pool mate hr

User Manual
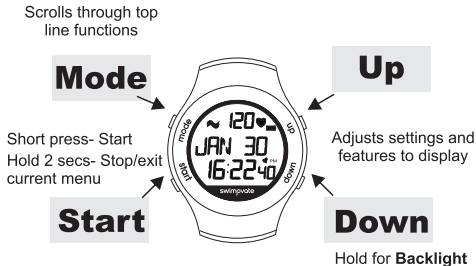
v1.01

swimovate

Contents

Warning: Always consult your doctor or physician before you begin or modify any exercise program.
This product contains a non-replaceable lithium-ion battery.
For support or further information please email support@swimovate.com

Welcome to the PoolMateHr 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

Hold for **Backlight**

Contents:
PoolMateHr watch
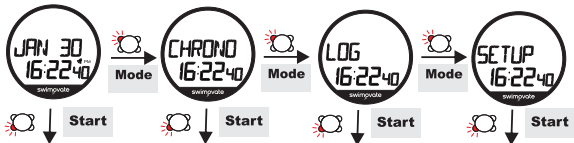USB pod and lead
Chest belt
Instruction manual

Important notes:

1. Your PoolMateHr has been designed for lap swimming in a pool. It has not been designed to work in Open Water.

2. The PoolMateHr 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 PoolMateHr 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 PoolMateHr is out of the water before pressing any buttons. Do NOT dive in wearing the PoolMateHr. Pressures are much greater and water may be forced into the case.

6. The heartrate sensor has been designed to operate in water whilst swimming and open air when running or cycling, it works in the magnetic field range of the spectrum and may experience interference in close proximity to some electrical devices.

Overview

When using the PoolMateHr for the first time you should ensure it is charged. Firstly install the PoolMateHr software, run it, plug the USB pod into your computer and put the watch in the pod as pictured on page 15 and leave for two to three hours to charge.

Heart Rate

SWIM MODE

Flashes during Heartrate sensing

Battery level

Alarm on

~ 120 ♥

JAN 30
16:22:40

swimovate

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

JAN 30
16:22:40
swimovate

Mode

CHRONO
16:22:40
swimovate

Mode

LOG
16:22:40
swimovate

Mode

SETUP
16:22:40
swimovate

Start

SWIM MODE, use this when in the pool

Start

CHRONO MODE, use this for other sports

Start

VIEW LOGS, see details of recorded sessions

Start

SETUP MODE, change settings on your watch

Hold *Start* for 2 secs at any time to EXIT
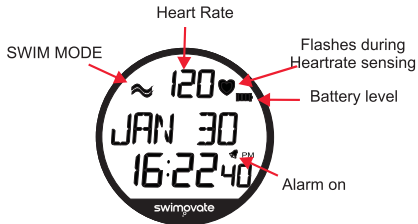
Selecting your settings

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

JAN 30
16:22:40
swimovate

Mode x3

SETUP
16:22:40
swimovate

Start

KG M
swimovate

Mode

Up/Down

to change

change Units to
Imperial- yards
and lbs (Y lb)

POOL M
25
swimovate

Mode

Up/Down

to change

change pool
length

TIME
SET

Mode

Start

TIME SET
menu

ALARM
SET

Mode

Start

ALARM SET
menu

MALE
swimovate

Mode

Up/Down

to change

change gender

KG
65
swimovate

Mode

Up

to change

change body weight
(will show lb if set to
Imperial)

PoolMateHr 4

AGE 30
swimmate

Up/Down
🔘 to change
change age

LEFT HANd
swimmate

Up
🔘 to change
set the hand you wear the watch on

HR ON
swimmate

Up
🔘 to change
set Heartrate on or off

(if Heartrate is ON you don't need to use the HR belt everytime you use the watch but the watch will search for Heartrate each time)

VIB SET
swimmate

🔘 Start
SET VIBRATE ALARM

LCD 1
swimmate

set LCD contrast, 1 is low

USER 1
swimmate

CLEAR LOG
swimmate

🔘
Hold Down to erase all logs, CONFIRM will appear, hold Down again to erase

---

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

*Changing swimmer: The PoolMateHr has been designed so up to 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.

TIME
SET

swimovate

Start

JAN 30
16:22:40

swimovate

Mode

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

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.

ALARM
SET

swimovate

Start

OFF
12:00

swimovate

Mode

select Hours, Minutes, on/off

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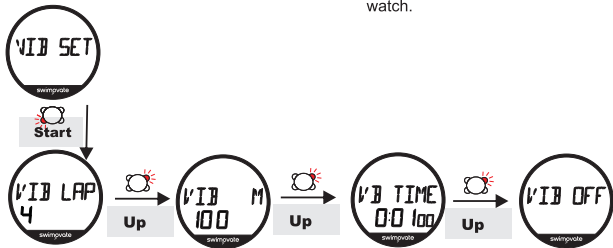The alarm will sound each day at the set time for one minute or until *Mode* is pressed.

Up
to change
Down

Setting Vibrate Alarm

The PoolMateHr 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.

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

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.

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

Heartrate sensing

Battery CR2032

Conductive pads

IMPORTANT: The PoolMateHr is for sport purposes only and is not meant to replace a medical device.

CHEST BELT

1, Wet the conductive pads on the underside of the chest belt with a few drops of water, saliva or conductive gel to ensure a solid contact.
2, Strap the chest belt across your chest and adjust the elastic strap to fit securely. To ensure an accurate heartrate signal make sure the belt sits snugly below your pectoral muscles with the Swimovate logo in the centre of your chest.

TRANSMISSION SIGNAL

1, The PoolMateHr has been designed to transmit heartrate underwater, most heartrate monitors will not work in water. It uses a very low frequency transmission in the magnetic field range that will transmit in water. Note this device may be affected by close range magnetic fields that can be created by electronic equipment and infrastructure such as computers, some treadmills or other heartrate monitors. This can result in unpredictable heartrate signals. If this occurs move away from any electrical devices and restart the session.
2, The chest belt and PoolMateHr watch have a limited transmission range, the watch has been designed to receive the signal from the chest belt when it is worn on your wrist, if it is further away from your heart the signal will not be sensed.

In the event of a heartrate signal not being received by the PoolMateHr watch
•   Check the heartrate belt is positioned tightly on the chest close to your heart.
•   Check the conductive pads on the underside of the chest belt are moist
•   Check the battery levels in the belt and the watch- low batteries can affect the transmission range. The battery in the belt is a CR2032 and can be changed by unscrewing the battery case with a coin.
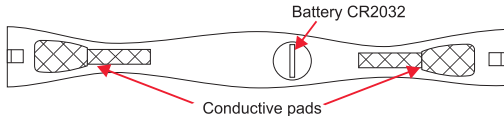
Swimming

Recording a simple session

From main CLOCK screen, press *Start* to begin (the SWIM icon will appear)
If Heartrate is enabled in the SETUP menu, the watch will search for a heartrate signal. When it finds one it will indicate START, if it doesn't find a signal it will say NO HR?
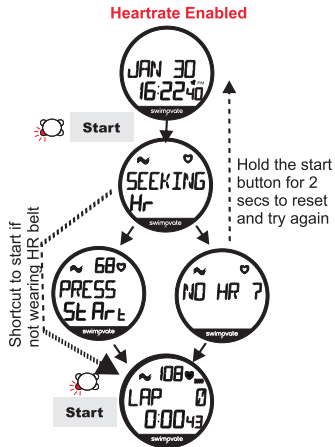(If you are wearing the HR belt but no signal is found, seek heartrate again by holding down the *start* button for 2 secs to reset then press *start* to try again.)
Press start to proceed and SWIM!

If Heartrate is disabled **you only need to press start once** then you can start swimming.

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.

Heartrate Enabled

JAN 30
16:22:40
swimovate

Start

~
SEEKING
Hr
swimovate

~ 68♥
PRESS
St Art
swimovate

♥
NO HR ?
swimovate

Hold the start button for 2 secs to reset and try again

Shortcut to start if not wearing HR belt

~ 108♥
LAP   0
0:00:43
swimovate

Start

Heartrate Disabled

JAN 30
16:22:40
swimovate

Start

LAP   0
0:00:43
swimovate

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

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

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

Start

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

Start

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

A **long** press will STOP.

Reviewing your sessions

During your swim

Metrics can be viewed whilst swimming, simply using the *Up* button to scroll though 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

Previous Session

Metrics can be viewed after swimming directly from the CLOCK screen by simply using the *Up/Down* buttons to scroll through the data.

The PoolMateHr contains a large memory to store the details of many sessions so you don't need to upload to your computer each time you swim. If heartrate is enabled the watch will not store as many sessions as heartrate data takes up more memory.

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

LOG

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

Press *Start* to enter. Use *Up* and *Down* to scroll through recorded sessions (the PoolMateHr 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,

S1 MIN min heartrate,

S1 AVG- average heartrate,

S1 MAX- max heartrate

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

SWIM icon = Swim Log
No SWIM icon = Chrono Log
Heart icon = Heartrate

SELECT REQUIRED LOG (stored by date) by pressing start

to change log

Use *Mode* to scroll through data

when viewing sets

to change set
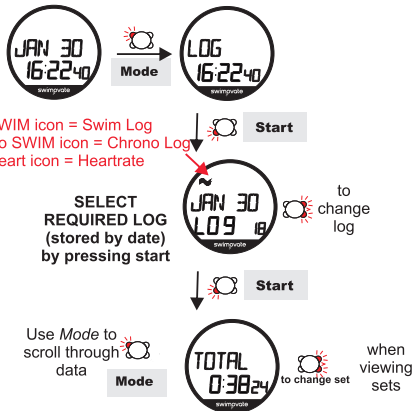
Deleting LOGS

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.

Mode → **Mode** → **Mode** to delete

Chrono

Use the PoolMateHr **in this mode when running or cycling**

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

******HEARTRATE can be sensed in this mode too*******

From CLOCK screen press *Mode* to go to CHRONO
Press *Start* .
If Heartrate is disabled Set 1 will show on the display.

If Heartrate is enabled the watch wll display SEEKING HR then START when it has found the signal. Press *Start* to begin.

As when Swimming, pressing *Start* again will PAUSE, another press will RESTART and the Set count will increment.
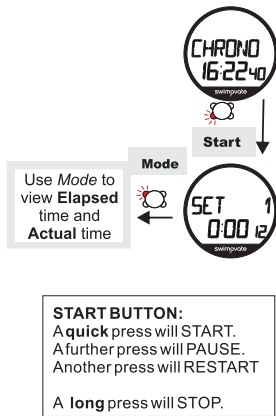
A **long** press will STOP.

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.

Chrono

Mode

Start

SEEKING Hr

Hold the start button for 2 secs to reset and try again

Shortcut to start if not wearing HR belt

~ 68 ♥ PRESS St Art

NO HR ?

Start

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

Mode

SET 1 0:00 ₁₂

CHRONO 16:22.40

Start

Mode

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

SET 1 0:00 ₁₂

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

A **long** press will STOP.
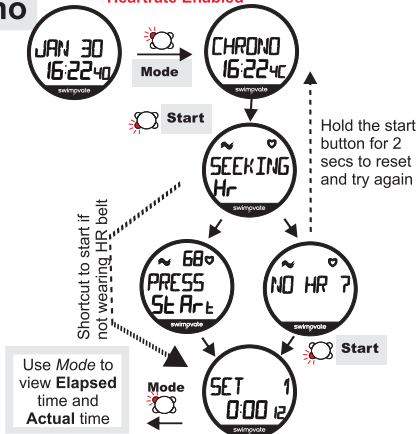
Software Installation

Download the latest PoolMateProV2 software from www.swimovate.com/downloads/ and save to your computer. Double click or select Run to start the installer. Follow the steps the installer takes you through, we recommend installing to the default settings.

Once the application has installed, plug the USB pod into a spare USB port and the pod drivers will automatically be installed. This can take a minute or two and is usually followed by a message, "Device ready to use" or similar.
PC users can check in the device manager that the pod is recognised under Ports as Swimovate Pool-Mate Download Port followed by a COM port number). If it has a yellow exclamation mark next to it check our website for manual installation instructions or contact Swimovate for help.

PC users can run the program from the Start button, select All Programs/Swimovate/PoolMateProV2,
Mac users will find it in the Applications directory.

Charging

To get started you will need to charge up your watch as it has minimum or no battery charge when delivered. Ensure the PoolMateProV2 software is running as charging only takes place then.
Plug the pod into your computer and place your watch securely in it. Make sure the watch face is towards you and the up and down buttons are visible. Once it is in the correct position WAIT will appear on the watch face, followed by CONNECT.
The battery icon is animated once it is charging, once fully charged it will stop flashing, this can take up to 2 hours.
If other messages appear when inserting watch into pod, it may be that one of the buttons was pressed when inserting into the pod but this does not matter.
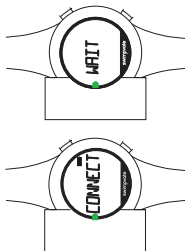
Software setup

From the *menu* bar at the top of the screen select *SetUp* and select your User name and number and the units you wish to use, either Metric (KG and Metres) or Imperial (Yards and Lbs) and add your weight.

Set a default stroke type (the most common one you swim), you can change this in individual sessions if you alter your stroke later (the watch does not automatically sense your stroke type).

Now set your heartrate zones, there are 3 ways to do this, if unsure use the first method.

1, Enter your age and click *Calculate Zones based on Age* and they will be worked out for you.

2, If you know your maximum heartrate you can input this in the *Max HR/Zone5 Upper HR limit* box and click *Calculate Zones based on Max HR*.

3, If you are familiar with heartrate zone training and know what zone levels you want to train at, you can enter these individually in the Zones fields below.

Click OK to save.

There are lots of articles on the internet about heartrate zone training if you want to learn more about training in specific zones.

e.g. http://www.brianmac.co.uk/swimming/swimplan.htm

Pod Status

When the software is open it will search at see if the pod is connected. Messages will be displayed under the menu bar to indicate the pod status (see diagram on page 18).
NOTE: It will take a few seconds for the software to recognise the status so please wait for any changes to be sensed before trying to upload.
Common messages are
Initialising pod- checking if pod is connected
Charging- the watch is in the pod correctly and charging
Charge off- watch is fully charged
No watch/Charging- the watch is not in the pod
Please plug pod in- no pod connected

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.

Uploading

Open the PoolMate software, plug in your USB pod and place the watch in it as explained on the previous page.
Your watch should show CONNECT.
In the software, select Upload from the menu bar, click Upload again and the Upload window will appear.

If the watch is sensed in the USB pod uploading will begin automatically.

NOTE: If you have a PoolMatePro you can still upload from that watch and pod as well as the PoolMateHr watch and pod!
Just plug in and select upload as usual. The PoolMatePro does not output lap by lap or heartrate data.

Software

POD STATUS

MENU- add swimmer details, select units, import and Upload

CALENDAR-
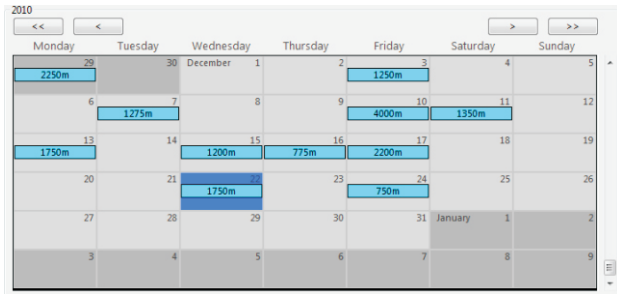Shows sessions by date, click on a date to select
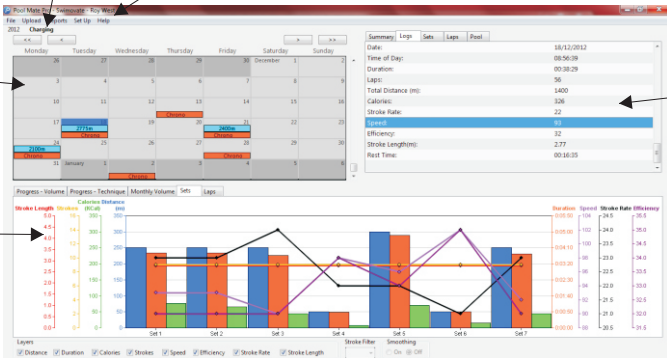
DATA- Shows all metrics in tabular form

GRAPHS- Plots your metrics visually

Calendar- select your session

When you have downloaded some sessions from your PoolMateHr the data appears on the calendar on the date it was undertaken.

SWIM sessions appear in blue with the distance swum,

CHRONO sessions are red and show the duration of the session,

Green is today's date,

Dark Blue is the currently selected date.

Clicking on a session will select it and the data appear in the *Data* area to the right and on the graph below.

You can navigate between months and years using the arrows at the top or the scroll bar ay the right.

Graphs- View your data

Progress Volume
Shows Duration, Distance and Calories for all sessions (smoothing on)
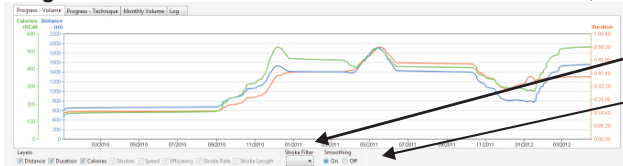
Filter by stroke type

Turn smoothing ON to see the overall trend, turn OFF to view exact data points of each session (as in the graph below)

Progress Technique
Shows Technique related data- Average strokes, Speed, Efficiency, Stroke length and Stroke Rate
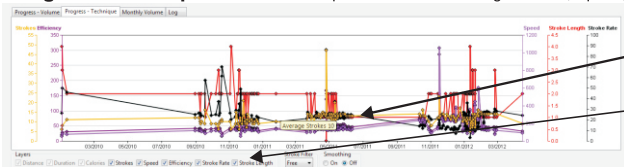
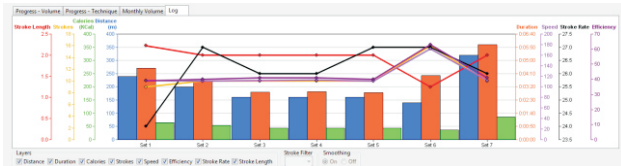Hover over a point to show the value, click on it to see the data for that session.

You can turn off any data sets you aren't interested in by unticking the boxes at the bottom

Monthly Volume
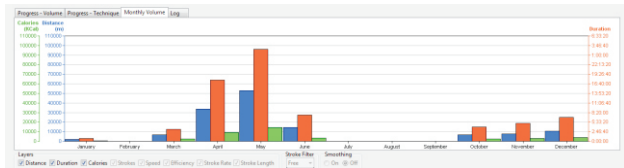
Shows Duration, Distance and Calories totals by month so you can see how much you have swam in that period

Log

Shows Duration, Distance, AverageStrokes, Speed, Stroke Length and Rate, Efficiency and Calories for the session.
If you have swam sets you can see how you have progressed through each set.

Laps
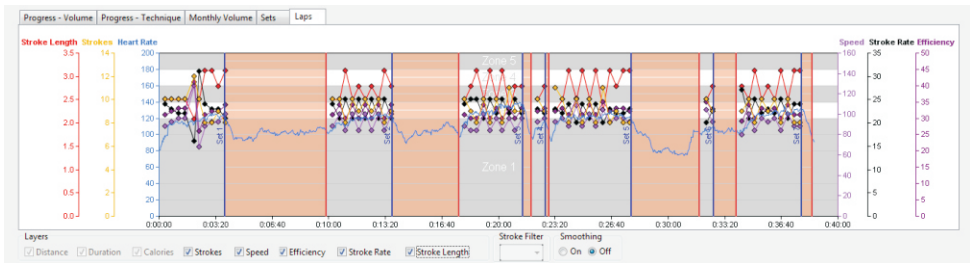
Shows Heartrate, Duration, Distance, AverageStrokes, Speed, Stroke Length and Rate, Efficiency and Calories for each lap of the session, plotted against time. Heartrate zones are shown in the background and any rest periods are shaded red.

You can choose not to show any variables to make the graph clearer if needed by unticking the boxes at the bottom of the screen.

Data- select the different tabs to see your data

SUMMARY

This is the default screen shown when you first log in

It shows the Total Distance swum etc since your first session and Total Calories.

Also shows details of your Best sessions and when they were. Click on the date to take you to that session.

Summary	Logs	Sets	Pool	
Total Distance(m)	33125	
Total Calories	10346	
Max Distance(m)	4000	10/12/2010
Max Calories	1486	10/12/2010
Max Speed	193	16/12/2010
Best Efficiency	32	17/09/2010

LOGS

Shows Data for the date selected on the calendar,

NOTE: If you have more than one session they will all be shown, one after the other. Use the scroll bars that will appear on the right hand side to see the other sessions. To select one of the other Logs click on a row within that session to select it

Summary	Logs	Sets	Pool
Date:	15/10/2010
Time of Day:	07:10:01
Duration:	00:27:52
Laps:	40
Total Distance (m):	800
Calories:	214
Stroke Rate:	26
Speed:	113
Efficiency:	41
Stroke Length(m):	2
Rest Time:	00:12:17

SETS

Shows data for the sets within the selected session. Scroll right for more details

Set	Duration	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Stro
1	00:03:04	8	160	9	114	40	23	2.22
2	00:08:54	23	460	9	116	40	23	2.22
3	00:06:28	17	340	10	114	41	26	2
4	00:04:56	13	260	11	113	42	29	1.81
5	00:02:39	7	140	10	113	41	26	2
6	00:00:45	2	40	9	112	39	24	2.22
7	00:04:25	10	200	10	132	46	22	2

POOL

Shows Pool details for that session, click to change the length if incorrect.

LAPS

Shows data for the laps within the selected session.
You will first need to click on a specific set in the SETS tab to select
it. Then click the laps tab and data for all laps in this set will be
viewable.

Select required set first, by clicking on a set in sets tab   **Then select Lap tab to show laps in that set**

Adding and deleting

LOGS

To Add a new log, from the *Menu bar*, select *Add Log*, input the Time of day, Duration, Laps and Average Strokes per lap. The other metrics will be calculated for you. You can add sets within the session too.

To Delete a log, from within the Data area, select the *Log* tab, right click anywhere over the data and select Delete Log. Click *Save changes*.

SETS

To Add a Set at the end of a swim From the *Set* tab, right click anywhere over the data and select *Add Set*, input the Set Duration, Laps and Average Strokes per lap. Click *Save changes* and the other metrics will be calculated for you.

To Insert a Set in the middle of a swim, From the *Set* tab, right click over the set you want to insert a set before and select *Insert Set,* input the Set Duration, Laps and Average Strokes per lap. Click *Save changes* and the other metrics will be calculated for you.

To Delete a Set, From the *Set* tab, right click over the set you want to delete and select *Delete Set*. Click *Save changes*.

NOTE- sessions with heartrate data cannot be edited

Editing Sets

Sessions with heartrate data cannot be edited

You can edit data within a set if the recorded data doesn't quite match your actual swim or you want to add a comment in the Note field.
Double click over the field you want to change in the Set tab and type the correct value.
You can change Duration, Laps, Strokes, Stroke type and add to the Notes field.

Stroke filtering

When you set up your swimmer you can select a default stroke type. You can edit individual sets if you change from this stroke within your session. The watch will not detect the stroke type automatically.

Reporting

From the *File* menu select *Reports* and you will be able to print off details of your logs.

EXPORTING as a CSV file

To export to a .csv file, select *File/Export* from the *menu* bar. Select an appropriate location and file name and click save.

Firmware upgrading

The PoolMateHr watch firmware can be updated with new releases from Swimovate. Any new releases will be posted on www.swimovate.com/firmwareupdate/

First plug in the pod and the watch and select *PoolMate Hr/ Pod Diagnostics* from the *Help* menu. The software will run through some tests and display the current firmware version of the watch. Only upgrade the firmware if a newer version is available on the website or if instructed by Swimovate support.

To update, download the latest version (.BIN file) and save to somewhere on your computer.
Select *PoolMate Hr/ Watch Update* from the *Help* menu, follow the instructions, locate the file you just downloaded and select Open.
DO NOT REMOVE THE WATCH FROM THE POD WHILST UPDATING,
ONLY UPDATE WITH .BIN FILE FROM www.swimovate.com

FAQs

Q How does the PoolMateHr work?
A The PoolMateHr 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 PoolMateHr 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 and sex?
A The PoolMateHr uses these to work out the calories you expend.

Q I want to swim sets, can the PoolMateHr 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 PoolMateHr doesn't work when I'm doing kick sets or some drills.
A The PoolMateHr must be put into Pause mode when kicking or drilling.

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

Q Will the PoolMateHr work in Open Water?
A The PoolMateHr has been designed for lap swimming in a pool and this version will not work in Open Water.

Q Can I wear the PoolMateHr on my right arm?
A Yes, the PoolMateHr will work on either wrist, just change the setting in the SETUP menu .

Q Will the PoolMateHr work with tumble turns?
A Yes, the PoolMateHr 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 (or yards) 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 if set to metric units, or yards if set to imperial units.

Q How accurate is the PoolMateHr?
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 PoolMateHr gives strange results when I change strokes mid lap.
A The PoolMateHr 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 The PoolMateHr chest belt slips whilst swimming

A Try wearing the belt underneath a trisuit that covers your upper body

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.

Q The PoolMateHr is not sensing my heartrate
A Firstly check heartrate is enabled in the SETUP menu.
Ensure the heartrate belt contacts are moist and the belt is snugly attached to your torso.
If you are close to electrical equipment or other items with a magnetic field try moving a few feet away from them. This may include computers, some treadmills or other heartrate monitors. Press start again and allow the watch to seek your heartrate once more.
Check battery in heartrate belt, if you still have problems contact support

Registering your purchase

Please register your purchase at www.swimovate.com/register/

Care and maintenance

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

Never attempt to dismantle or service your PoolMateHr yourself.
Always protect your PoolMateHr from shocks, hard and sharp objects, extremes of heat and prolonged exposure to direct sunlight.
If not in use, store your PoolMateHr 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 PoolMateHr's seals, case and finish.
If your PoolMateHr 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 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. 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 PoolMateHr.

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 PoolMateHr has CE and FCC approvals.
The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC.The PoolMateHr 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 PoolMateHr is protected by Patents
UK number 0822084.0 | USA number US2010204952

For more information please see our website

www.swimovate.com

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