To collapse the category, tap on the icon again.
- B.  **180 Degree Hip Hoppers**: This is an example of a drill, identified by its name. Note the checkbox provided for each drill. Select a drill for the playlist or for deletion by checking its checkbox.
- C. : Tap this icon to view a demo video of the drill.

How To: Add a Drill



: This **Add** icon can be tapped to add new drills. A screen similar to Figure 6 will be shown.


How To: Record a Demo Video



: Tap this icon to record a demo video clip of the drill. On tapping this icon, a Choose Photo Source menu will appear providing the options below. The record video capability is strictly to record how a drill should be performed. A drill cannot be started in the app while recording.

- Camera - Record the user performing the saved drill.
- Photo Library - Select an existing video from the photo library.
- Photo Album - Select an existing video from the photo album.

Note: Demo videos should be as short as possible to conserve memory. Limit demo videos to 10 seconds.

Demo videos can only be selected or recorded after a drill is created. To add a demo video, tap  on the Include Drills screen (see Figure 3).

How To: Delete Drills



: After selecting drills to be deleted, tap this button to delete the selected drills. Confirm the action when the alert is shown.

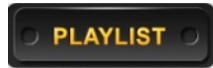
How To: Delete Drill Video



: To delete only the videos associated to the listed drills, select the drills by checking the corresponding checkboxes and tap the **Delete Videos** button. Confirm the action when the alert is shown.

How to: Create a Drill Playlist

1. Tap the desired category so that its constituent drills will be displayed (see Figure 3).
2. To select drills, check their respective checkboxes.



3. : After selecting the drills for the playlist, tap this button to begin the drill playlist with the first drill that was selected.

Note: Drills appear in the playlist by the order they are selected.




4. : This button takes the user back to the previous screen (see Figure 2).



Figure 4

5.3 Drill Settings Screen


- A. If the drill settings are acceptable, the user can tap **Accept** then  and the drill countdown will begin.
- B. Note in Figure 4, the selected drill, **180 Degree Hip Hoppers**, is a Count Drill.
- C. If the user would like to see a demo of the particular drill, then tap the **Demo** button. If a demo of the particular drill (here, 180 Degree hip Hoppers) is not available, the "**Demo**" button will be disabled.
- D. The numbers in the top right corner of the drill setting dialogue displays how many drills were included in the playlist.



- E. If **Cancel** is tapped, the user is returned to the Include Drills screen (see Figure 3).

Although it's not illustrated, the Play, Edit and Retry buttons will appear depressed or elevated based on whether the drill is completed, stopped, or playing.

- F. When the user taps the **Accept** button (see Figure 4), the drill is ready to start with the saved settings.

Note: If settings are edited, tap **Accept** to apply the changes otherwise the original settings will be reapplied.

- G. The user can navigate to different drills in the playlist by using the navigation  icon.

1. To return to the previous screen (see Figure 3), tap the  icon. The same feature is available in the dialog box.
2. To skip to the next drill selected in Figure 3, tap the  icon. The same feature is available in the dialog box as well.

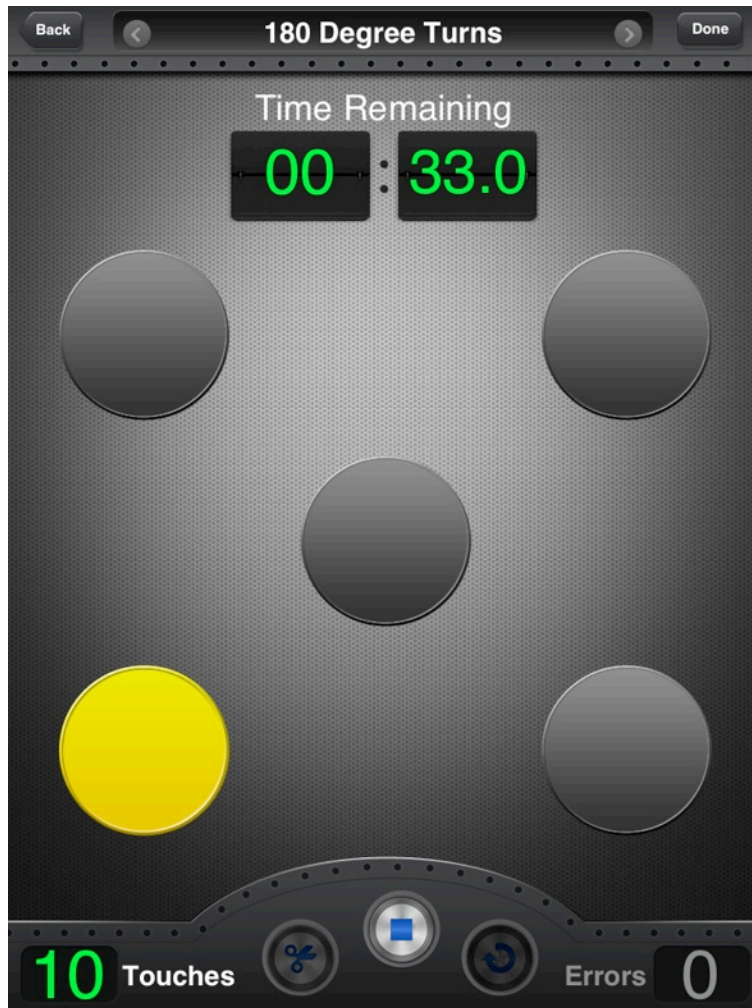






Figure 5

5.4 Drill Screen

- A.  : Back returns the user back to Figure 3, the list of customized drills.
- B.  : takes the user back to the Home Screen
- C.  : Tap this button to reactivate the start button and perform the drill again.
- D.  : Tap this button to edit a drill's settings. If edit is tapped it goes to the respective drill's setting screen.



E. : Tap this button to stop a drill.



F. : Indicates the time remaining for the user to complete the current drill when a drill is programmed for Time. If Touches are programmed, then "Time Elapsed" is displayed. The drill will conclude when the programmed touches are achieved.



G. : Indicates the number of times the user has correctly touched the dots.

Note: Count Drill does not measure errors, therefore, Errors remains disabled in the above figure (Figure 5), whereas for the React and Sequence drill types, errors can be measured i.e. when the user presses an incorrect sensor. Agility Drill does not interact with the sensor board

- When the current drill ends or is stopped, the user can retry the same drill or navigate to other drills in the playlist.

5.5 How To: Repeat the last drill or playlist conducted

This option is available under the Quick Start menu (see Figure 2). Tap the **Repeat Last** option in Figure 2. The drill, or drills in the previously selected playlist, will be repeated.

6. Drills

Four drills are available in The Quick Board App. The user can modify settings for each drill type and save different versions with customized drill names grouped under different categories. After saving, the drills can be accessed on the Include Drills screen in Figure 3. The steps below explain how the user can view the settings of the default drill types and modify them as desired.

Tap **Drills** on Home screen (see Figure 1). The default drill types are shown below.

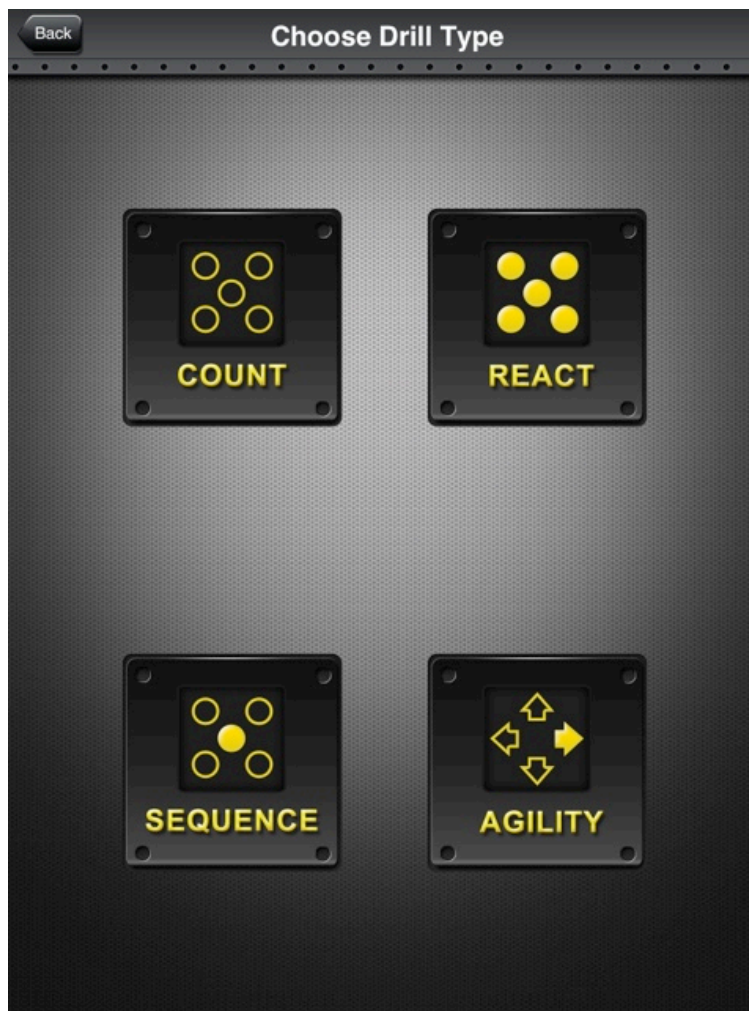


Figure 6

6.1 Count Drill

The default settings of the Count type of drill are shown below (see Figure 7).



Figure 7

- A. The settings are explained below:
 - i. **Type:** Shows the type of drill that has been selected.
 - ii. **End:** The duration of the drill.
 - iii. **Start:** The countdown time to the automatic start of the drill.
 - iv. **Sum:** The preferred method for calculating the drill results.
- B. **Accept:** Tap this button to begin the drill, a drill with the current settings will be shown.

- C. **Cancel:** Tap this button to dismiss the popover and return to Figure 6.
- D. **Save As:** The user can either accept the drill with its current settings or save the drill under a new name by tapping the Save As option; Figure 8 will be shown.

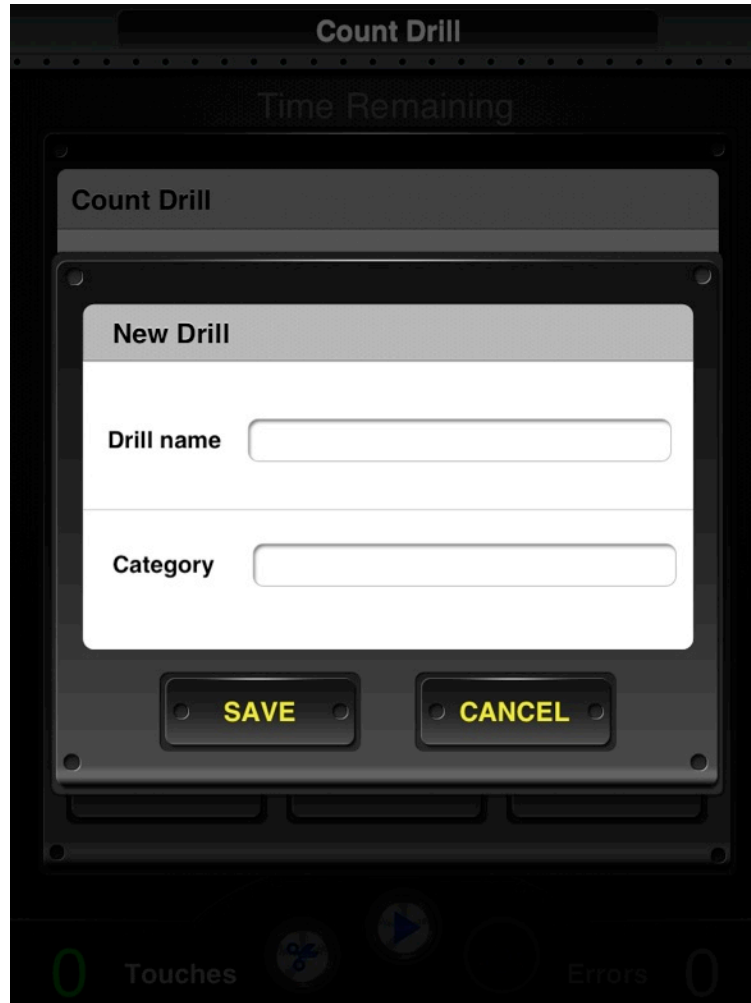



Figure 8

1. **Drill Name:** Enter the name for the customized drill.
 2. **Category:** Select an existing category or create a new category.
 3. **Save:** Tap this button to save the settings.
 4. **Cancel:** If this button is tapped, the dialog box will be dismissed without saving the changes.
- E. Tap the  button; the drill will begin with the countdown. In the above example, it is set to begin after a countdown of 5 seconds. The countdown time

can only be reduced from 5 seconds and cannot be raised to a higher value. The count down value is adjusted in the start option of the drill's setting's (see Figure 7).

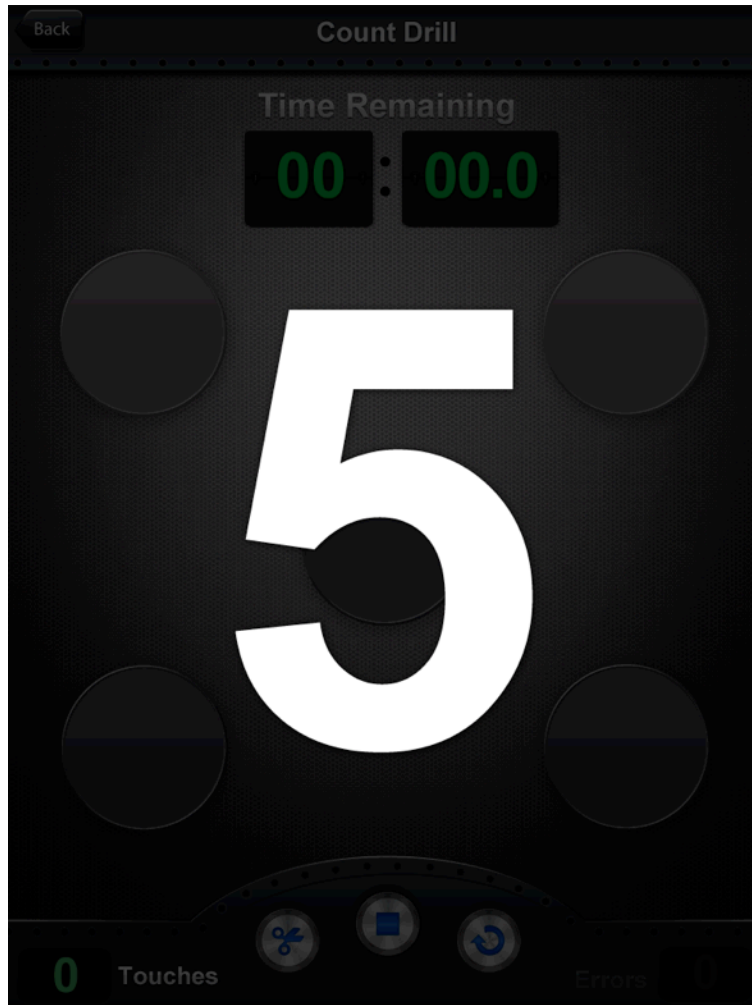


Figure 9

F. When the countdown lapses, the drill will begin. (Figure 10 will be shown.)

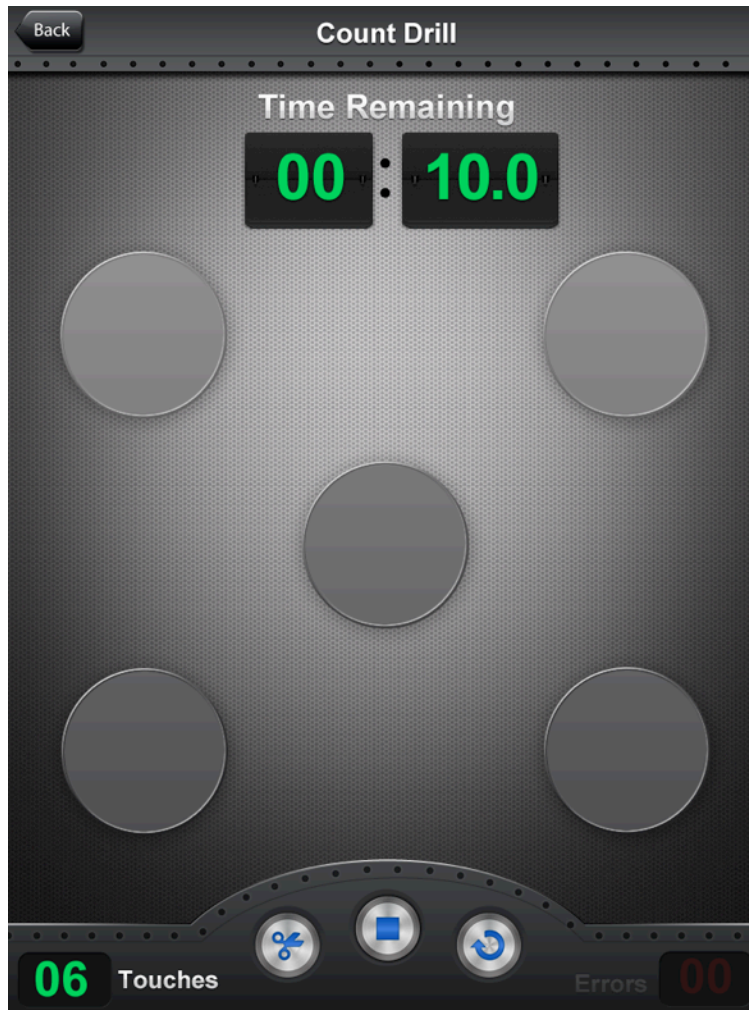







Figure 10

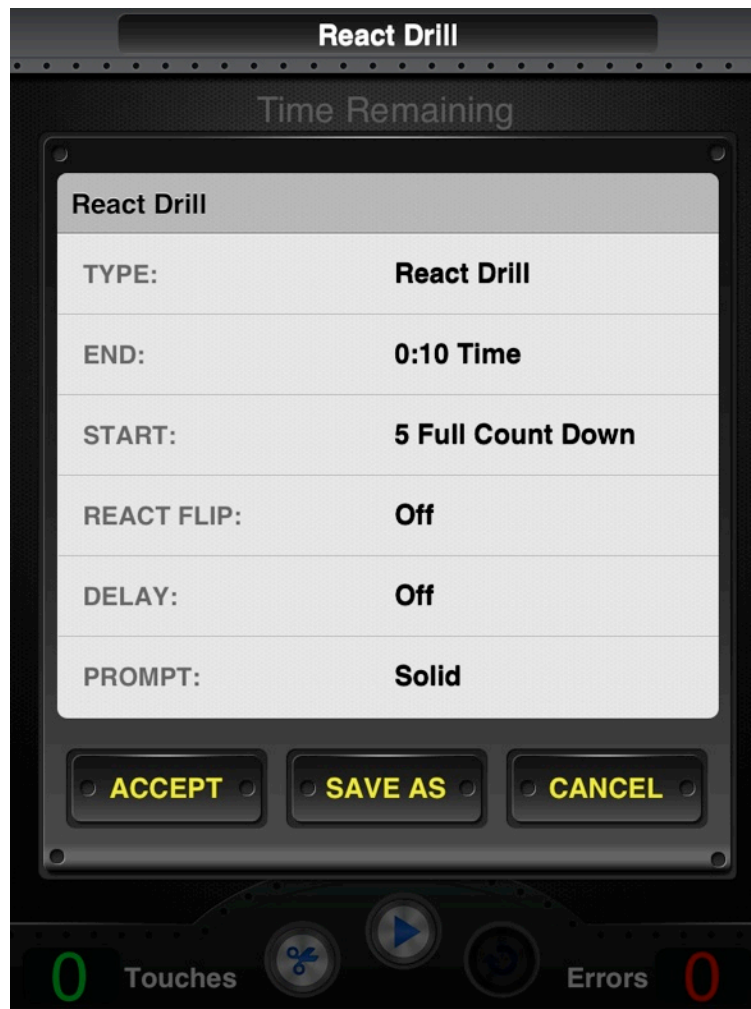
- G. In the above sample screenshot, the app has detected 6 correct touches. The timer displays the time remaining in the drill.

- H. To stop the drill before its due completion, tap the  button. If the drill is not stopped before it ends on its own, it will stop at the End time specified in the Settings (see Figure 7 for a sample screenshot).

- I. The  and  will be disabled while a drill is running. They will be enabled when a drill is stopped, and the  button will toggle to , which the user can tap to restart the drill.

6.2 React Drill

If the **React** type of drill is selected (see Figure 7), the Settings dialog will be shown as follows:



The image shows a 'React Drill' settings dialog box. At the top, there's a title bar 'React Drill' and a 'Time Remaining' display. Below this is a table with settings. At the bottom of the dialog are three buttons: 'ACCEPT', 'SAVE AS', and 'CANCEL'. Below the dialog, there's a status bar with '0 Touches', a scissors icon, a play button, a stop icon, 'Errors 0', and a red '0'.

React Drill	
TYPE:	React Drill
END:	0:10 Time
START:	5 Full Count Down
REACT FLIP:	Off
DELAY:	Off
PROMPT:	Solid

ACCEPT SAVE AS CANCEL

0 Touches [Scissors] [Play] [Stop] Errors 0

Figure 11

A. The settings are explained below:


- i. **Type:** This is the default name of the drill.
- ii. **End:** This is the duration of the drill.
- iii. **Start:** This is the countdown time to the commencement of the drill.
- iv. **React Flip:** If this is set to **ON**, the user should react to the diagonally opposite sensor i.e. if Sensor 1 dot (top left) appears on the screen, the user should react to Sensor 5 (bottom right). Sensor 3 does not appear on the drill screen, but Errors are still counted if it's pressed during the drill.

- v. **Delay:** This is the delay between the appearance of the sensor and the response. If this is set to **ON**, there can be a delay of 2-3 seconds before the user inputs the next response. The delay time is anywhere between 2-3 seconds as chosen by the app. If it is set to **OFF**, there will be no delay in between the drill steps.
- vi. **Prompt:** Two types are, Solid and Flash. The user can tap on the displayed option to get the Prompt options.
 - If **Solid** is selected, the stimulus on the screen illuminates until the user touches the corresponding sensor.
 - If **Flash** is selected, the stimulus illuminates for the set number of seconds, after which it moves to the next random dot even if the user doesn't touch the correct or an incorrect sensor.

Note: React Drill detailed results are only provided in the Plus app. Although, Details are not listed as a React Drill setting.

Detailed results list the Minimum, Average and Maximum reaction times for all sensor locations as well as all individual reaction times paired with the respective sensor location.

B. The user can either accept the drill with its current settings or save the drill under a new name.

- Tap **Cancel** and the dialog box will be dismissed and Figure 6 will return.
- Tap **Accept** then  and the drill countdown will begin.

6.3 Sequence Drill

If **Sequence** is selected, the Settings popup will be shown as follows:

The screenshot shows a 'Sequence Drill' settings popup. The settings are as follows:

Sequence Drill	
TYPE:	Sequence Drill
END:	0:10 Time
START:	5 Full Count Down
DELAY:	Off
PROMPT:	Solid
SEQUENCE:	12345

Buttons: ACCEPT, SAVE AS, CANCEL

Background app interface: Time Remaining, 0 Touches, [Scissors icon], [Play icon], [Reset icon], Errors 0


Figure 12

A. The settings are explained below:

- i. **Type:** This is the default name of the drill.
- ii. **End:** This is the duration of the drill.
- iii. **Start:** This is the countdown time to the commencement of the drill.
- iv. **Delay:** If this is set to **ON**, there can be a delay of 2-3 seconds before the user inputs the next response. The delay time is anywhere between 2-3 seconds as chosen by the app. If it is set to **OFF**, there will be no delay in between the drill steps.

- v. **Prompt:** Two types are, Solid and Flash. The user can tap on the displayed option to get the Prompt options.
 - If **Solid** is selected, the stimulus on the screen illuminates until the user touches the correct sensor.
 - If **Flash** is selected, the stimulus illuminates for the set number of seconds after which it moves to the next programmed sensor in the sequence even if the user doesn't touch the correct or an incorrect sensor.
- vi. **Sequence:** By this, the user can set the sequence of the steps and this order must be followed; else, the default sequence will be followed. On tapping the row, a popup screen is shown in which the dots would be shown with a number on each dot. The user can tap each dot to select the number. The numbers thus selected are shown here.

B. The user can either accept the drill with its current settings or save the drill under a new name.

- Tap **Cancel**, the dialog box will be dismissed without saving the changes.
- Tap **Accept** then  and the drill countdown will begin.

6.4 Agility Drill

If the **Agility** type of drill is selected (see Figure 6), the Settings will be shown as follows:



Agility Drill	
TYPE:	Agility Drill
END:	0:30 Time
START:	5 Full Count Down
DELAY BETWEEN ARROWS:	2.0
CUSTOM:	1537 Arrow Sequence

Figure 13

A. The settings are explained below:

- i. **Type:** This is the default name of the drill.
- ii. **End:** This is the duration of the drill.
- iii. **Start:** This is the countdown time to the commencement of the drill.
- iv. **Delay between arrows:** This shows the number of seconds for which the arrow will be displayed. Figure 13 displays a 2 second delay between arrows.

- v. **Custom:** The user has two options, Arrow Sequence or Arrow React. This is for customizing the display of arrows. The user can tap to select one among the two. Figure 13 displays a 1537 Arrow Sequence.
- If **Arrow Sequence** is tapped, a screen similar to Figure 14 will be shown. Each arrow will have a number on it; the user can tap on the arrows to select the number.
 - The numbers thus selected are shown in the Dialog field which will be the sequence for the drill.

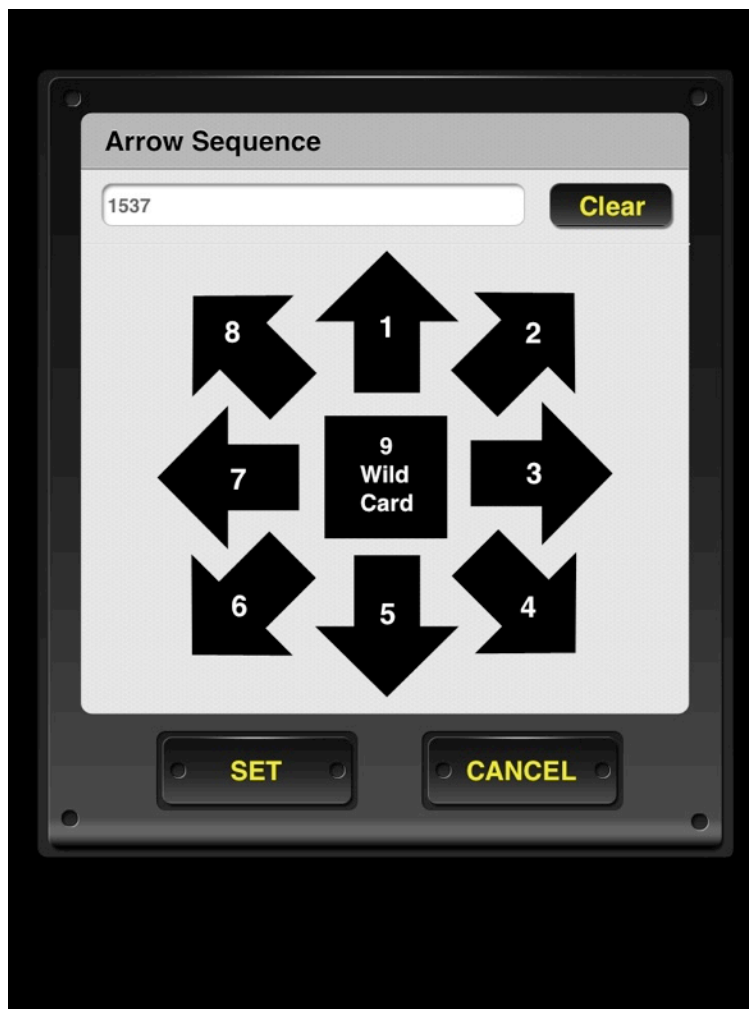



Figure 14

- To clear the entry in the field, tap **Clear**.
- Select the sequence and tap **Save**.

- vi. If the Custom value (see Figure 13) is **Arrow React**, the programmed arrow sequence is randomized.

B. The user can either accept the drill with its current settings or save the drill under a new name.

- Tap **Cancel**, the dialog box will be dismissed without saving the changes.
- Tap **Accept** then  and the drill countdown will begin.

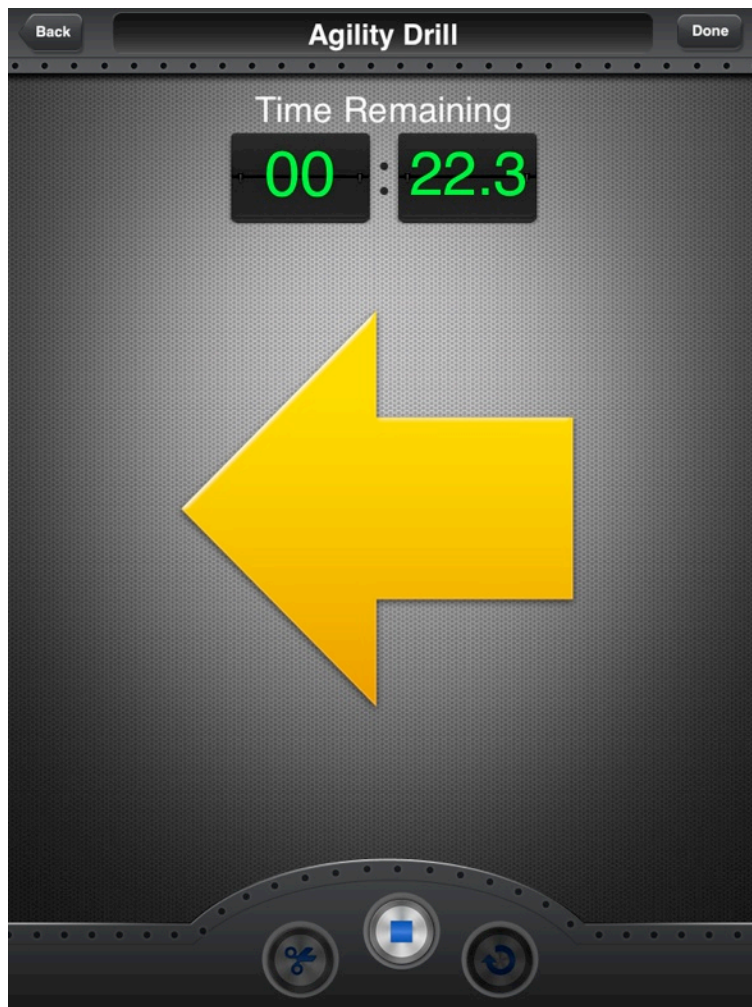


Figure 15

6.5 How To: Save a completed drill

When a drill is completed, the following alert will be shown.



Figure 16

A. The Save Results actions are below:

- i. Tap **Save** to select the user profile for whom the drill results should be stored under.
- ii. Tap **Save & Compare** and the user will be prompted to select the user profile for saving the results. The app compares the latest result with previous results completed for the selected user profile.
- iii. If **Cancel** is tapped, the popup will be dismissed and the user returns back to drill screen.

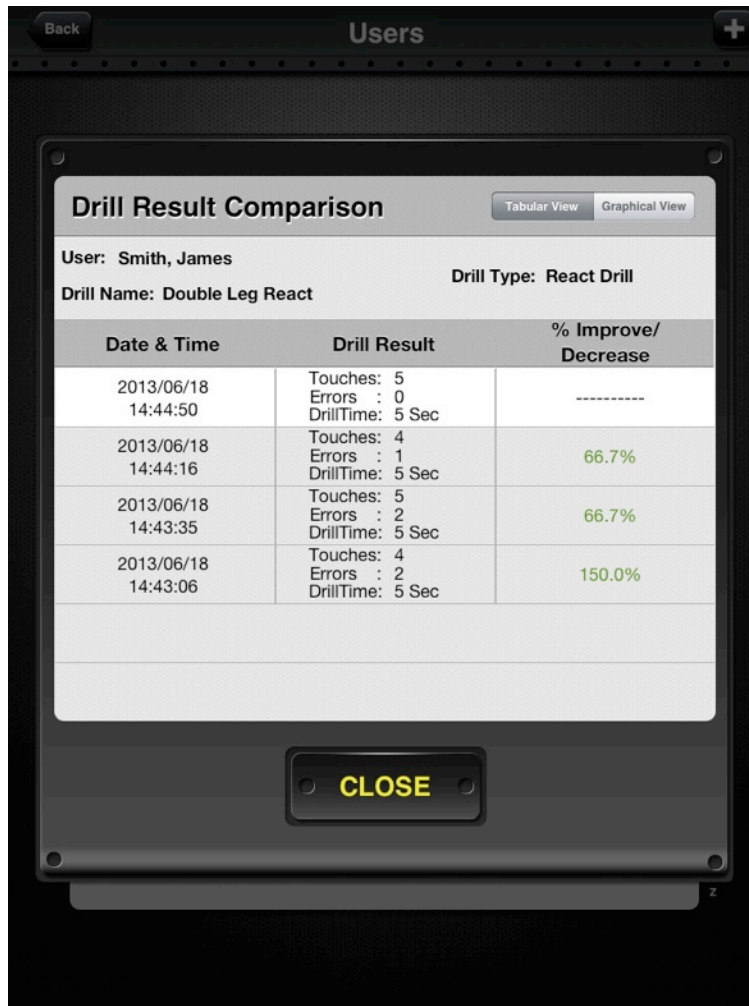


Figure 17

- B. **Tabular View** **Graphical View**: By default, a tabular view of the results is shown. Toggling to the **Graphical View** (see Figure 18) will display a graphical representation of this data.
- C. Tap **Close** to return to the previous screen.

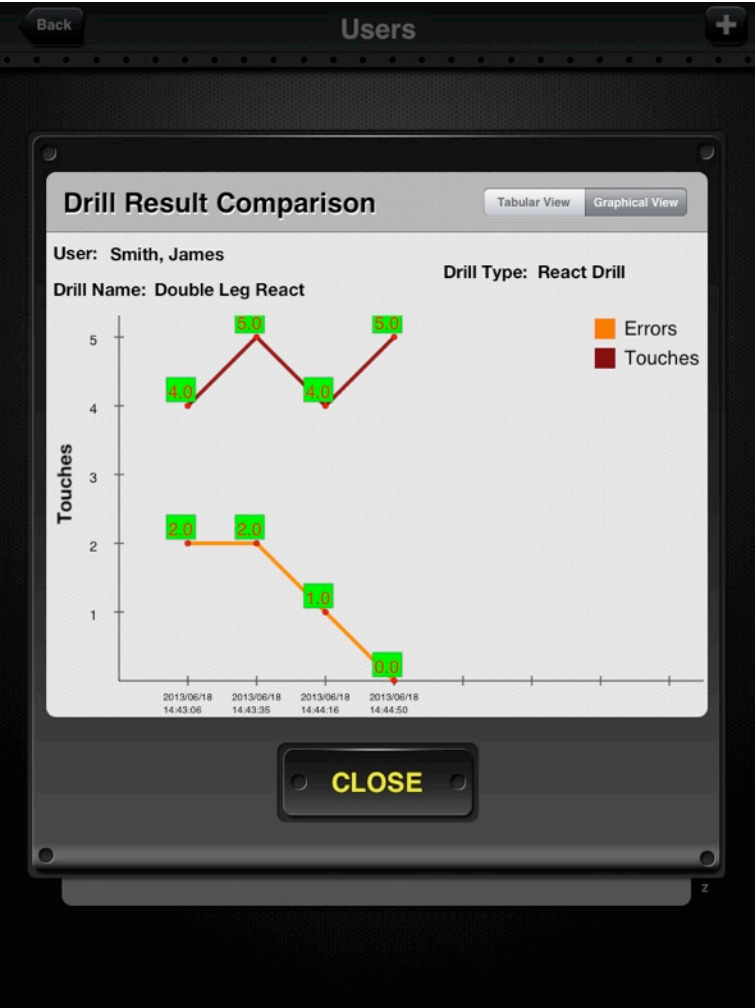


Figure 18

7. Users

Tap Users on the Home screen (see Figure 1). This menu shows the list of all the users, the list of drills assigned to selected user, exporting options and deleting a user and user results.

7.1 Users Screen

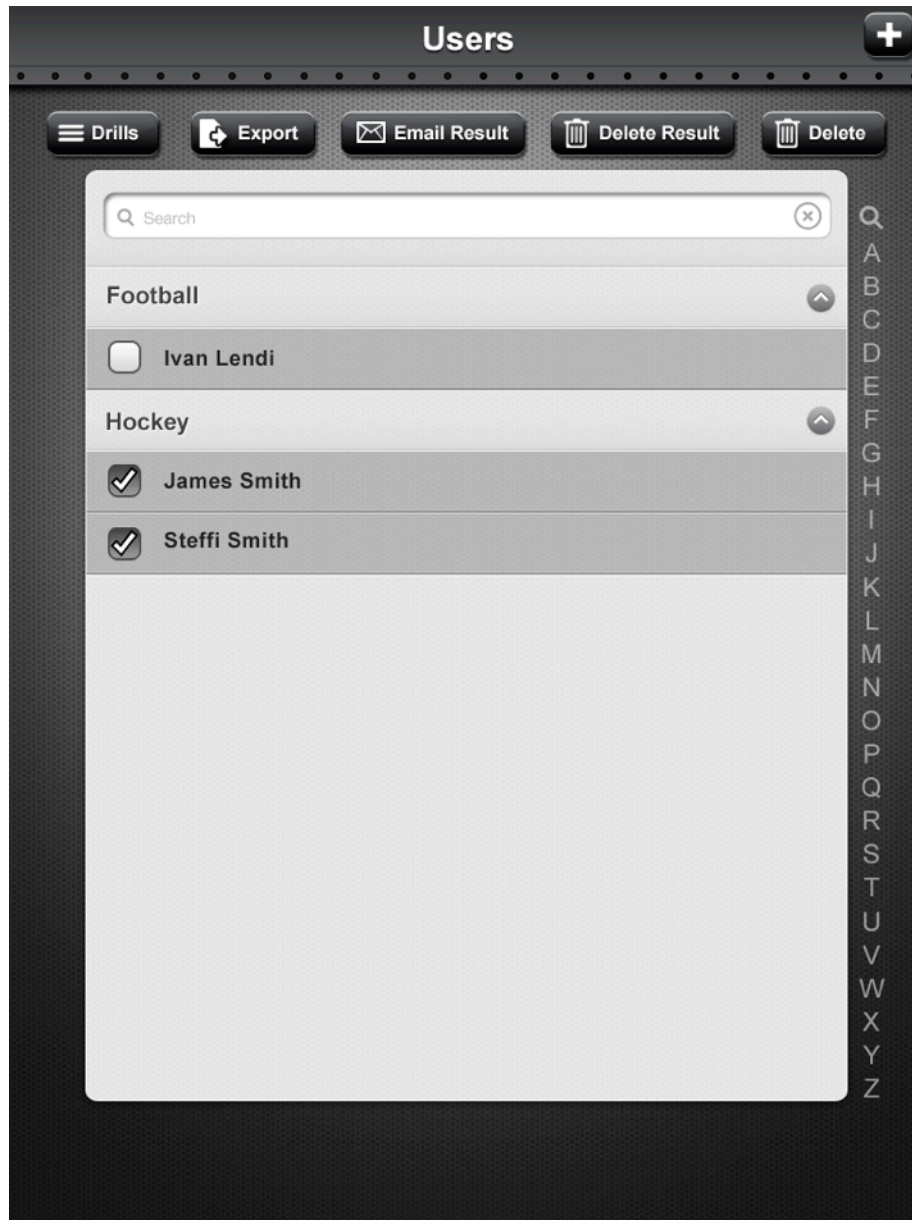



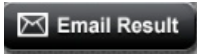





Figure 19

A. The Users screen is described below:

- i. : Shows the list of drills assigned to the selected user.

- ii. : This option adds a user profile.
- iii. : This option exports the results for download.
- iv. : On tapping this option, the results will be attached to the email in the CSV format. These results will be mailed to the email address specified by the user.
- v. : This option deletes user profiles.
- vi. : This option deletes the results of users.
- vii. **Search:** To search for a user, enter the last name in the search field. Matching results will be displayed. Search option only searches the LAST NAME which reduces search results.
- viii. : To perform a function on the Users Screen, select a user by checking the checkbox.
- ix. **Index:** An alphabetical quick scroll option is included for searching users.

How To: Assign Drills to a User Profile

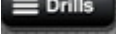

1. After selecting the user on the Users screen, tap the  button in Figure 19. Please note, only a single user can be selected for viewing the user's assigned drills in a User Profile (see Figure 20)
2. : Tap to add new drills for the user and the Include Drills screen (see Figure 3) will appear.
3. Select the desired drill and press Save.




Figure 20

How To: Perform Drills in a User Profile

1. Select the drill(s) to be performed.


2. Tap the Playlist button. The first of the selected drills will open and its current settings will be displayed.

How To: Delete Drills in a User Profile

- : Check the drills to be deleted and tap this **Delete** icon on the navigation bar. Confirm the action when the alert is shown.

- B. To return to the Users screen, tap **BACK** (see Figure 19).

How To: Add a New User Profile

1. Tap the  button in Figure 19. The following popover will be shown.

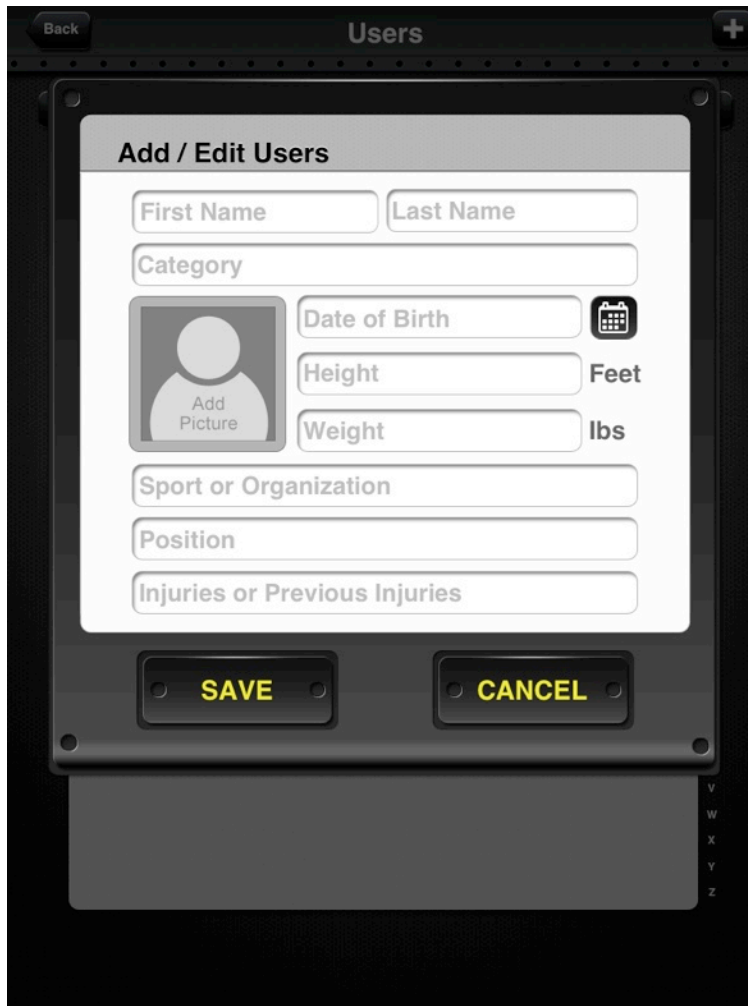


Figure 21

2. The user can select his/her profile photo from the photos taken and stored in the photo library, by tapping on Add Picture.
3. Specify the details and tap **Save**. The new user will be added to the application.
4. To return to the Users screen without adding a user, tap **Cancel**.

How To: Edit a User Profile

1. Tap and hold the user name for a moment then release. The Add/Edit Users pop up (see Figure 22) will appear.

The screenshot shows a mobile application interface. At the top, there's a 'Back' button and a '+' icon. The main title is 'Users'. A pop-up window titled 'Add / Edit Users' is centered. Inside this pop-up, there are several input fields: 'James' and 'Smith' in a single line, 'Hockey' in another, a date field '01-25-1995' with a calendar icon, a height field '6.2' with the unit 'Feet', a weight field '180' with the unit 'lbs', and three more fields containing 'Hockey', 'Left Wing', and 'No'. At the bottom of the pop-up are two large buttons: 'SAVE' and 'CANCEL'. The background of the app is dark, and there's a keyboard visible at the very bottom.

Figure 22

2. Modify the details as required and tap Save.

3. To return to the Users screen without editing the user details, tap **Cancel**.

How To: Export or Email Results

A. Export Results

1. Select the user(s) and tap the  button (see Figure 19). Multiple users can be selected. An alert similar to the following will be shown.



Figure 23

2. Tap the **Export** button. The results will be exported in CSV format to the file mentioned in the alert. The results are exported in CSV files designated by the user's name and date exported. Each user's results for all drill types are contained in a single CSV file. The drill results will include the user profile information, drill type, drill settings, number of touches and errors (based on the type of drill).
 - To return to the Users screen without exporting, tap **Cancel**.
3. To retrieve the results, the iPad must be sync'd with iTunes. After syncing, Select the iPad under "Devices" then "Apps" on the top menu bar. Scroll down to "File Sharing" and the exported spreadsheets are located in "QuickBoard Documents."

B. Email Results

1. Select the user(s) and tap the Email Result button.
2. A compose mail dialog will be displayed, via the Mail account registered on the iPad, with the csv files attached for the selected user(s).
3. Enter the email address to send the results.

How To: Delete a User

1. Select the user and tap the **Delete** button in Figure 19. The following alert will be shown.

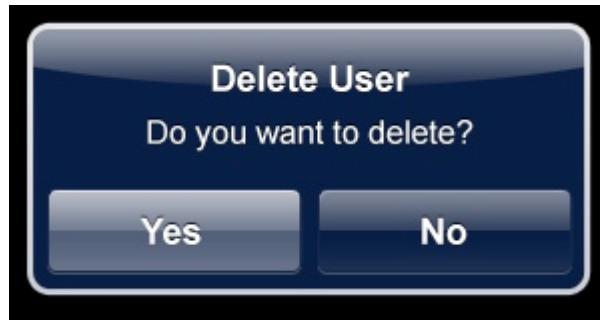



Figure 24

2. To proceed with the action, tap **Yes**; else, tap **No**.

How To: Delete a User's Results

1. Select a user and tap the  button in Figure 19. The following alert will be shown.

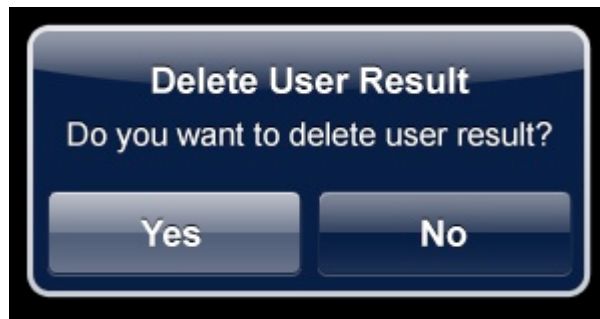


Figure 25

2. Only the results of the particular user will be deleted from the app. The user profile is retained in the User's list.

8. Settings

Tap **Settings** on the Home screen (see Figure 1). The In-App purchase options and available response modes will appear (see Figure 26). By default, Upper Limb (Hand) will be selected prior to purchasing the desired app version.

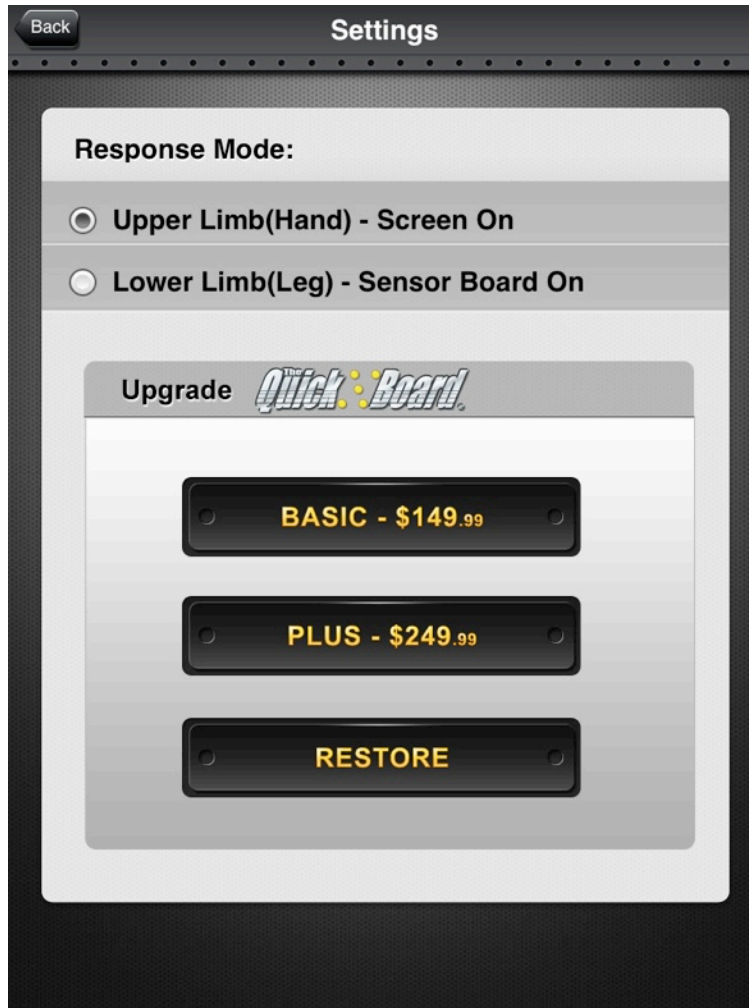


Figure 26

- A. Upper Limb (Hand) - Screen On: Sensor board input will be deactivated. All drills are completed by touching the dots on the screen. Upper Limb (Hand) mode can be active even if the sensor board is synced.
- B. Lower Limb (Leg) - Sensor Board On: Sensor board input is activated. All drills are completed on the sensor board.

If there are any questions regarding The Quick Board App or Hardware functionality please

email us: info@thequickboard.com