

POMOCUP USER GUIDE



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1. GETTING STARTED

1.1 Package contents



- + Sand paper
- + Cleaning towel
- + Quick start user's guide

1.2 Charging and storage

Carefully, and with the correct orientation, insert the microUSB end of the provided cable into Pomocup, and the other end to a computer or charger (see voltage specifications below).

Low battery indicator: orange LED blink.

Empty battery: no response from Pomocup.

Check battery level from the Skilog mobile app when Pomocup is connected by BLE.

Remember to charge Pomocup when the battery is low, or after a long period without use.

Charging time is approximately 5h.

⚠ Supply Voltage: *Charge Pomocup with USB at 4.2V, 100 mA, and ambient temperature 0 °C to 45 °C.*

⚠ Warning: *Plug the microUSB cable into Pomocup with the correct orientation. FORCING THE CONNECTOR CAN CAUSE PERMANANT DAMAGE.*

⚠ Warning : *Eject Pomocup from your computer before disconnecting USB to avoid damage.*

⚠ Warning: *Store Pomocup over 10° C to avoid problems powering on Pomocup.*

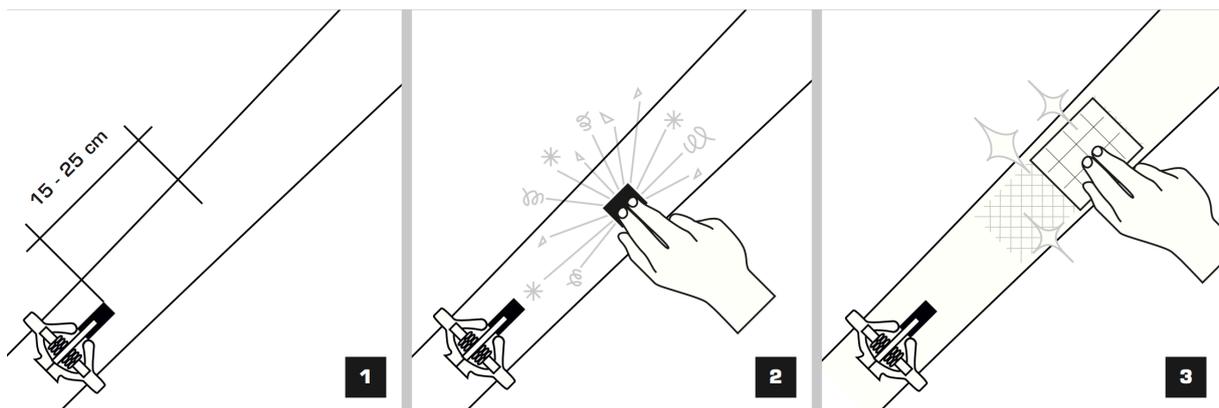
2. RECORDING WITH POMOCUP

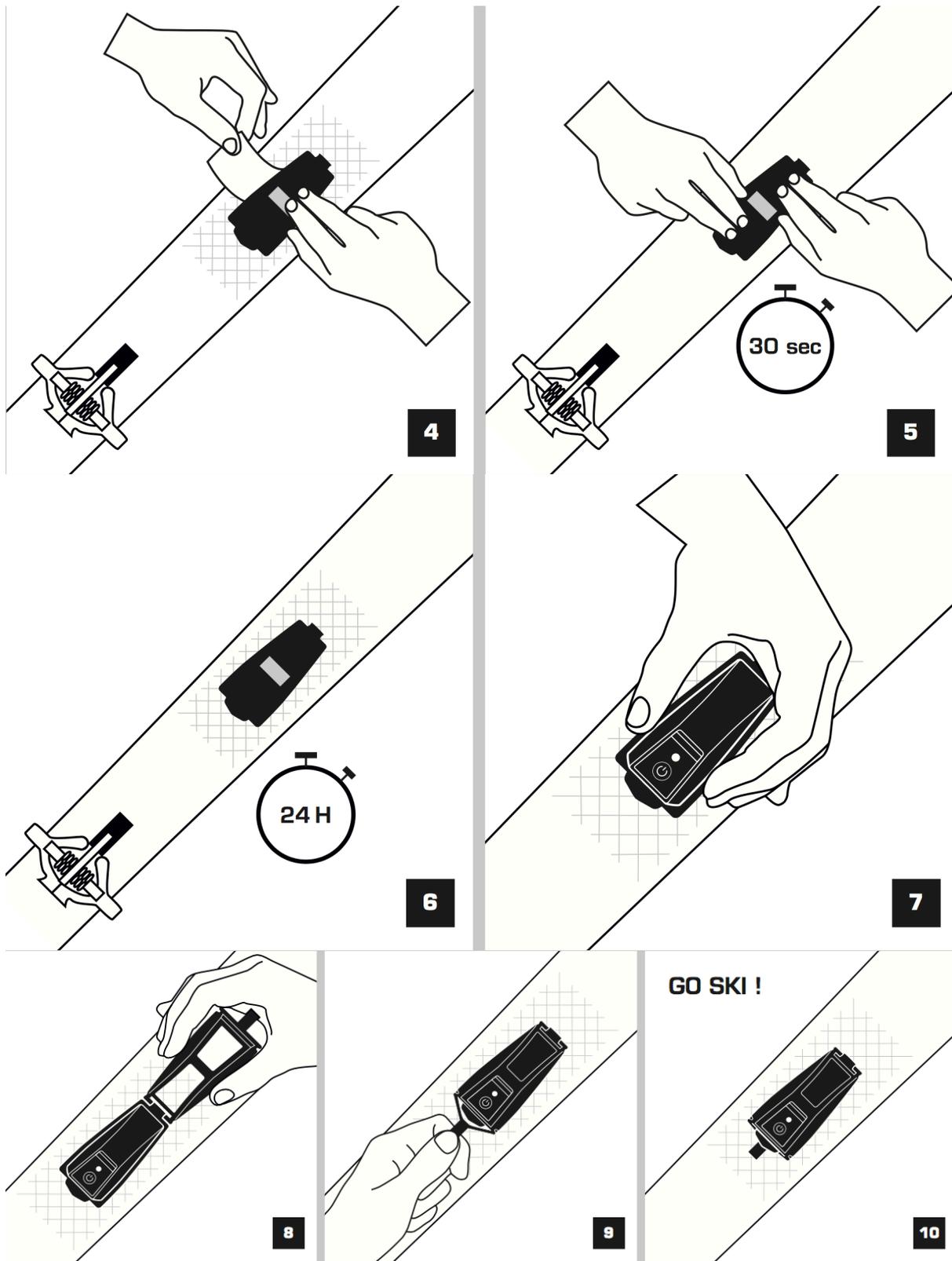
Watch the quick start video:

<https://www.youtube.com/watch?v=DQf2-M3yfsI>

BEFORE STARTING

- 1- Place Pomocup 15 to 25 cm in front of binding to ensure proper function.
- 2- Clean the ski surface with included sandpaper.
- 3- Clean the sanded surface with the included fabric.
- 4- Stick the included support to the prepared area.
- 5- Firmly press the support to the ski for 30s to ensure proper adhesion.
- 6- Wait 24h before skiing.
- 7- Place Pomocup on the support.
- 8- Hook the cover to the support.
- 9- Cover Pomocup.
- 10- Go ski!!





2.1 Standalone measurement (no GPS)



Start measurement:

- 1-Press the main button for 3 seconds until the LED turns green.
- 2-Single green LED blinks indicate recording.

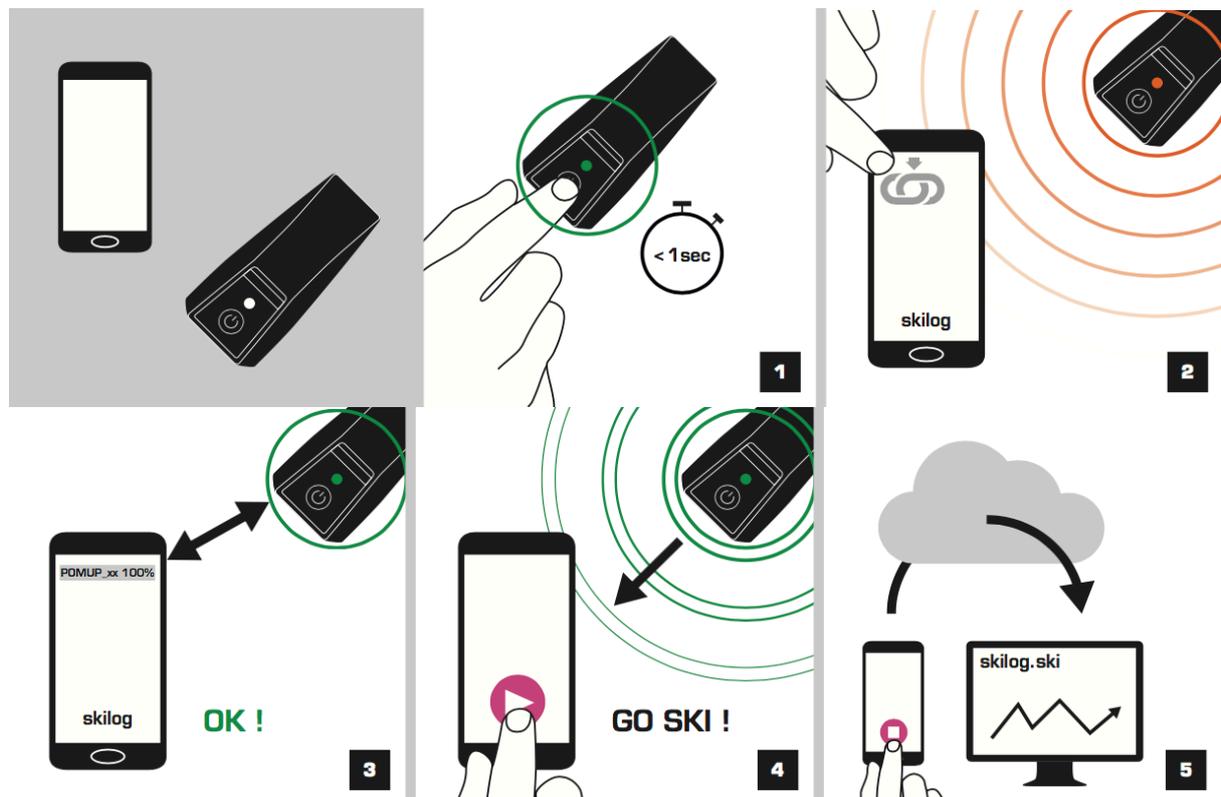
Stop measurement:

- 3-Press the main button for 3 seconds until the light turns solid green.
- 4-Three short LED blinks confirm the recording is complete.

Analyze data:

- 5-Connect Pomocup to your computer via USB.
- 6-Upload your tour to <http://www.skilog.ski/>
- 7-View your tour analysis and all data.

2.2 Measurement with Skilog app (Android and iOS)



Open Skilog app (available on App Store or Google play).

1- Short press the button on Pomocup to make it Bluetooth discoverable. LED will blink red.

 **Note:** Pomocup may already be discoverable.

2- Inside Skilog, press “” to list available Pomocup devices.

3- Select your Pomocup from the list. Press “Search device”, then select “Connect”. Pomocup blinks green twice when successfully connected.

 **Note:** You must choose to allow GPS in the Skilog app, and activate the GPS in your phone settings.

 **Note:** *If your phone does not detect Pomocup, shortly press the main button on Pomocup to enter discovery mode (red blink), then “START SCAN” in the Skilog app. If Pomocup still doesn’t connect, make sure your Pomocup is charged, then close and relaunch the Skilog app. If, after charging, your Pomocup still doesn’t connect, please contact us via Skilog app, or <http://www.pomocup.com/>*

4-Press “Start tour” to begin recording. Pomocup blinks twice green while recording.

 **Warning:** *Avoid pressing the button on Pomocup once you start recording from Skilog, as it will stop the recording as in standalone mode. If you do, you will need to separately stop the Skilog app. You can still retrieve your tour from Pomocup by connecting it to your computer with microUSB as in standalone mode.*

5-To stop the measurement, press “  ” then “  ”. Your file automatically saves to your Skilog account when your smartphone has a data connection.

 **Note:** *You may experience a delay before long recordings appear in the Skilog app or web interface.*

 **Note:** *Pomocup blinks green and red if Bluetooth connection is lost. Reconnect to the app, or end the recording as in standalone mode.*

2.3 Troubleshooting

If Pomocup does not start when pushing the main button, or if it is impossible to connect to the Skilog app, or start a tour, please contact us.

Although not advisable, it is possible to do a soft reset. To do a soft reset: hold the main button for around 15 seconds. The LED will blink twice red, then shine orange. Release the button once the LED is orange. After soft reset, quit the Skilog app (close completely, not just exit), reopen and reconnect Pomocup.

 **Warning:** It is strongly recommended to contact Pomocup support before attempting a soft reset.

 **Warning:** *Your mobile requires Bluetooth 4.0 or higher to connect to Pomocup.*

You can see additional FAQ on Pomocup website:

<http://pomocup.com/faq>

3. DATA ANALYSIS

Data is stored inside Pomocup for later access by USB. To access the data, plug the included microUSB cable into Pomocup and a computer. Access the file directory in Explorer (Windows) or Finder (Mac). One file is created for each measurement. Files are stored in folders labelled with the creation date. File names are numbered and linked to Pomocup ID, eg.: 1_0012.POM (1 for the 1st measurement of Pomocup ID:12 and .POM extension).

 **Warning:** *DO NOT DELETE OR REMOVE FILE: conf.bin. Pomocup will cease to record data.*

 **Warning:** *Pomocup loses track of the date whenever the battery is completely discharged. Files save to the “NO DATE” folder until the date is reset. Connect Pomocup to your phone to reset the date whenever this happens.*

 **Note:** *Skilog app syncs to the web interface when the app is open and you have an internet connection.*

Pomocup measures:

Stats	Elevation profile, tour duration, distance*, total ascent, total descent, vertical speed, temperature, climb angle, uphill time, downhill time, walk time, pause time
Transitions	Duration and number of kickturns, skins off, skins on, skis on backpack, skis off backpack, total transitions, total transitions duration
Technics	Total steps, cadence, step length, step duration, glide / grip, power
Maps	Illustration of the tour route on a map*

*Pomocup must be connected to your GPS enabled smartphone to record these parameters.

3.1 Web platform

3.1.1 Home menu

The screenshot shows the Skilog web platform interface. At the top left is the 'skilog+' logo. A navigation bar contains 'All Tours' (circled 1), 'Activity', 'Scoreboard', 'Map', 'Support', and a user profile icon. Below this is the 'My Tours' section with filter buttons for 'All' (circled 2), 'Last 7 days', 'Last 30 days', and 'Season'. A dark blue 'Upload tour' button is circled 3. A 'General info' summary card (circled 4) displays average statistics: 10595 m Ascent, 363 m/h Vertical Speed, 37:58:37 Duration, 83.8 spm Cadence, 42 Tours, and 169 W Power. Below are two tour entries: 'Les mosses' (Sun, 14 Jan 2018) and 'Le buet' (Sat, 6 Jan 2018). Each entry shows a progress bar for Elevation and Duration, and a table of metrics: Vertical Speed, Cadence, Power, and Angle. The 'Les mosses' entry has a circled 5 over its duration bar and a circled 6 over its edit/delete icons.

General info		
10595 m ASCENT	37:58:37 DURATION	42 TOURS
363 m/h VERTICAL SPEED	83.8 spm CADENCE	169 W POWER

Les mosses			
Sun, 14 Jan 2018			
Elevation	1183 m		
Duration	05:08:54		
302 m/h Vertical Speed	73 spm Cadence	102 W Power	12.9° Angle

Le buet			
Sat, 6 Jan 2018			
Elevation	1022 m		
Duration	02:19:32		
523 m/h Vertical Speed	84 spm Cadence	164 W Power	9.7° Angle

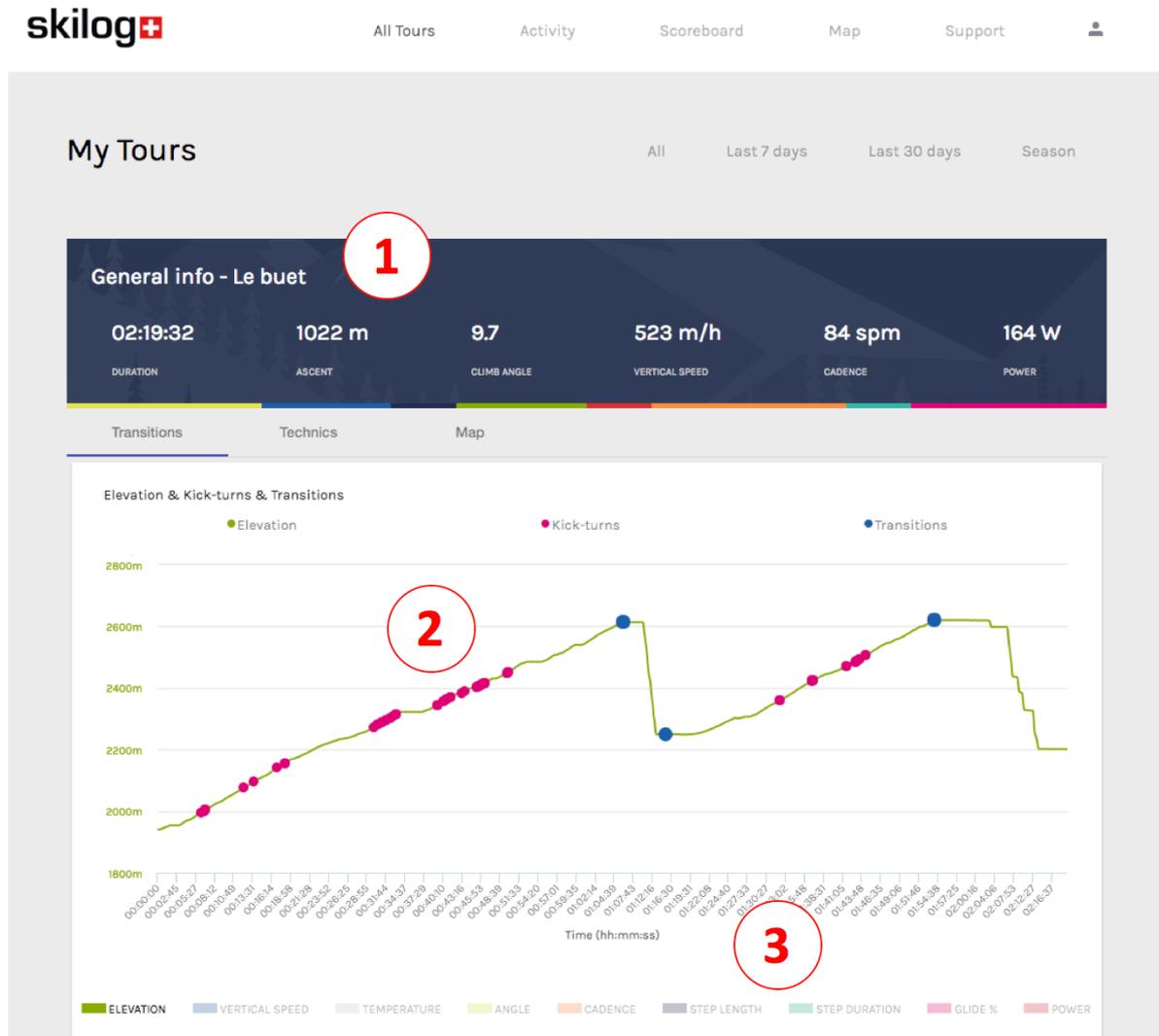
- 1- “All tours” to show all tours.
- 2- Filter by season, week or month activity.
- 3- Analyze standalone measurements taken without the Skilog app with the “Upload tour” button. With Pomocup connected to your computer, press “Upload tour” and select the file for uploading.
- 4- “General info” shows the average values of filtered tours.

5-List of filtered tours.

6-Edit the tour name and share it.

Select a tour to view the complete data.

3.1.2 Analyze your Tour



1- “General information” about the tour.

2- Graphical representation of the tour with elevation plus another parameter on the vertical (Y-axis) and time or distance on the horizontal (X-axis).

3- Select parameters to display on the graph.

The screenshot displays a skiing app interface with the following components:

- Summary of all transitions (1):** A top bar showing transition types: Uphill (2, 01:57:18), Downhill (2, 00:16:41), Walk (0, 00:00:00), and Pause (7, 00:14:17).
- Filter by transition type (2):** A 'Filter' section with icons and counts for: Kick-Turns (38), Skins Off (2), Skins On (1), Skis Off Backpack (0), and Skis On Backpack (0).
- Table of transitions (3):** A table with columns for Transition, Time, Count, and Duration. The table lists 19 transitions, with the third row (Time: 00:06:54, Count: 3/38, Duration: 00'04") circled in red.

TRANSITION	TIME	COUNT	DURATION
	00:06:16	1/38	00'02"
	00:06:40	2/38	00'05"
	00:06:54	3/38	00'04"
	00:12:17	4/38	00'02"
	00:13:44	5/38	00'02"
	00:17:02	6/38	00'02"
	00:18:06	7/38	00'05"
	00:29:52	8/38	00'04"
	00:30:38	9/38	00'06"
	00:31:15	10/38	00'04"
	00:31:50	11/38	00'06"
	00:32:22	12/38	00'04"
	00:32:51	13/38	00'04"
	00:33:16	14/38	00'05"
	00:39:25	15/38	00'05"
	00:40:14	16/38	00'01"
	00:40:45	17/38	00'05"
	00:41:19	18/38	00'04"
	00:43:11	19/38	00'06"

1-Summary of all transitions.

2-Filter by transition type.

3-Time, number and duration of each transition.

My Tours

All

Last 7 days

Last 30 days

Season

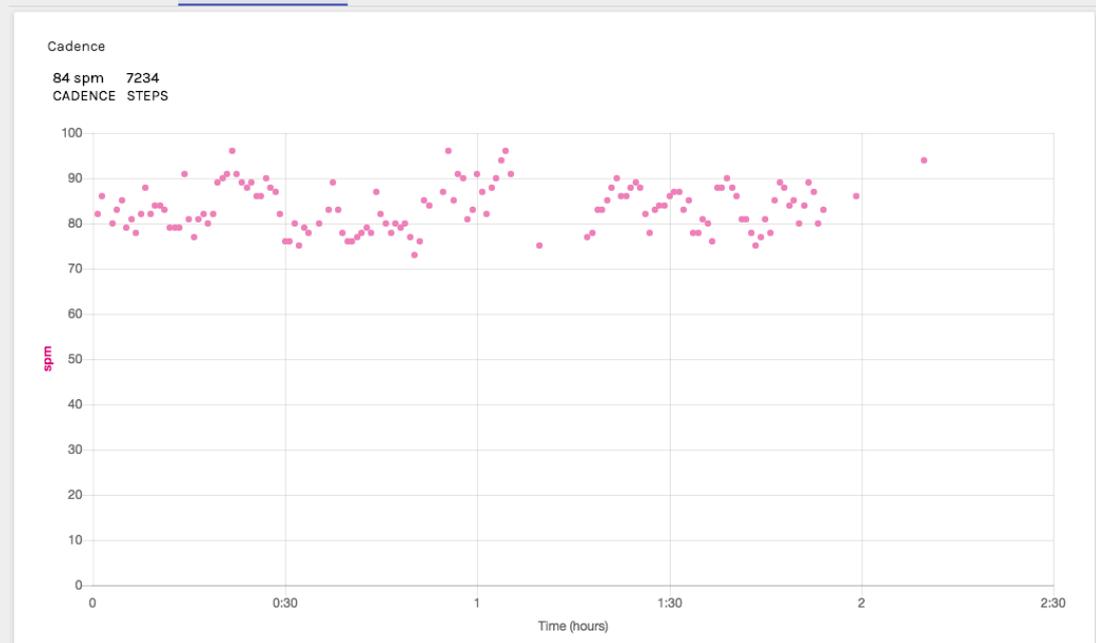
General info - Le buet

02:19:32	1022 m	9.7	523 m/h	84 spm	164 W
DURATION	ASCENT	CLIMB ANGLE	VERTICAL SPEED	CADENCE	POWER

Transitions

Technics

Map



Select “Technics” to plot each parameter.

GPS track is available if enabled during measurement
([cf.3.2.3](#))

3.1.3 Profile editing

Select  to view and edit your profile.

1-Modify user specifications

 **Note:** *Setting the correct user specifications will increase data precision.*

2-Pomocup support

3-More information

4-Change password

5-Version

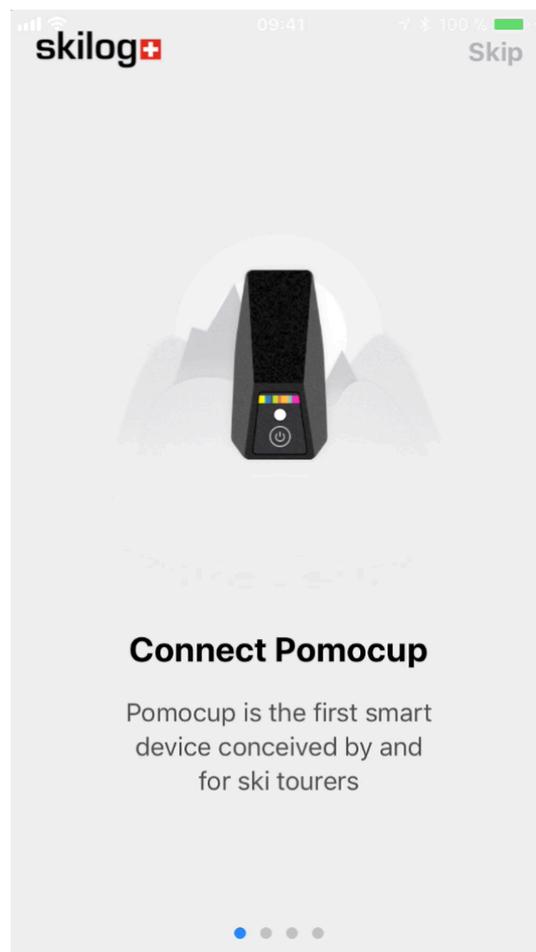
6-Language

7-Logout

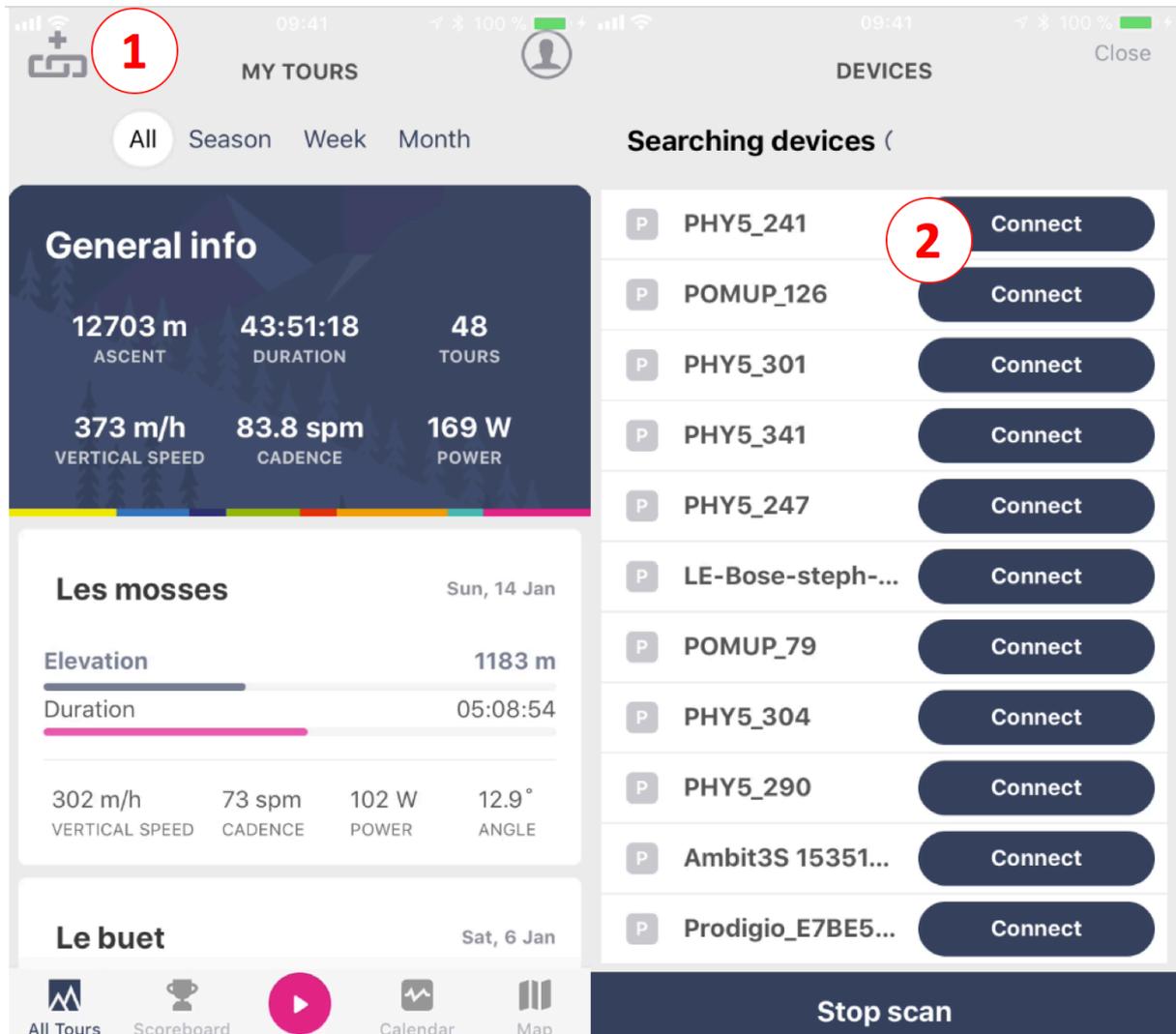
3.2 Skilog mobile application

Use the Skilog app to connect to your Pomocup with Bluetooth and start/stop your tours. Data are saved to the Skilog app as long as you maintain a Bluetooth connection. Stats, technics, transition and maps are available in real time on the phone during this mode. All data are available after the tour in the Skilog app.

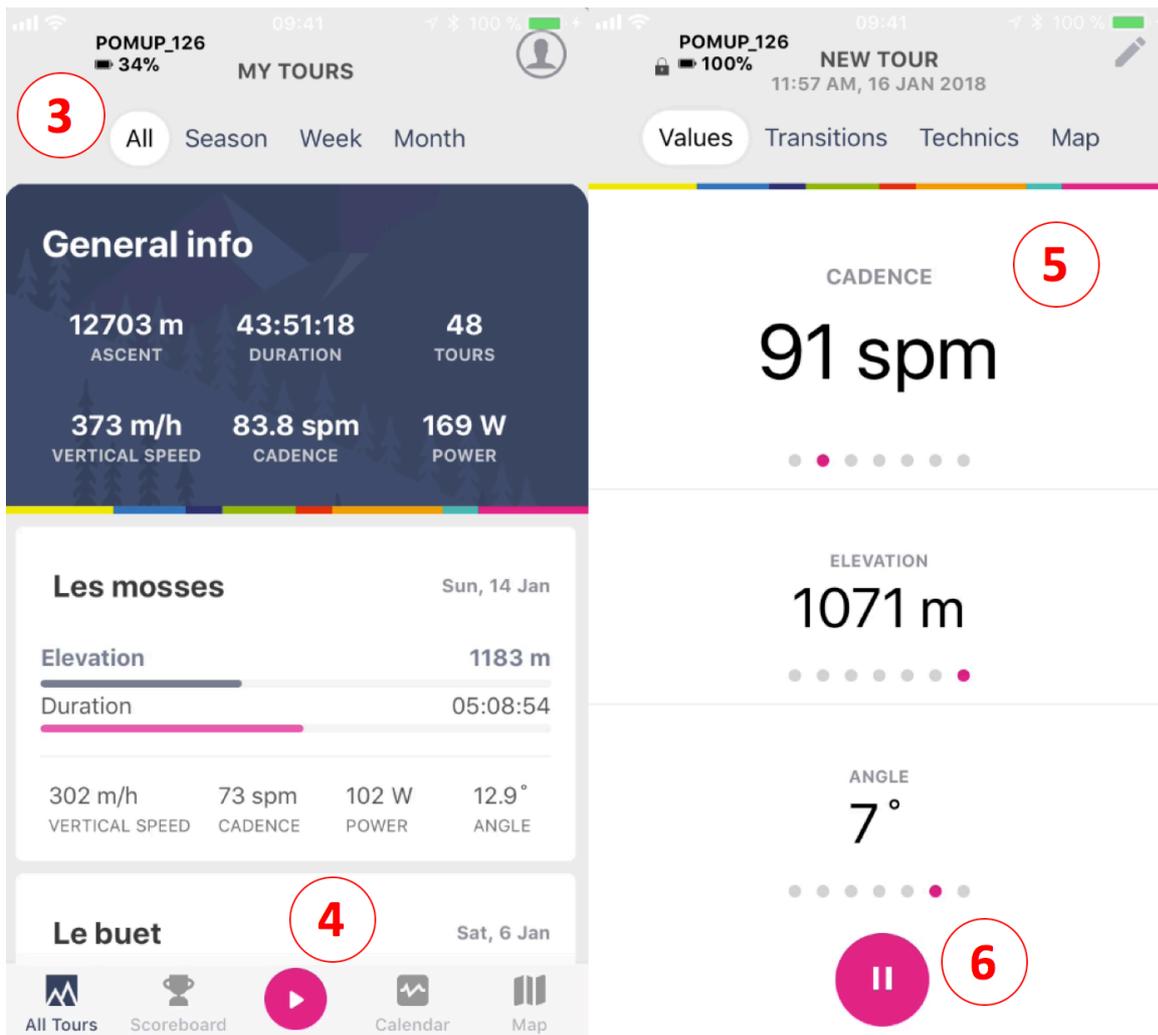
3.2.1 Skilog application start page



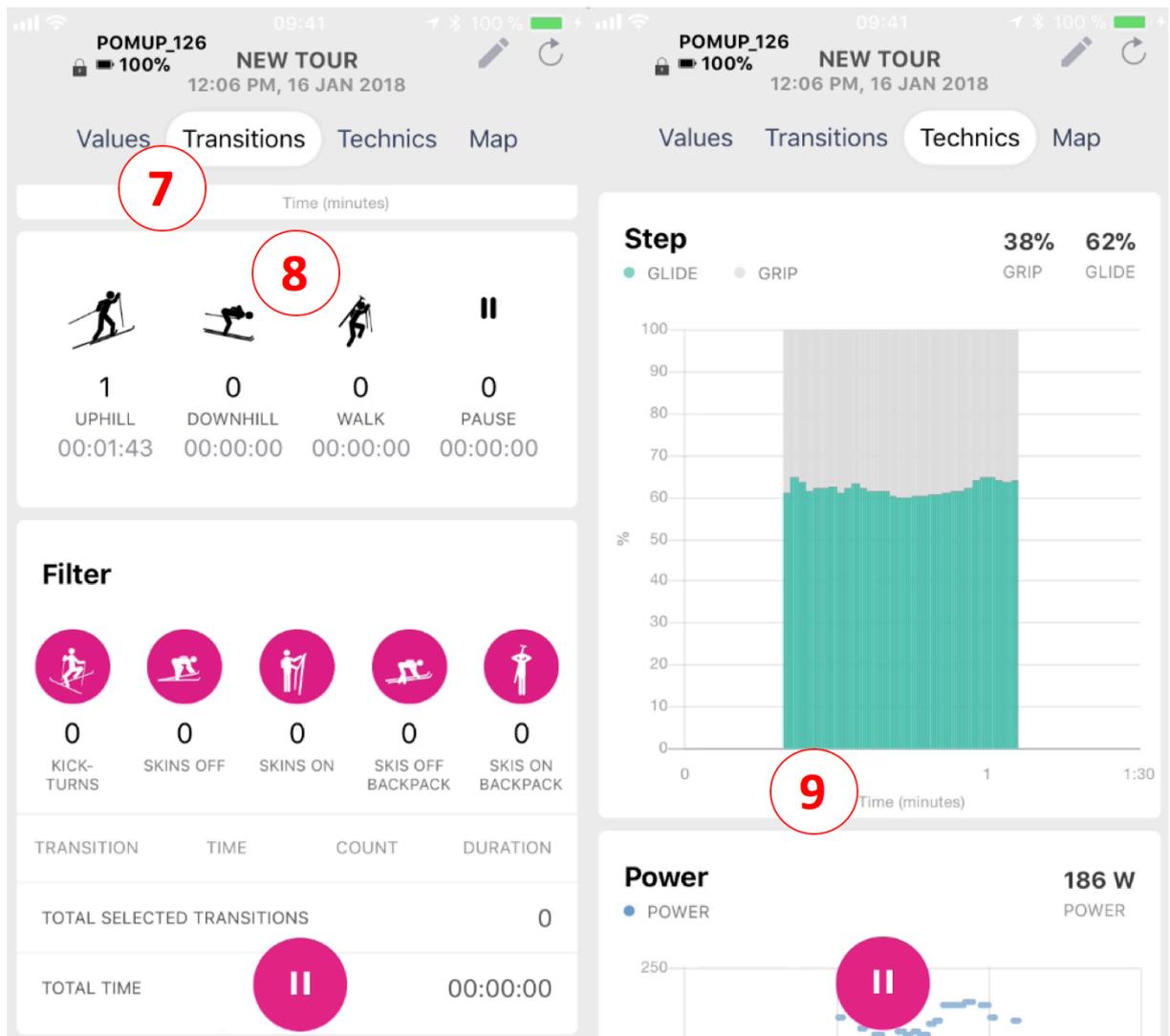
3.2.2 Device recording



- 1- Pair Pomocup to the Skilog app via Bluetooth.
- 2- Short press the main button on Pomocup to activate Bluetooth (Pomocup ID under the device).

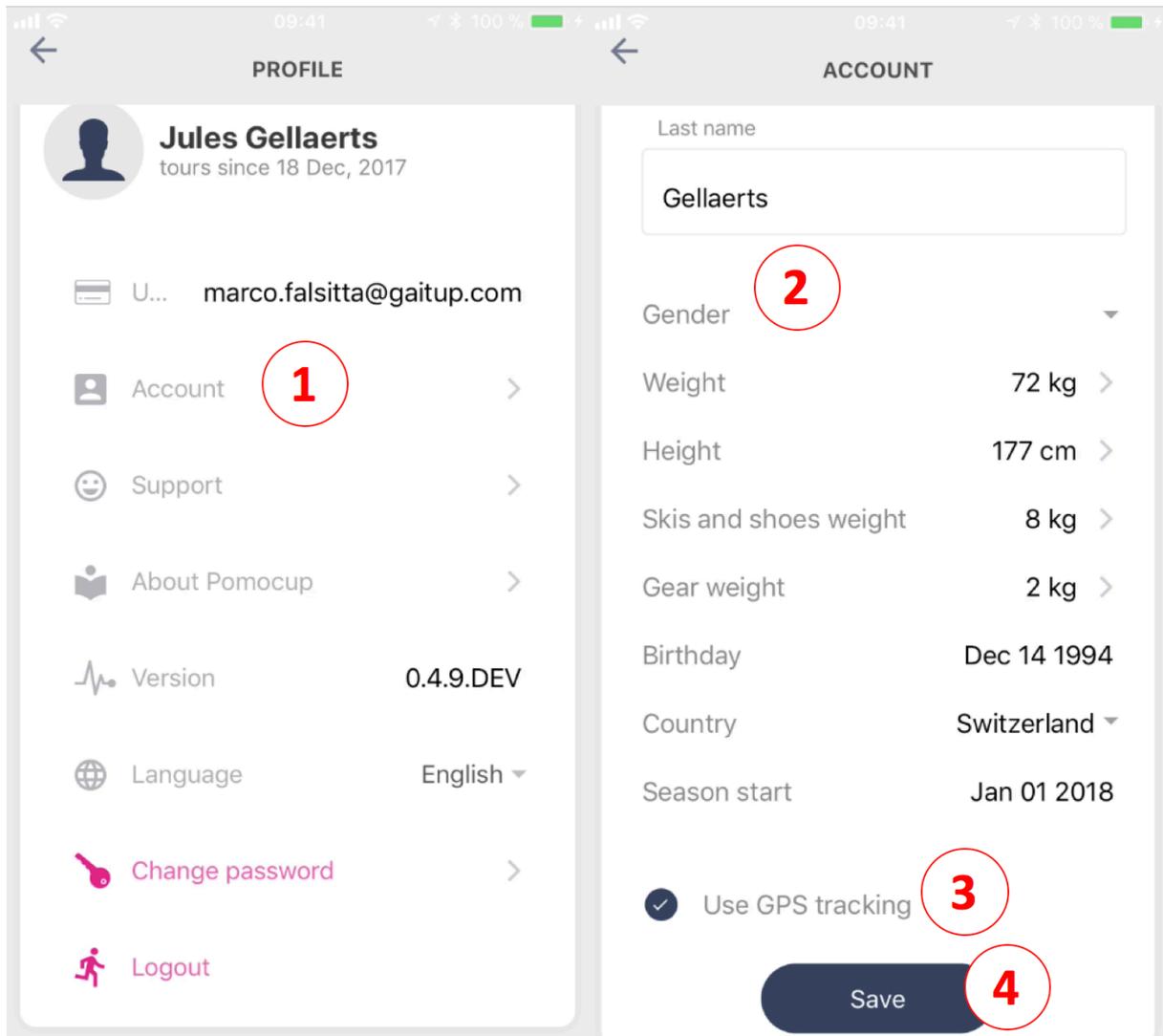


- 3- Indicates Pomocup is connected.
- 4- Start tour button.
- 5- Swipe to select display parameter.
- 6- Pause, then Stop.



- 7-Transitions (kickturns, backpack, skins on/off).
- 8-Number of transitions by type.
- 9-Graphs updated in real time.

3.2.3 Profile settings



- 1-Select profile, then account.
- 2-Modify your settings.
- 3-Enable GPS tracking.
- 4-Save your settings.

Note: Gear weight is, for example, your backpack. This should be included to improve the accuracy of the parameters.

3.2.4 Support

Pomocup support is available by:

1-Visiting our website www.pomocup.com and FAQ www.pomocup/FAQ.com

2-Contacting support via Skilog application or website

 **Note:** *Please specify your Pomocup ID when you contact support.*

4. PRACTICAL CONSIDERATIONS

4.1 Fixation

Pomocup comes with a magnet pair (Neodymium, N45, approximately 3 kg force) and a protective cover. When you receive your Pomocup, one magnet is adhered to Pomocup, the other to the Pomocup support. You can use the protective cover for extra fixation strength.

Before first use, attach the support plate to the ski following the instructions in Section 2.

4.2 Handling / Maintenance

Pomocup should be handled carefully to ensure lasting performance. In particular, it should not receive shocks. Do not drop, crush, or otherwise unnecessarily hit your Pomocup. **DO NOT PRESS TOO HARD ON THE BUTTON.** Pressing the button with excessive force can cause it to break, and your Pomocup to malfunction. Do not use or charge the Pomocup if the case is damaged. If you suspect the battery is damaged, immediately move the device away from flammable materials and contact Gait Up or Pomoca customer support.

- To benefit from the maximum battery life, fully charge Pomocup before use. The LED shines green when the battery is full and Pomocup is connected to a computer or charger. You can also check with the Skilog app when Pomocup is connected to your smartphone by BLE.

- Maintain a copy of your recordings on your computer. It is not recommended to keep and save important data to Pomocup.

- Pomocup can be used outside. It has passed IP66 testing, which means that it is water resistant without high pressure.

 **Warning:** *Submerging Pomocup in water can permanently damage the product.*

- Storage: Store in a cool (0 °C—30 °C) and dry place, such as the provided box. Please remove snow from Pomocup before storage to prevent humidity spikes.

- Cleaning: Pomocup can be cleaned gently using alcohol wipes. Before you clean Pomocup, disconnect all cables. Applying excess alcohol to Pomocup may damage the waterproofing. Apply liquid alcohol to a wipe or cloth before bringing into contact with Pomocup. Do not put liquid alcohol directly on Pomocup.

- Device does not need to be recalibrated.

- Dispose of Pomocup properly and in consideration of all local laws and rules about electronic waste and batteries. Contact Gait Up's customer support for more information about elimination of Pomocup.

- Do not remove the "conf.bin" file from the Pomocup. Doing so will deactivate the internal sensors and create empty recordings.

3.4 Necessary device specifications

-The Skilog app requires 150 Mo free memory on your smartphone to run properly. This free memory is in addition to the space required to install the Skilog app, and corresponds to approximately 10 hours of recording with GPS. Skilog may automatically stop during your tour if your smartphone runs out of memory.

-If your smartphone loses BLE connection to Pomocup while recording, your tour is added in the list of all tours, named “Tour name” and [DRAFT].

 **Note:** Tour data is stored to Pomocup even if BLE connection is lost during the tour. If BLE disconnects, the following message appears “Pomocup connection is lost. Reconnecting...”. Pomocup will automatically reconnect to Skilog if doing so is possible. If you need to end the tour without BLE connection, do so by pressing the button on Pomocup for 3 seconds, as in standalone mode. Pomocup will not automatically stop recording when BLE disconnects. If you do nothing, Pomocup will continue to record until the battery is drained.

 **Note:** Keep your phone within 5 meters of Pomocup when connecting, and during use to maintain connection.

FCC statement:

“This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operations.

(a) (5) When the device is so small or for such use that it is not practicable to place the statement specified under paragraph (a) of this section on it, the information required by this paragraph shall be placed in a prominent location in the instruction manual or pamphlet supplied to the user or, alternatively, shall be placed on the container in which the device is marketed. However, the FCC identifier or the unique identifier, as appropriate, must be displayed on the device.

 **Note:** *This equipment 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. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause*

harmful interference to radio or television reception which can be determined by turning the equipment off and on, the user is encouraged to try to correct interference by one or more of the following measures:—Reorient or relocate the receiving antenna. — Increase the separation between the equipment and receiver. — Connect the equipment into an outlet on circuit different from that to which the receiver is connected. — Consult the dealer or an experienced radio/TV technician for help.

This device complies with FCC radiation exposure limits set forth for the general population. This device must not be co-located or operating in conjunction with any other antenna or transmitter”

At Gait Up and POMOCA, we welcome your feedback and questions. Please contact us at:

Gait Up

EPFL Innov' Park—C
CH-1015 Lausanne
tel: +41 21 633 7527
mail:
contact@gaitup.com
web: www.gaitup.com



POMOCA SA

Route de Preverenges,
14
1026 Denges
Tel.+41 21 821 5272
Mail: info@pomoca.com
Web: www.pomoca.com

