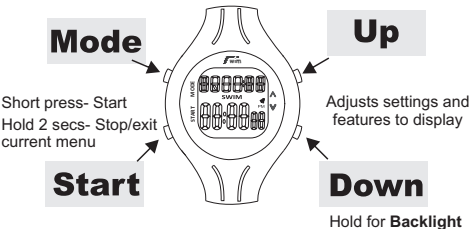


## Welcome to the Pool-Mate User Manual

Scrolls through top line functions



Short press- Start  
Hold 2 secs- Stop/exit current menu

Adjusts settings and features to display

Hold for Backlight

### Important notes:

1. Your Pool-Mate has been designed for lap swimming in a pool. It has not been designed to work in Open Water.
2. The Pool-Mate detects regular stroking patterns that conform to FrontCrawl, BreastStroke, BackStroke or Butterfly strokes only, the Pool-Mate 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 Pool-Mate 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 Pool-Mate is out of the water before pressing any buttons.

## Quick Start

When using the Pool-Mate for the first time the pool length, your weight and the hand you wear the Pool-Mate on, must first be set. The default settings are 25m, 65KG and left handed.

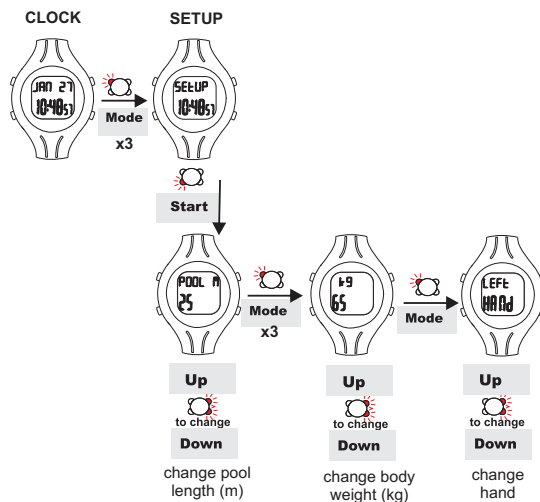
### From main CLOCK screen

Press **Mode** 3 times to show SETUP, select by pressing **Start**.

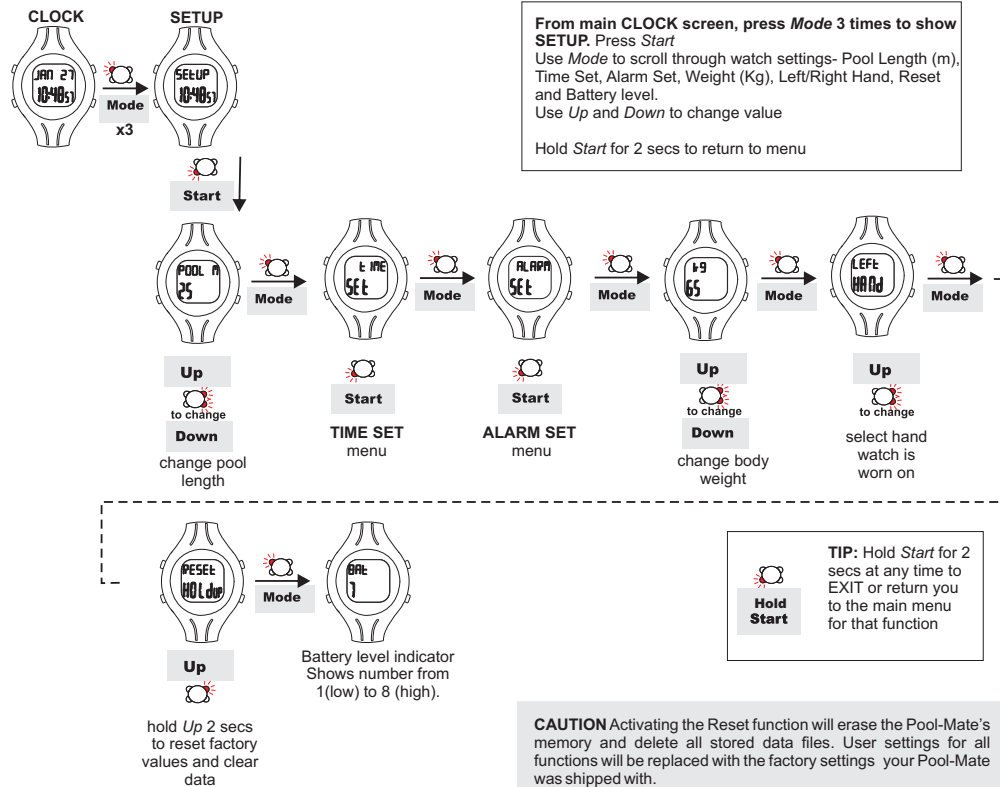
Set Pool length by pressing **Up/Down** until correct value is shown in metres.  
Press **Mode** 3 times to set your weight in Kg (again use **Up/Down** to select correct value).  
Press **Mode** once to set left or right hand (use **Up** to select).

Hold **Start** for 2 secs to return to main menu and **Mode** to return to CLOCK screen.

You are now ready to Swim!



## Selecting your settings



From main **CLOCK** screen, press **Mode** 3 times to show **SETUP**. Press **Start**  
Use **Mode** to scroll through watch settings- Pool Length (m), Time Set, Alarm Set, Weight (Kg), Left/Right Hand, Reset and Battery level.  
Use **Up** and **Down** to change value  
Hold **Start** for 2 secs to return to menu

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

**CAUTION** Activating the Reset function will erase the Pool-Mate's memory and delete all stored data files. User settings for all functions will be replaced with the factory settings your Pool-Mate was shipped with.

## Swimming

### Recording whole session

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

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.

Hold **Start** for 2 seconds to stop

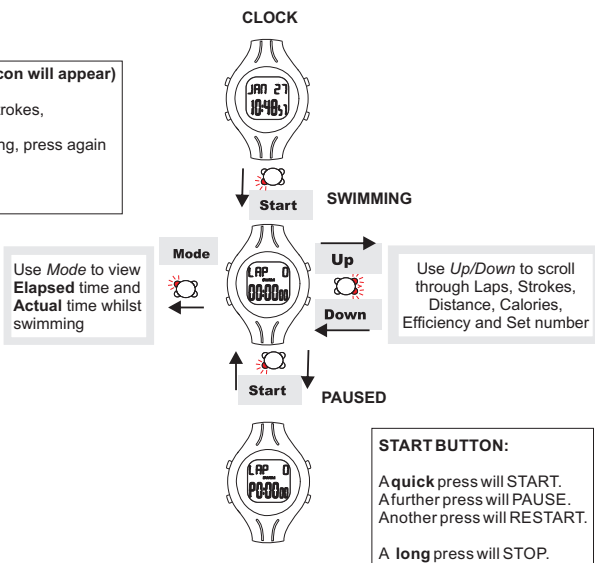
### Recording individual sets

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 will reset so you can time your rest period).  
Press **Start** again to **Restart**- swim next set.  
Repeat as required.

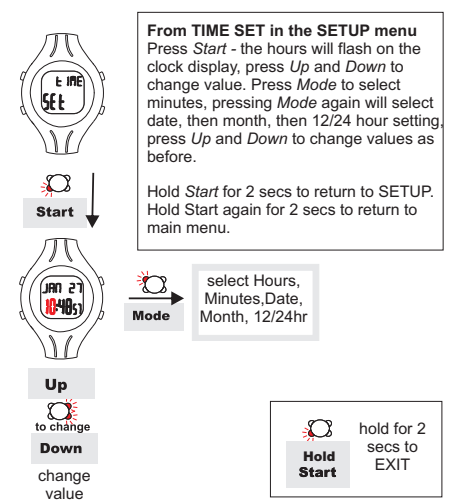
Hold **Start** for 2 secs to Stop

The Pool-Mate must be put into **Pause Mode** when drilling or kicking.  
To conserve battery life, if the watch has NOT been PAUSED and no laps have been detected for 5 minutes, the watch will stop recording and return to **CLOCK** screen.



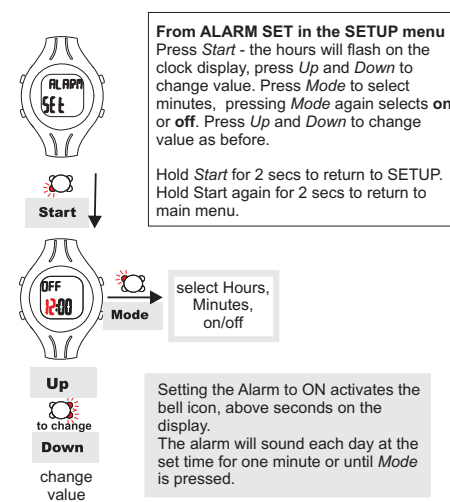
**START BUTTON:**  
A quick press will **START**.  
A further press will **PAUSE**.  
Another press will **RESTART**.  
A long press will **STOP**.

## 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, pressing **Mode** again will select date, then month, 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.

## 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.

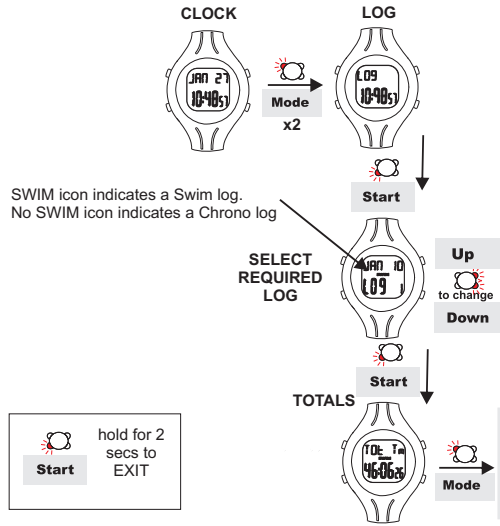
Setting the Alarm to **ON** activates the bell icon, above seconds on the display.  
The alarm will sound each day at the set time for one minute or until **Mode** is pressed.

# Reviewing your sessions

The Pool-Mate contains a large memory to store the details of up to 400 sessions

## Previous Session

Data can be viewed after swimming directly from the CLOCK screen by simply using the *Up/Down* buttons to scroll through Laps, Average Strokes per lap, Distance (metres), Speed (seconds per 100m), Calories, Efficiency and Time.



## 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 Pool-Mate 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 (without rest periods), Laps, Distance, Calories and Average Strokes.

Any SETS can then be viewed. Scroll through SET Time, Laps, Distance, Average Strokes, Speed, Efficiency Index with *Mode*.

Hold *Start* to exit

**TIP:** To see how specific metrics vary between sets (Time, Speed etc) select required metric (eg Time) with *Mode* and scroll through Sets with *Up/Down*. The metric will be shown for each set so you can compare.

# FAQs

## Q How does the Pool-Mate work?

**A** The Pool-Mate 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 Pool-Mate 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 Pool-Mate uses this to work out the calories you expend.

## Q I want to swim sets, can the Pool-Mate 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 Pool-Mate 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 Pool-Mate a little longer to register the change of laps.

## Q The Pool-Mate doesn't work when I'm doing kick sets or some drills.

**A** The Pool-Mate must be put into Pause mode when kicking or drilling.

## Q Will the Pool-Mate work in Open Water?

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

## Q Can I wear the Pool-Mate on my right arm?

**A** Yes, the Pool-Mate will work on either wrist, just change the setting in the SETUP menu.

## Q The Pool-Mate gives strange results when I change strokes mid lap.

**A** The Pool-Mate 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 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 100m 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 Will the Pool-Mate work with tumble turns?

**A** Yes, the Pool-Mate will work with both tumble turns and when pushing off the wall.

## Q How accurate is the Pool-Mate?

**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 10m in length. It just needs setting to the pool length before use- the default setting is 25m. Please note that in order to recognise you are swimming, the watch needs to detect several swim strokes, if using a very small pool you may reach the end before this occurs and the watch will not know you are swimming. If this occurs we recommend you try a larger pool.



# Pool-Mate

Automatic Swimming Computer

# User Manual



# Chrono

Use the Pool-Mate in this mode when running or cycling

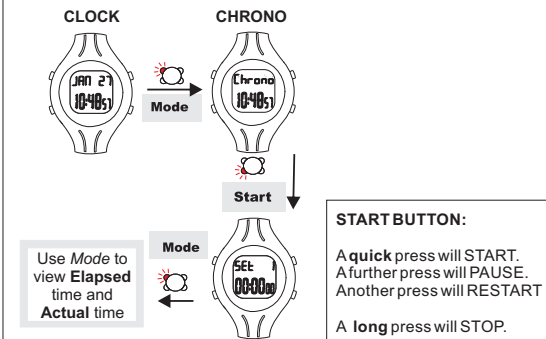
The Pool-Mate can also be used in Chrono mode as a 99 lap timer when not in the pool

**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.



## Care and maintenance

The Pool-Mate is water resistant to 50m, however the buttons are not designed to be operated underwater. You should make sure the Pool-Mate is out of the water before pressing any buttons. The Pool-Mate should not be used if any fogging or water droplets appear inside the watch. Never attempt to dismantle or service your Pool-Mate yourself. Always protect your Pool-Mate from shocks, hard and sharp objects, extremes of heat and prolonged exposure to direct sunlight. If not in use, store your Pool-Mate 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 Pool-Mate's seals, case and finish. If your Pool-Mate needs cleaning, wipe it with a soft damp cloth. Mild soap may be used if necessary.

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

## Replacing the battery

The Pool-Mate's battery (CR2025) has an estimated life expectancy of over 12 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 Pool-Mate must be returned to Swimovate Ltd for battery replacement.



## 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 (proof of purchase required). 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 Pool-Mate. Packages will not be accepted without a returns number.

## Certification

The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC.

This User Manual and its contents are intended solely for the use of our customers to obtain knowledge regarding the operation of the Pool-Mate. 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.