

## How to use..... Fusion smart speed timing gates



- Set up your timing gates- one light cell and one reflector required for each gate
- Connect the correct PDA to the correct black PDA sleeve (called 'Grabba' Sleeve) the sleeve for the light gates has LG on the white label behind where the PDA sits.
- Switch on the PDA using top right button on right hand side.
- Tap on the windows logo to show a menu and select 'Smartspeed'
- Tap Start new session
- Tap 'Scan' at top left of screen. The device will scan and should locate the sleeve and also the number of timing gates that you have set up. N.B check that the icon under the battery column is green and full if it is red this means the battery could stop working in your testing.
- Click next
- Click full drill lists in middle near bottom of the screen
- For a basic straight line timing test e.g. 20m sprint etc then select 'Track' 'Standard Timing'
- Choose the number of gates that you have.
- Someone needs to pass through the light gates in the order that you wish the subject to run through the gates.
- Click next
- Click Ok
- Click Select new team
- Click Ok
- Click Select none
- Select player 1 or however many players you have. Sometimes it is easier to select 1 player and make a note of the individual times after each subject. You will have to decide this based on what you are doing/how many participants you have/ how quick in succession you are wanting them to complete the test.
- Click Next
- Click Ready
- Click Go. You can go whenever the subject is ready after the lights on the gate have turned solid green.

## How to use.....Fusion smart speed timing gates



- Set up the jump mat
- Connect the correct PDA to the correct black PDA sleeve (called 'Grabba' Sleeve) the sleeve for the jump mat has smart jump lite written on the white sticker behind where the PDA sits.
- Switch on PDA (right hand side top button) and allow programmes to load
- Tap on windows logo on top left of screen and a drop down menu appears
- Tap on smartspeed
- Tap start new session
- Tap scan to allow to locate the mat
- Tap select new team
- Tap ok
- Tap select none
- Tap 01 player1 or however many players you have. Sometimes it is easier to select 1 player and make a note of the individual times after each subject. You will have to decide this based on what you are doing/how many participants you have/ how quick in succession you are wanting them to complete the test.
- Tap next
- Tap options
- Tap number of reps and enter how many you require
- Uncheck the feedback box
- Tap ready
- Tap go
- Than stand on the mat
- Enter bodyweight
- Tap ok
- Do the jump
- Tap table
- Tap PK
- Tap review session to obtain the results

If using the data disk

- Tap Export
- Tap Name- enter name
- Tap save
- Tap Export location storage scar (SD card)
- Tap Save.

NOTE ABOUT CHARGING.....

The smart speed system needs quite a lot of charging!

When you plug in the charger to the light units a red LED will light up. This does NOT mean that the units are charging. Leave the units plugged in a few minutes then turn off the charger and then turn it back on again. This should result in the red LED FLASHING.....this means that the UNITS ARE CHARGING! 3 hours should be enough but sometimes if the units have not been used for a while you need to do a couple of 3 hour charges in a row. E.G. turn off the chargers after 3 hours then back on again.