VALD

SmartSpeed Dash

Quick Start Guide

Contents

1 Overview

SmartSpeed Dash is a simple and accurate single lane timing system popular with schools, clubs, gyms and performance centres for common speed and non-reactive agility tests.

2 Components

Each SmartSpeed Dash system consists of the following components:

- 1 x Dash timing unit
- 1 x Reflector
- 2 x Tripods
- 1 x 5V USB charger
- 1 x Dash hard travel case (stores up to 2 timing gates)

Note: Multiple SmartSpeed Dash systems can be combined to provide users with additional timing gates.

3 Accessories

3.1 SmartScan (RFID)

SmartScan lets users automate SmartSpeed sessions. SmartScan identifies a reusable RFID wrist band allowing the SmartSpeed app to identify the wearer performing the drill.

3.2 SmartPad

Available in two sizes, short and long, SmartPads are hand start pads that connect to a start gate to measure the accuracy of sprint starts. Timing starts after runners have pressed down on the pad, then lifted their hand or foot off to start their movements.

3.3 Portable Jump Mat (SmartJump)

The Portable Jump mat enables users to incorporate explosive power measurement and plyometric training in to their SmartSpeed drills.

4 Charging your timing unit(s)

To charge your timing unit(s), connect the unit(s) to the provided 5V charger.

The charging LEDs on the unit, will display:

- Red on, Green off – when unit battery is very flat
- Red on, Green on – when normal charge
- Red off, Green on – when unit is fully charged

It is recommended SmartSpeed Dash timing units are charged prior to every session.

5 Software setup

5.1 SmartSpeed App

The SmartSpeed app is the data capture application for the SmartSpeed system.

The app is available for iOS and Android devices and can be downloaded from the App Store and Google Play Store – search for **SmartSpeed.**

Once the SmartSpeed app has been downloaded onto a device, an account is required to log in to the app.

To create a SmartSpeed account:

1. Open the SmartSpeed app on the device
2. Select **Register**
3. Complete the registration form
4. Select **Create my account**
5. Log in

5.2 VALD Hub

VALD Hub is a cloud-based centralised data analytics and account administration platform for VALD Systems. It includes additional features to the SmartSpeed app, for example the ability to:

- Add and edit teams
- Create custom drills
- View and export results

To access VALD Hub visit hub.valdperformance.com and log in with your SmartSpeed account details. These details are the same login credentials used to log in to the SmartSpeed app.

6 Hardware setup

Each SmartSpeed Dash system includes one timing gate.

To assemble a timing gate:

1. Assemble the tripods
   a. Loosen tripod knob and pull legs away from stem.
   b. Push down on knob assembly until supports are horizontal.
2. Connect the timing unit and reflector to the tripods
   a. Line up the tripod connection with the bayonet on the tripod.
   b. Press down into the tripod and twist into a locked position.
   c. Ensure tripod neck is firmly tightened.

Repeat the above steps for any additional SmartSpeed Dash systems.

Once the timing gates have been assembled, the command timing unit can be setup.

6.1 Command timing unit

The command timing unit operates as the command centre for the SmartSpeed Dash system.

It uses two in-built radio devices:

- IEEE 802.15.4 – to communicate between additional timing units; and
- Bluetooth – to communicate to a mobile device (SmartSpeed app)

To setup a command timing unit:

- Position a reflector opposite a timing unit

- Turn the timing unit on

> **Note:** *When a timing unit is turned on, it will produce a high-pitched beep sound. This beep is designed to alert users when the unit is not aligned correctly with a reflector.*
>
> *To stop the beep:*
>
> *Aim the laser beam from the timing unit onto the reflector until the red alignment light is on and the unit stops beeping.*

Now, check the ID of the timing unit is set to 0. When the ID is set to 0, the unit will operate as the command timing unit.

To set the ID:

1. Press and hold the ID button for 3 seconds until the 8-digit display turns on and makes 3 short audio beeps.
2. Continue to press the ID button until 0 is shown as the ID.

Next, connect the timing unit to an iOS or Android device via Bluetooth.

To connect the timing unit to an iOS or Android device:

Press down the Bluetooth LED button on the timing unit until it flashes green. This will enable the unit to be discovered by a mobile device and will remain discoverable for 3 minutes.

For iOS devices

1. Go to **Settings**
2. Go to **Bluetooth** settings
3. Turn Bluetooth **on**
4. Select the Bluetooth device that matches the serial number displayed on the timing unit
5. Confirm Bluetooth pairing with the timing unit

For Android devices

1. Go to **Options** menu in top left corner
2. Select **Bluetooth Setup**
3. Select **Bluetooth Settings**
4. Turn Bluetooth **on**
5. Select the Bluetooth device that matches the serial number displayed on the timing unit
6. Confirm Bluetooth pairing with timing unit
7. Select **Connect**

Once the command timing unit is connected to the device, the details will be saved for the next time you use the SmartSpeed app.

6.2   Position timing gate(s)

Once the timing units(s) have been assembled, and the command timing unit is connected, the timing gate(s) can be positioned for the required drill.

> *Refer to **support.vald.com** for suggested drill protocols.*

To position timing gates:

1. Accurately measure the distance between timing units
2. Place a timing unit and a reflector in line with each other (generally 1-4m apart)
3. Stand behind a timing unit
4. Turn on the timing unit - *the unit will beep until it is correctly aligned with the reflector*
5. Hold the top of the unit with one hand
6. Hold the tripod neck with the other hand
7. Direct the light towards the reflector
8. Adjust the light until the red alignment light is on and the unit stops beeping
9. Repeat the above steps for each timing gate required.

Note:

- If using a SmartScan (RFID), SmartPad or Portable Jump Mat connect it to the start timing unit using the provided PS2 cable.
- If using a Portable Jump Mat, connect it to the relevant timing unit using the PS2 connector on the Portable Jump Mat. Timing units connected to a Portable Jump Mat do not require a reflector.
- In windy environments, ensure timing unit is optimally aligned by moving it side by side slightly and ensure it remains aligned with the reflector.

6.3   Configure timing units

For each drill setup:

- Each timing unit must be set to the same radio channel as the command unit; and
- Each timing unit must be set to a unique ID.

To configure timing units:

1. Set the timing unit to the same channel as the command unit
2. Set the timing unit to a unique ID
3. Repeat the above steps for each timing unit.

7 Run a session

To get started with running a session, ensure:

1. Your timing unit(s) are turned on and positioned for the required drill
2. You are logged into the SmartSpeed app
3. The command timing unit is connected via Bluetooth

To run a session with the SmartSpeed app:

1. Select **Start Session**
2. Ensure your timing units are automatically scanned in
3. Select a **Drill**
4. Select a **Team**
5. Select **Start**
6. Select **User Options** as required for the drill
7. Select the **Tick Icon**
8. Run through the protocol as configured

Note: Results will automatically display onscreen, and the name of the current participant will display on the right, above the timing clock.

9. Select **Stop** to end the session
10. Select **Confirm** (or cancel to continue session)
11. Select **View Session Results** or **New Session Setup**

8   Care

The following is recommended to ensure the protection of your SmartSpeed Dash system:

- When not in use, store your SmartSpeed Dash system in the provided hard travel case.
- In the case of wet weather, ensure the SmartSpeed Dash system components are dry prior to storage.
- Your SmartSpeed Dash system should only be charged using the chargers provided.

9   Health and safety information

Precautions when using batteries

- Never use any charger or battery that is damaged in any way.
- Use the battery only for its intended purpose.
- If left unused, a fully charged battery will discharge itself over time.
- Always charge in or as close to room temperature (20 degrees Celsius) as extreme temperatures will affect the charging capacity of the batteries.
- If Batteries will not recharge (batteries provided have a recharge life of 800 times), DO NOT ATTEMPT to change the batteries yourself. Instead contact VALD.

Electronic devices

Most modern electronic equipment is shielded from radio frequency (RF) signals. However, certain electronic equipment may not be shielded against the RF signals from the units.

Pacemakers

Pacemaker manufacturers recommend that a minimum of 15cm should be maintained between the units and a pacemaker.

Hearing aids

Some wireless technology can interfere with some hearing aids. In the event of such interference, you may wish to consult your hearing aid manufacturer to discuss alternatives.

Other medical devices

If you use other personal medical devices, consult the manufacturer of your device to determine if it is adequately shielded from external RF energy. Your Physician may be able to assist you in obtaining this information.

Vehicles

RF signals may affect improperly installed or inadequately shielded electronic systems in motor vehicles. Check with the manufacturer or its representative regarding your vehicle. You should also consult the manufacturer of any equipment that has been added to your vehicle.