AMpaD Training app

User manual

Version 1.0

Hans Vos
AMPAD https://para-ampad.info
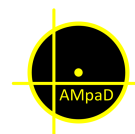
AMpaD Training app
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This manual gives guidance on how to install and use the "AMpaD Training" app. This app can be used in combination with the AMpaD Training Pad.
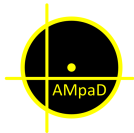
 The AMpaD Training Pad is designed to improve eye-foot coordination for "classic accuracy" parachute landing.

The AMpaD Training Pad can be used for actual landings. Extreme bending or hard landings may damage or reduce lifetime of the controller or its connections. Make sure that the surface underneath the pad is sturdy and that the pad freely can move during a sliding landing.
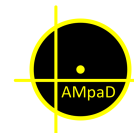It is conceivable that normal touches, ground eye-foot- or bungie training, will extend the lifespan of the AMpaD Training Pad.

Although the AMpaD Training Pad fabric is water-resistant, the pad itself is not waterproof. Only use and store in a dry, clean environment. Do not place other objects on the pad during storage.
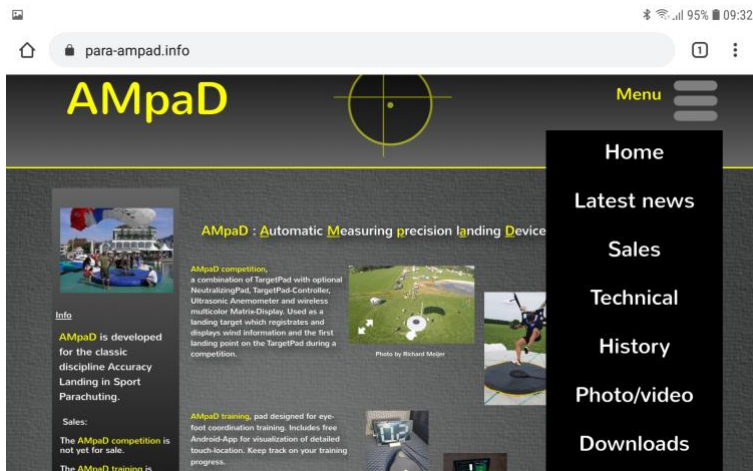
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AMpaD Training app installation

Do <u>not</u> connect the <u>AMpaD Training Pad</u> at this moment.
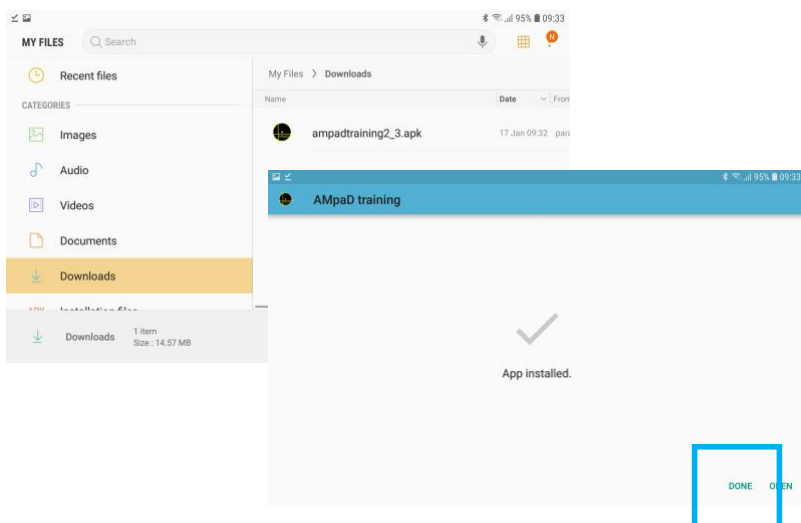
On the Android device, go to the website: <u>https://para-ampad.info</u>

<u>Right</u> from "Menu" click on "Downloads"
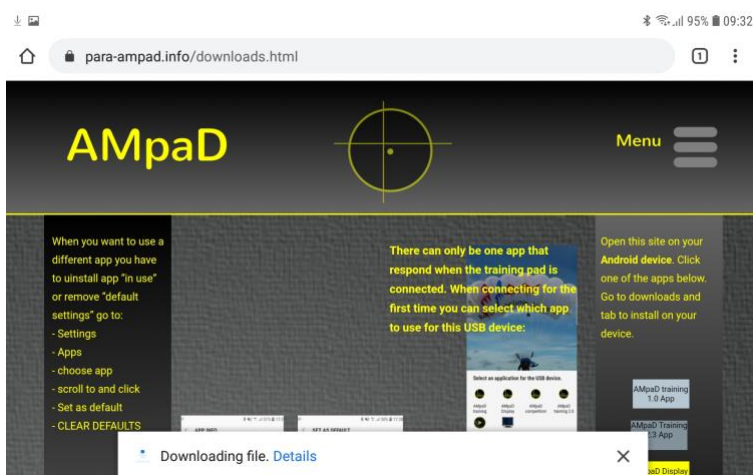
Click on:
"AMpaD Training" app

Current version 2.3
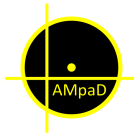
The installation file will be downloaded to the device.

Go to "Downloads" in "My Files" on the Android device.

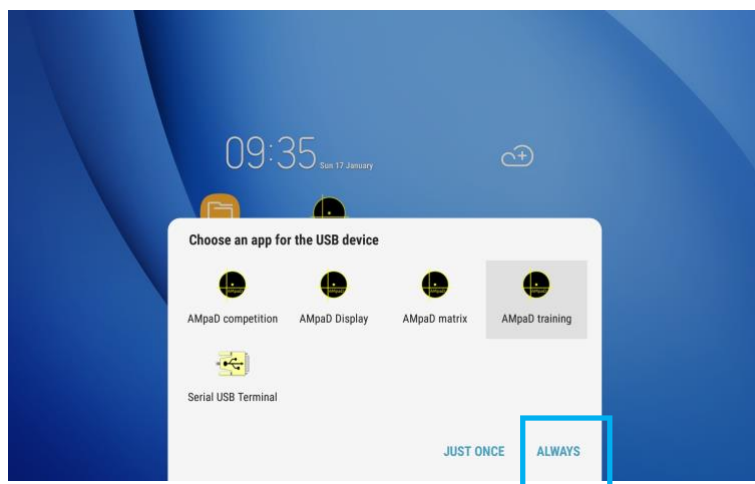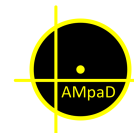Click on "ampadtraining____.apk" to install the app.

Alter installation click on "DONE"

Close windows and <u>plug-in AMpaD Training Pad.</u>
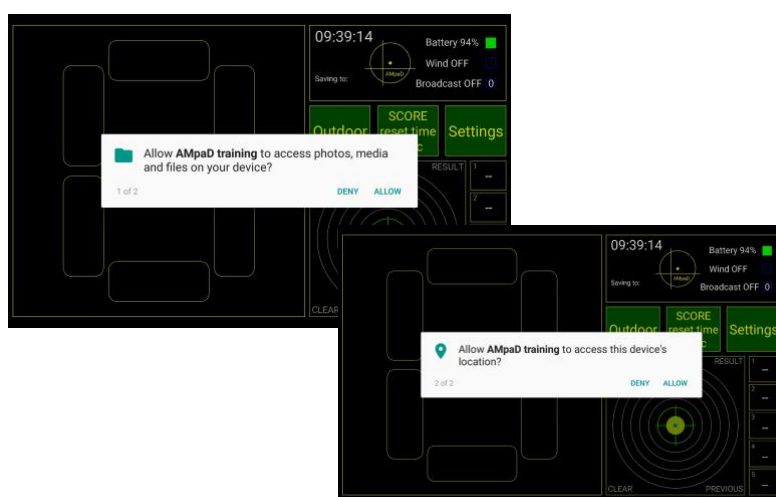
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Choose:
"AMpaD training"

And "ALWAYS"

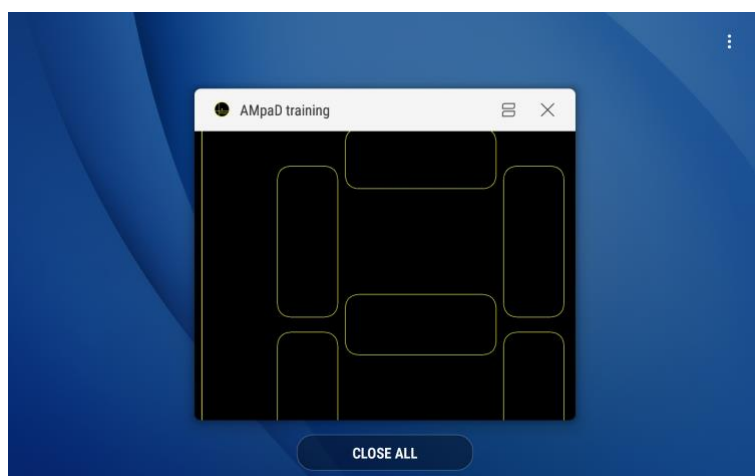The app will start and ask for permissions.

Access "photo, media and files", is necessary to save training data on this device.

Access "device's location", is necessary to use Bluetooth.

When selecting "deny" the app will not work properly.
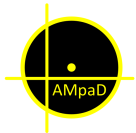
The app will start with the "Main screen"

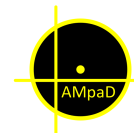Unplug AMpaD Training Pad.

Close all apps.

After this, the "AMpaD Training" app will automatically start when the pad is plugged-in and stops (and save data) when the pad is unplugged.
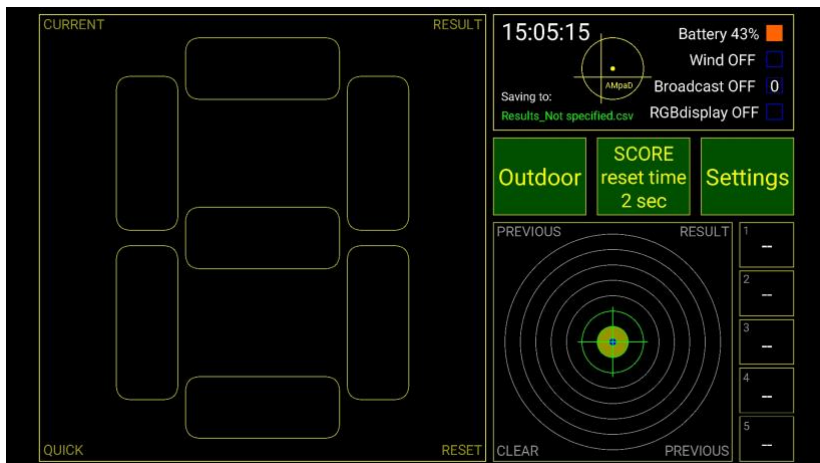
Starting takes a few seconds!
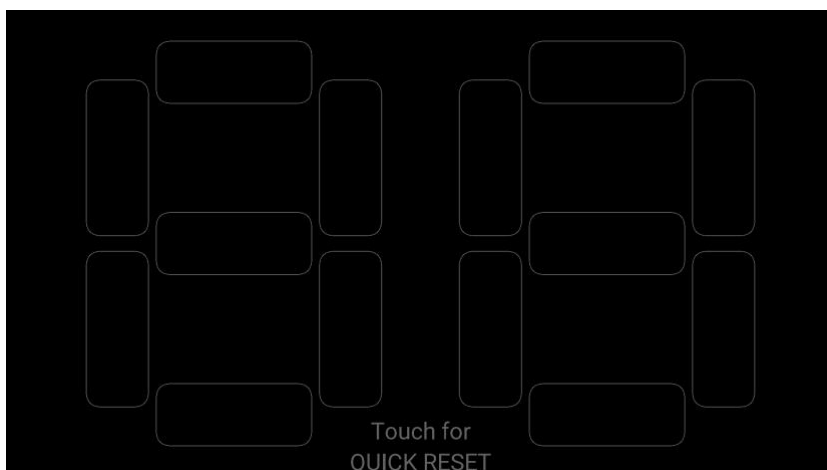
Basic use

Main screen.

Buttons: - Outdoor
        - SCORE reset time
        - Settings

QUICK reset Score:
    Tab square score.

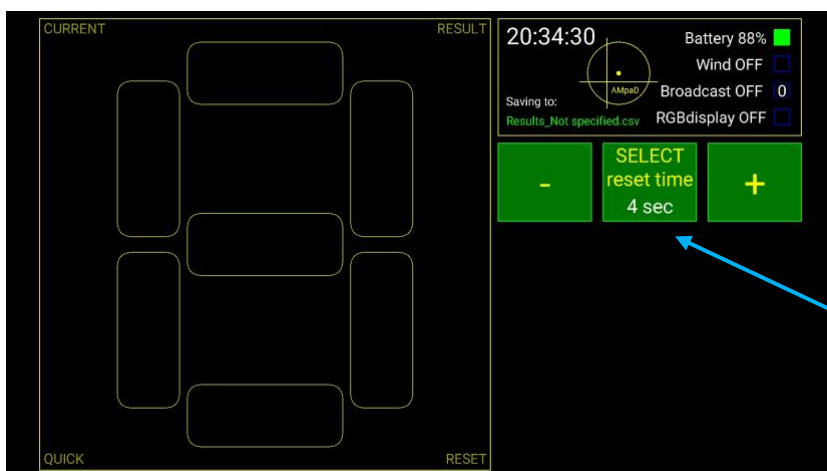CLEAR previous Result:
    Tab square previous.

Button "Outdoor"

Can be used as outdoor display (tablet size). For best result white numbers on black background.

QUICK reset Score:
"One" tab on screen

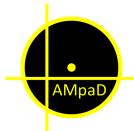Back to "Main screen"
"One or two" tabs on screen

Button "SELECT reset time"

The duration that the result is displayed.
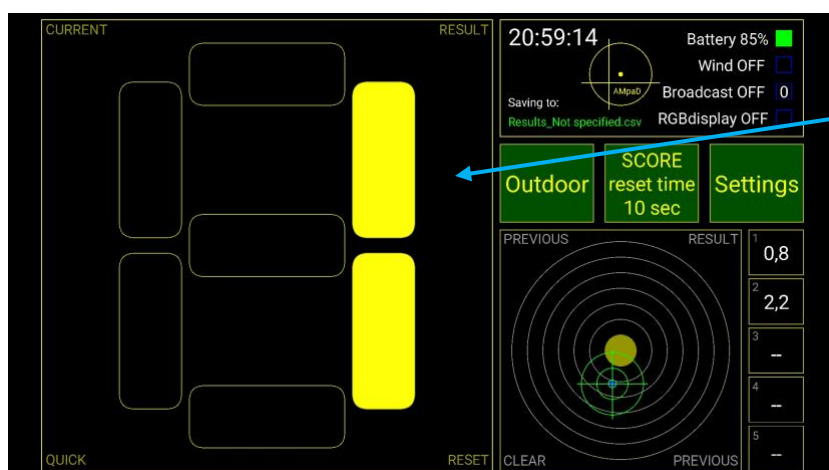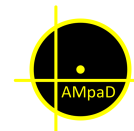Use "-+" to change time. Choose: 2, 3, 4, 6, 8, 10, 15, 20, 25, 30, 40.

Tab button to return to "main screen"
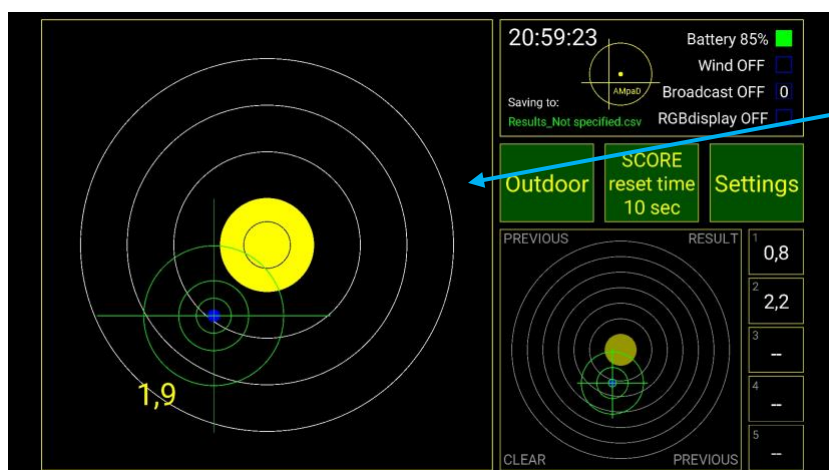
Result is saved for next use.

Single result use.

Basic score.

Visual during
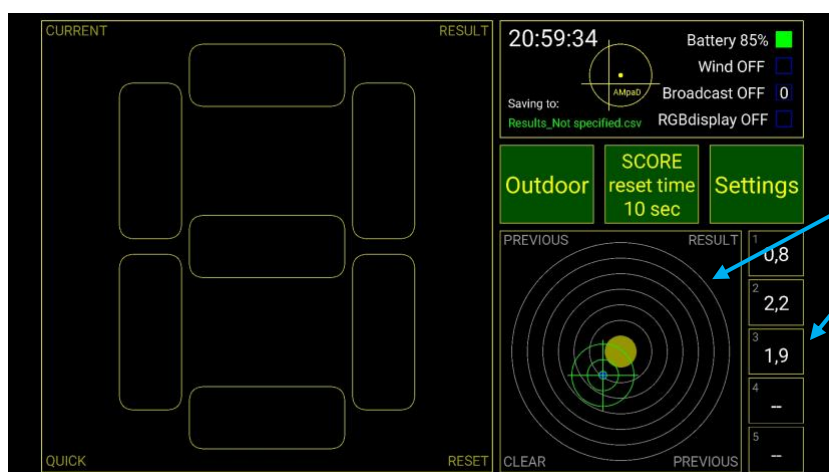"SCORE reset time".

Followed by:

Single result use.

Detailed score.

Visual during
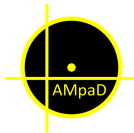"SCORE reset time".

Followed by:

Single result use.
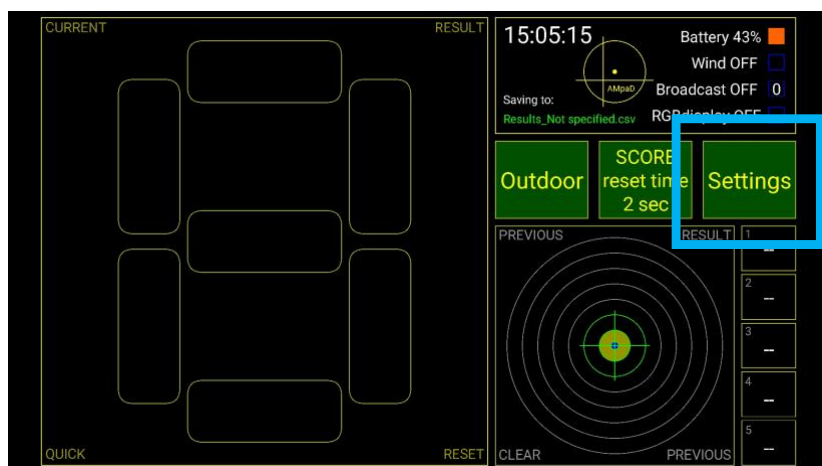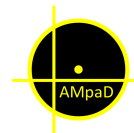
Ready for next score.

Touch location last score.

Up to 5 previous scores.

Automatic clearing on
"6th" score or by tapping
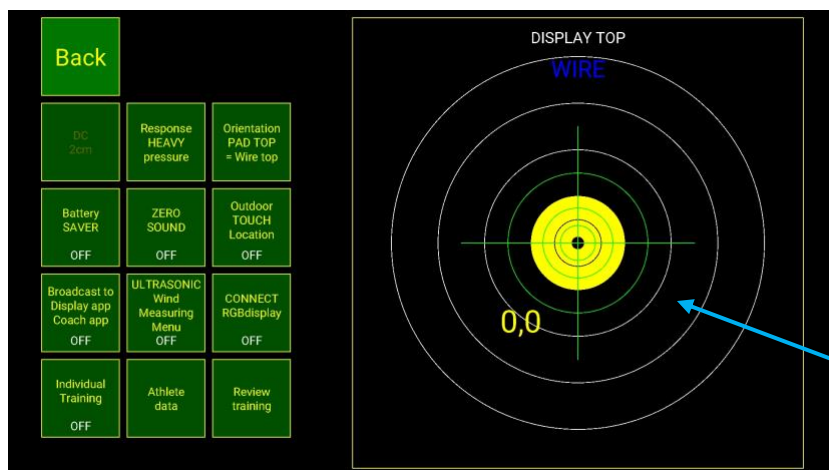"clear previous result" square.

Select "Settings" to enter options.

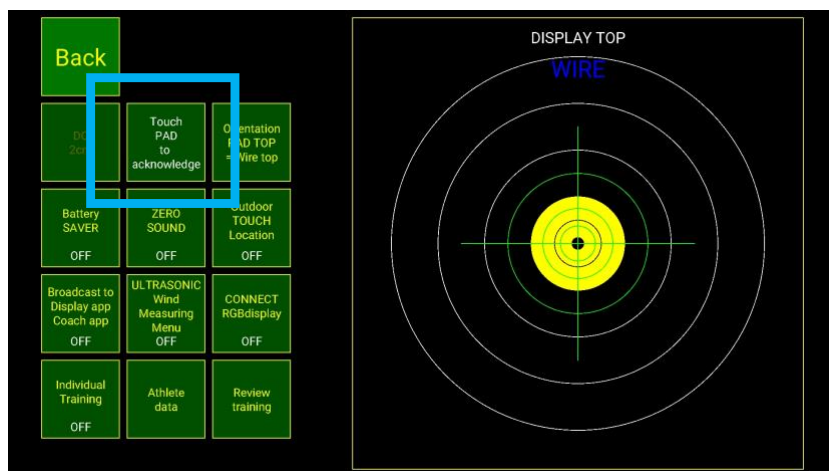Following screens "Back" will go to previous screen.

First option screen.

Buttons texture:
Dark text, not yet in use.
White text, state or execute instruction.
Dark color button, option OFF.
Light color button, option ON.

Press Training pad continuously to check movement and to execute "Response pressure" changes.
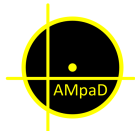

First option screen.

Button: "Response pressure"
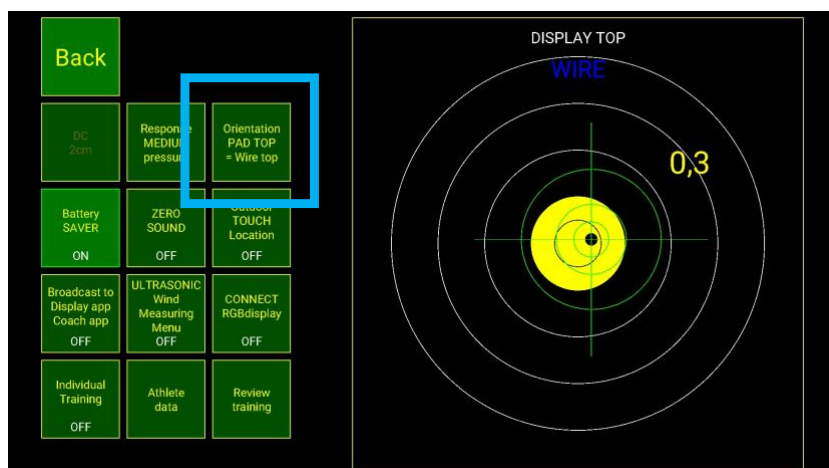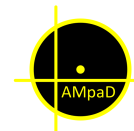Loop through:
HEAVY / MEDIUM / LIGHT

After touching the pad, the new setting will be visual on the button. Continue to desired setting.
Heavy touch is best reliable and for foot-touch enough pressure for a good result.
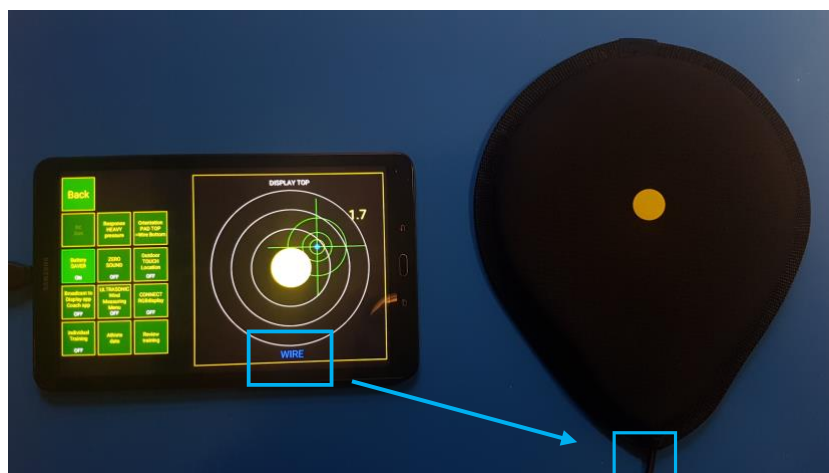
First option screen.

Button: "Orientation…"

First option screen.

Use the "Orientation" button to change the "WIRE" position. Choose: TOP/RIGHT/BOTTOM/LEFT
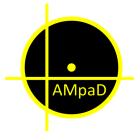
The new orientation will be saved in the app for next use.
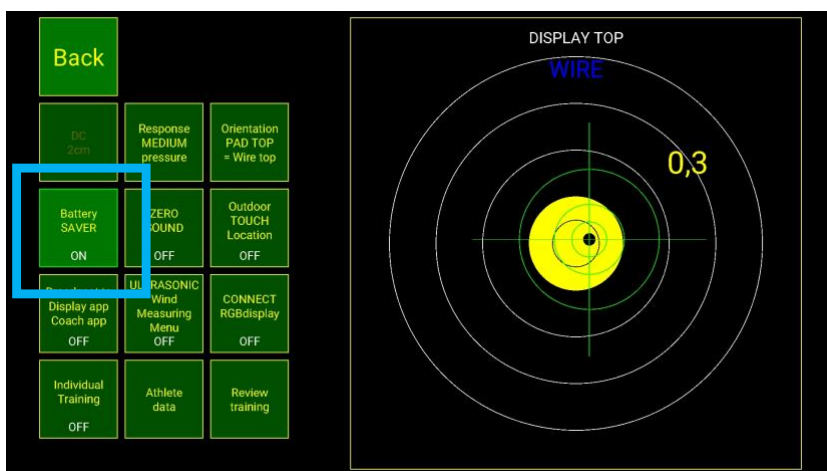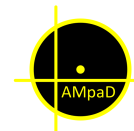
WARNING:
Avoid landing on the controller area.

First option screen.

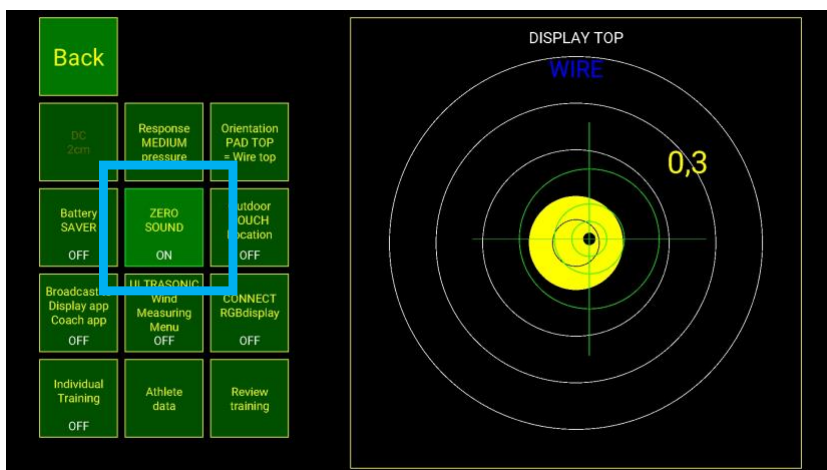Correct setup.

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First option screen.

Button: "Battery SAVER"

When switched ON, the app keeps running but the backlight will be switched off, after a few seconds, when there's no activity.
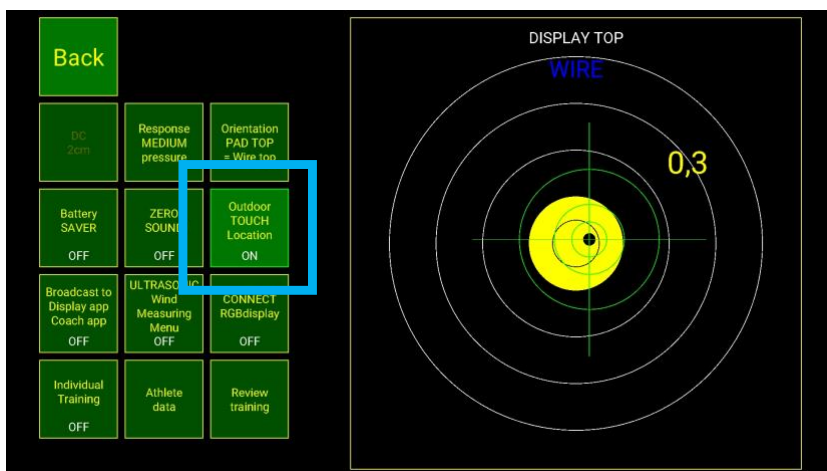A touch (screen or pad) will activate the backlight.

Saves a lot of battery!

First option screen.

Button:
"ZERO SOUND"

When switched ON, the zero sound is played with a zero score when "OUTDOOR" is in use.
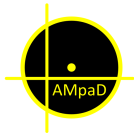

First option screen.
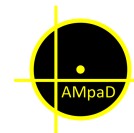
Button:
"Outdoor TOUCH Location"

When switched ON, in OUTDOOR mode, after the result also the touch location is displayed.

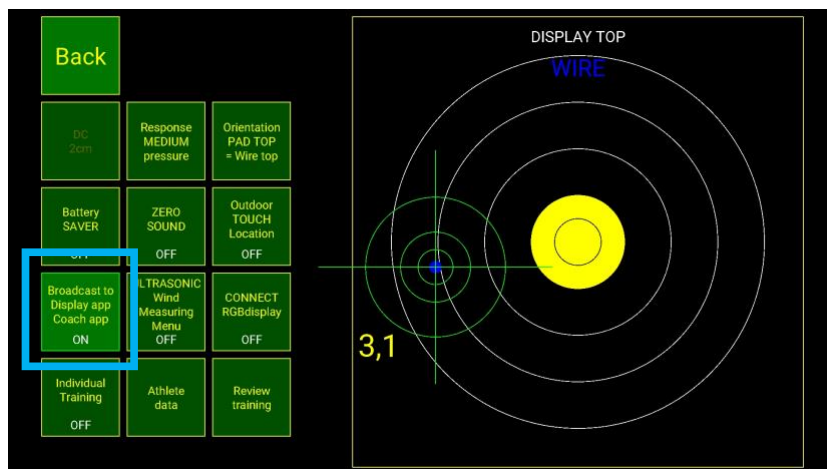Note: As a display probably difficult to see from a distance.

AMpaD Training app
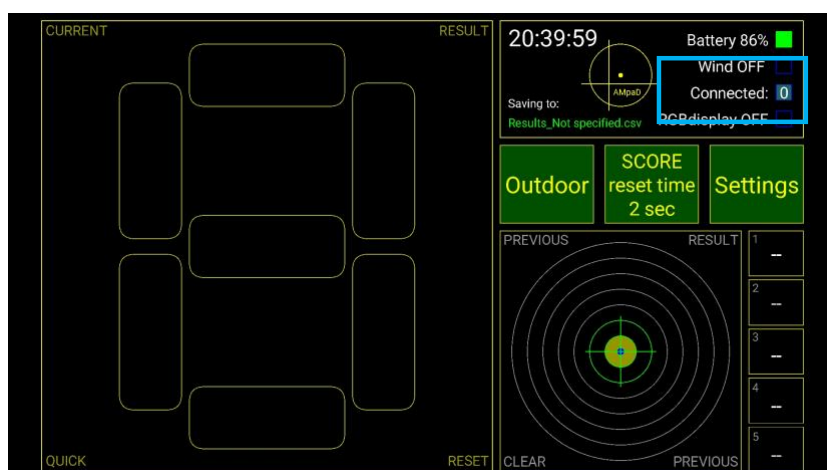# User manual

Broadcast options

Download and install "AMpaD Display app" on other Android devices.
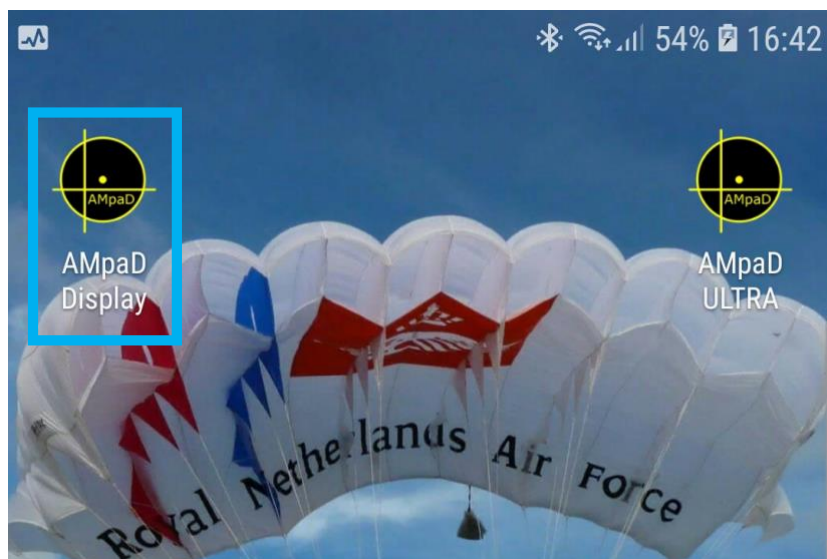Pair devices by Bluetooth.

Button "Broadcast to…."
Select: ON.

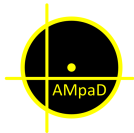<u>Note</u>: Must be ON before starting a AMpaD Display app.

"Back" to main screen

"Connected" shows the number of devices with the "AMpaD Display" app that are connected with the "AMpaD Training" app.

Multiple devices, running the "AMpaD Display" app, can simultaneously be connected with the "AMpaD Training" app.
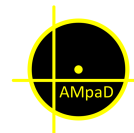

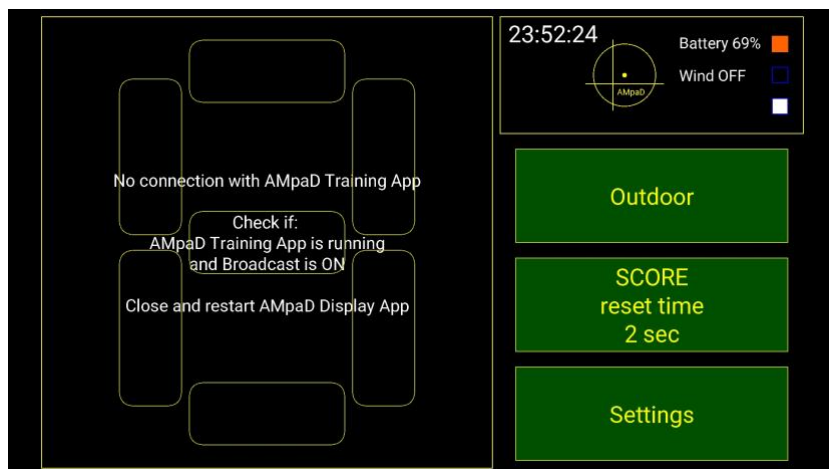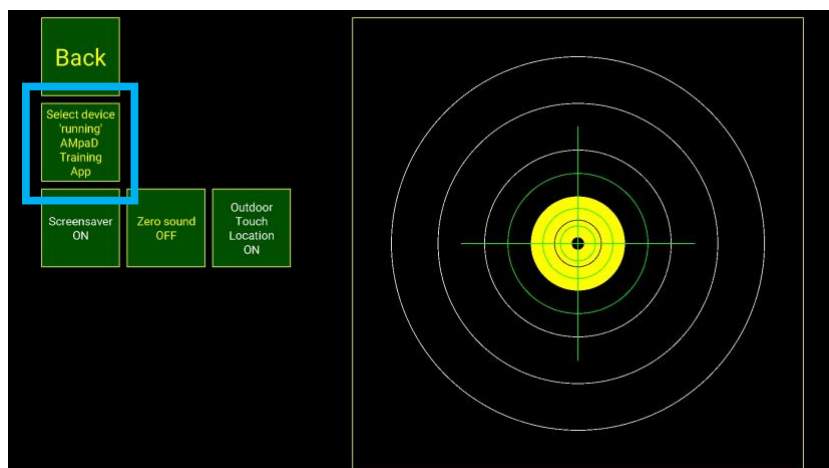Start "AMpaD Display" app on the other device.

Broadcast options AMpaD Display app

The "No connection…" announcement can have two reasons:

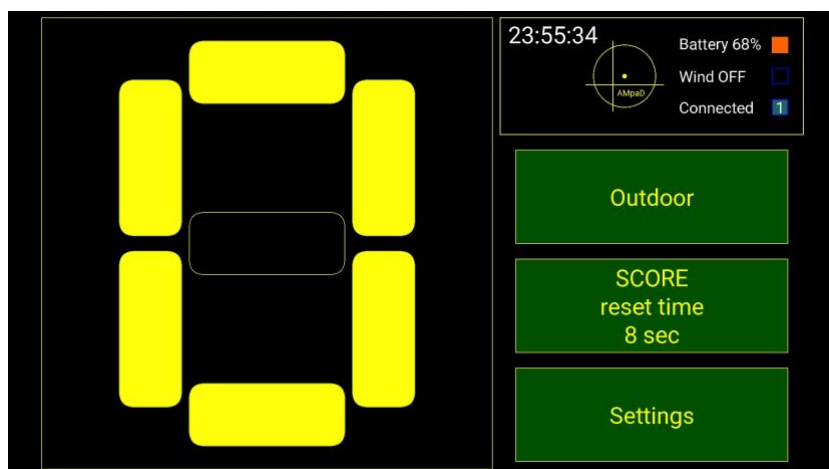The device running the "AMpaD Training" app is not yet broadcasting.

The device running the "AMpaD Training" app is not yet selected in the "AMpaD Display" app.
Select "Settings"

Button:
"Select device 'running'…"

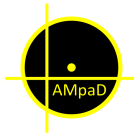Scroll and select the previous paired device running the "AMpaD Training" app.

"Back"

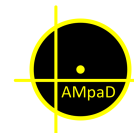The AMpaD Display app should only show "1" connected.

If "connected" is higher than "1" a third or another device running the AMpaD Display app is connected with the wrong device.

All AMpaD Display apps need to be connected with the device running the AMpaD Training app.
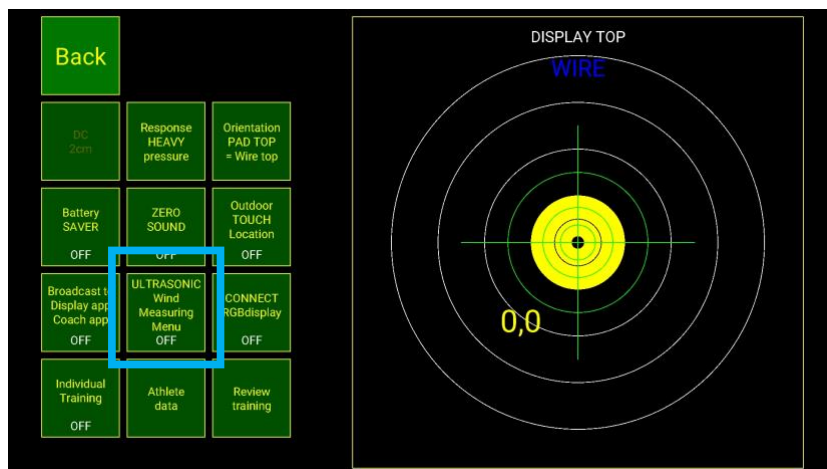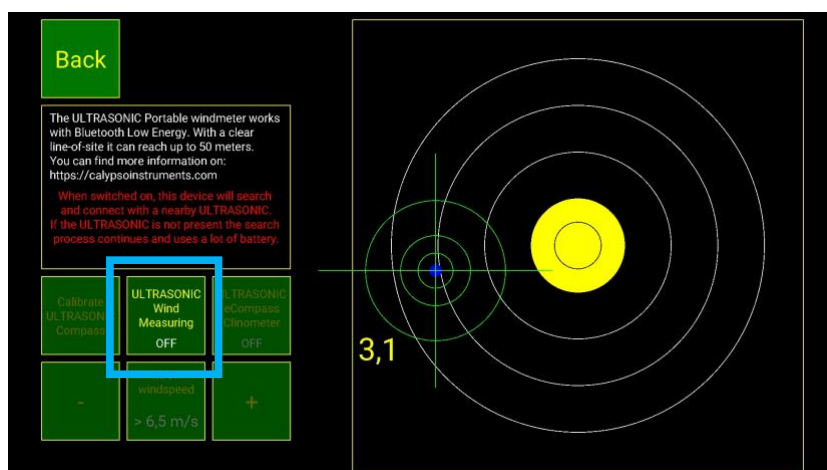
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Wind measuring

The "AMpaD Training" app can receive wind-information from the ULTRASONIC PORTABLE. https://calypsoinstruments.com

The ULTRASONIC PORTABLE broadcast over Bluetooth Low Energy. It can only connect with one device and the distance between the devices is limited, approximately 50m.
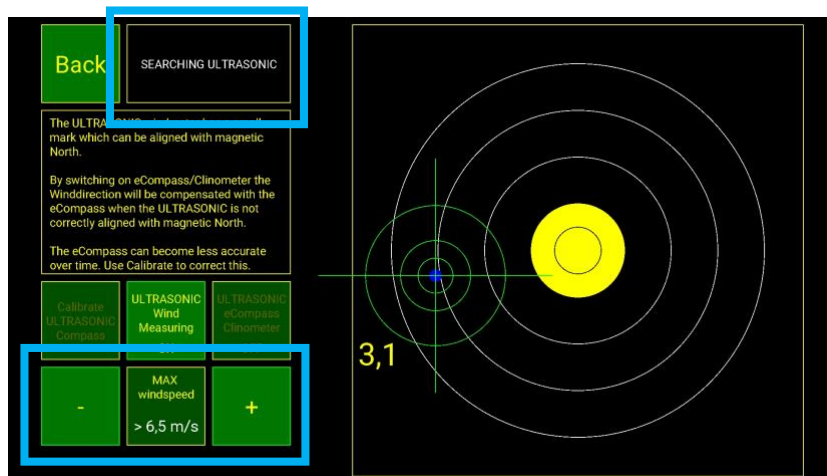

With the ULTRASONIC PORTABLE in the vicinity:

Button:
"ULTRASONIC Wind Measuring"
Select: ON.

The Android device resets Bluetooth and start searching for the ULTRASONIC PORTABLE. Depending on the environment this might take a while.
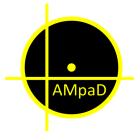
Note: During search "Broadcast" is disabled.

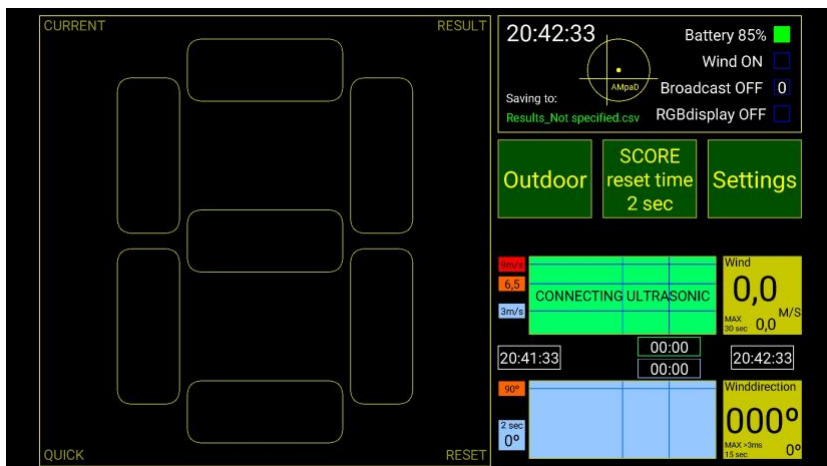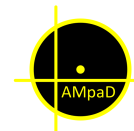Max wind can be changed with "- +"

While searching it's possible to go to the "Main screen"

Note:
When ULTRASONIC PORTABLE is selected, Training sets are not available. Only single results with wind-information are saved.
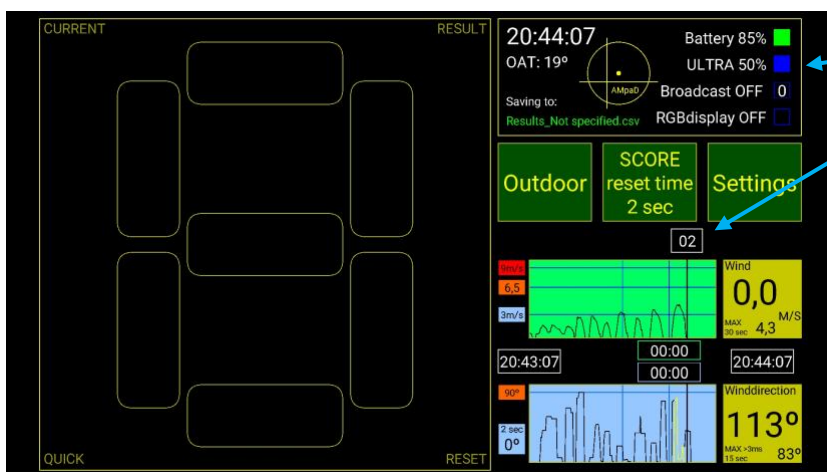
When the ULRASONIC PORTABLE is found, the Android device will attempt to connect.
If connecting fails, the app refreshes and tries to reconnect.

Green beam = Wind speed, m/s. One-minute past.

Blue beam = max wind variation during 2 sec (black line) above 3m/s (white line)
One-minute past.

ULTRASONIC PORTABLE built-in, solar charged, battery level.

Score follows time. If wind-limit exceeds after landing, within 15'' or landing was within 30'' after wind-limit exceedance this is visual and saved. Same (30''/15'' >3m/s) for variation exceedance.
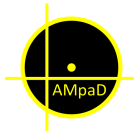
Saving is don 30'' after landing. Up to 5 scores can be visual during the one-minute.
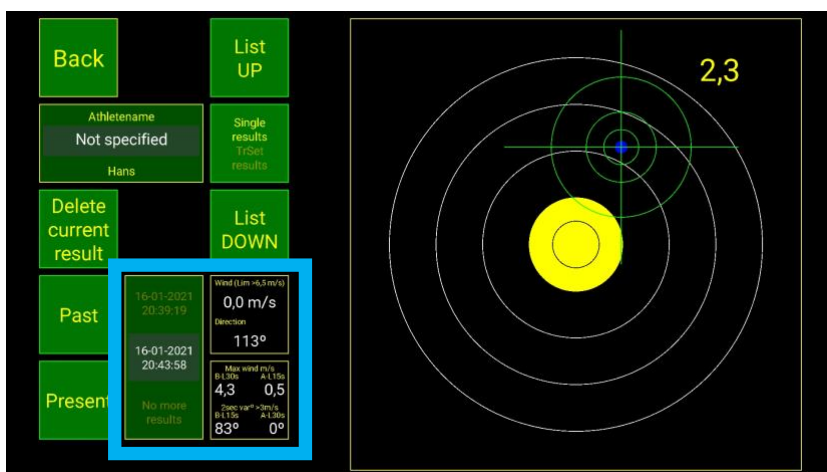
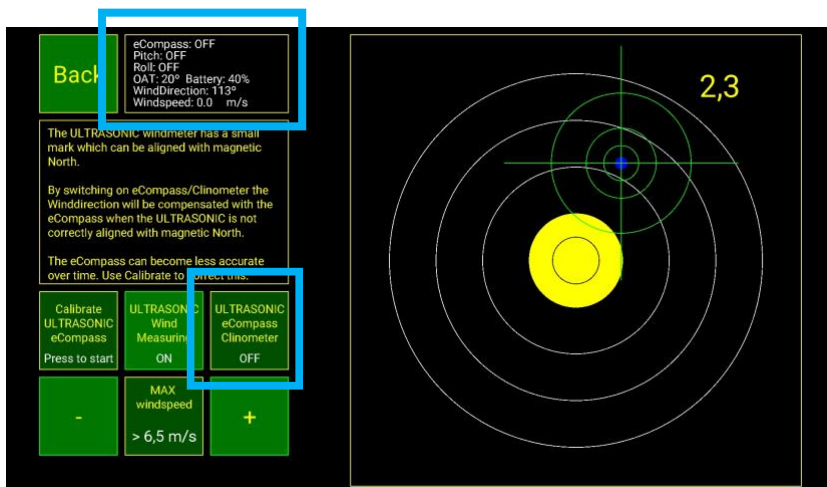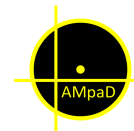Result with wind-information can be reviewed:
- Settings
- Button "Review training"

When a limit is exceeded the value will be red colored.

If the ULTRASONIC PORTABLE is not correctly aligned the wind-direction may not correspondent with the actual wind-direction.

A built-in eCompass can be used to calculate True-wind-direction. Switching-ON, this option also activates the Clinometer.
Giving the possibility to check if the ULTRASONIC PORTABLE is level positioned.
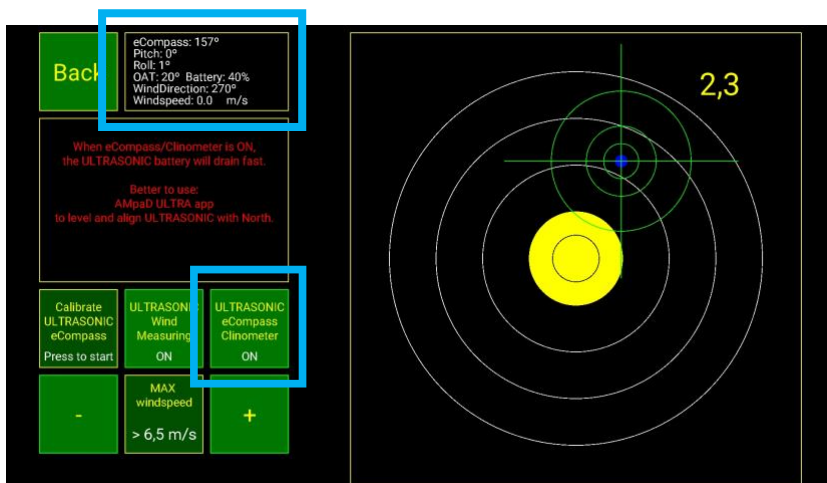
To save ULTRASONIC PORTABLE battery, rotate the ULTRASONIC PORTABLE/Mast/Pole to:
0° on eCompass.
Switch OFF: eCompass/Clinom.

Now magnetic-North corresponds with ULTRASONIC wind-direction == True-wind.
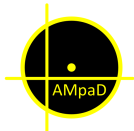
Option: Use "AMpaD ULTRA" app for easy aligning.
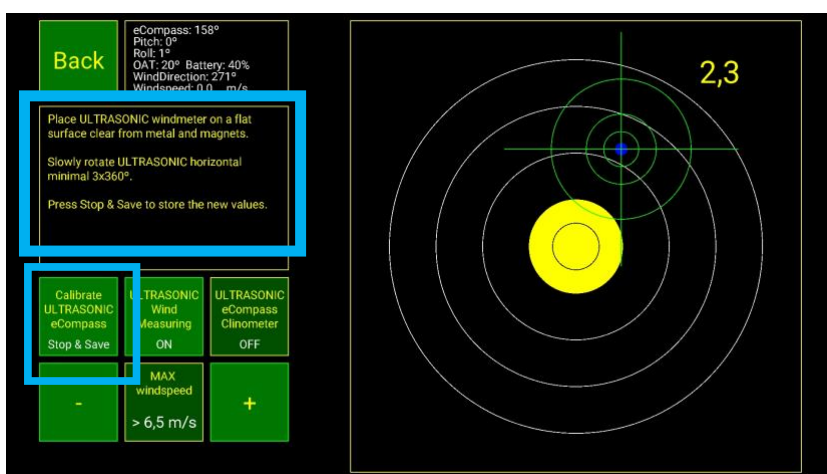
The ULTRASONIC PORTABLE eCompass needs calibration before use.
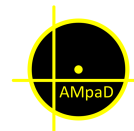
Best, before installing on pole, put ULTRASONIC PORTABLE on a flat surface without magnetic interference.

"Press to start", slowly rotate 3x360° ULTRASONIC PORTABLE. Press "Stop & Save" to store calibration data.
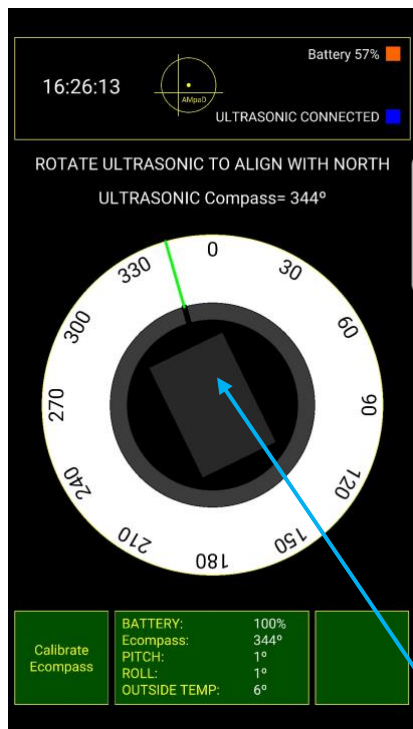
AMpaD ULTRA Align app

On the Android device, go to the website:
https://para-ampad.info

Right from "Menu" click on "Downloads".

Download and install: "AMpaD ULTRA" app

With the ULTRASONIC PORTABLE in the vicinity: Start the app, the Android device resets Bluetooth and start searching for the ULTRASONIC PORTABLE.

When connected the eCompass is automatically activated.

Not correct aligned, the green line indicates the current direction from the ULTRASONIC.

Slowly rotate mast/pole with ULTRASONIC PORTABLE to align green line with 0°

Close to 0° the image changes and the red line can be used for fine adjustment.
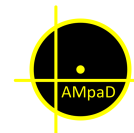
Close this app if you want to use the ULTRASONIC PORTABLE with the "AMpaD Training" app.

Note: Some Android devices don't have a built-in compass. When moving the Android device, the white compass ring will be stationary.
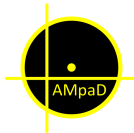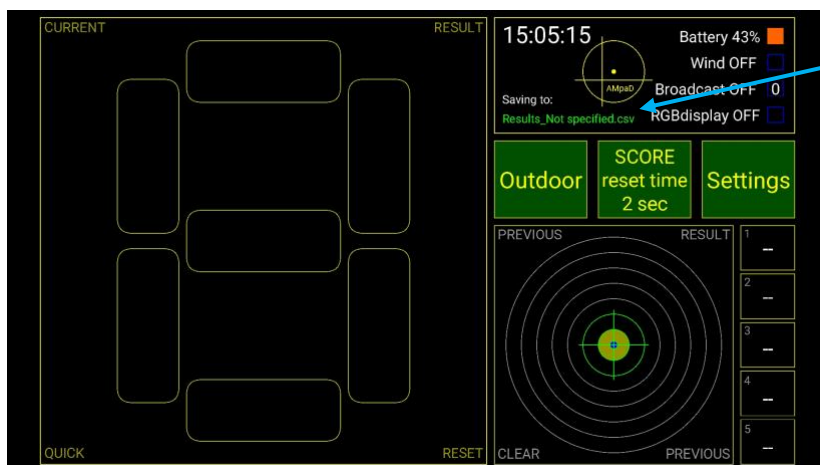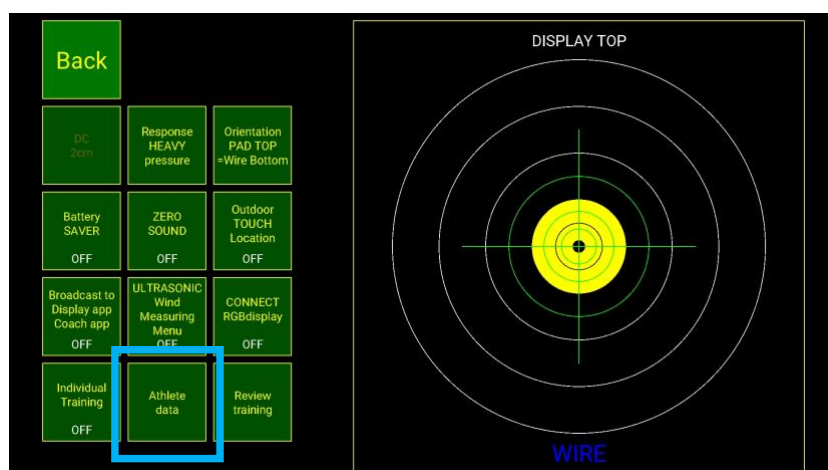
Saving results

Current results are saved to this file.
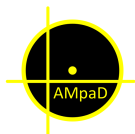This file can be changed through "Settings"

First option screen.

Select "Athlete data"

Standard file is "Not specified" and saved as a .csv file on to your Android device. Reviewing data is retrieved from this file. Changes to the file can lead to not finding the data.
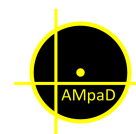
Select "NEW" for new athlete.

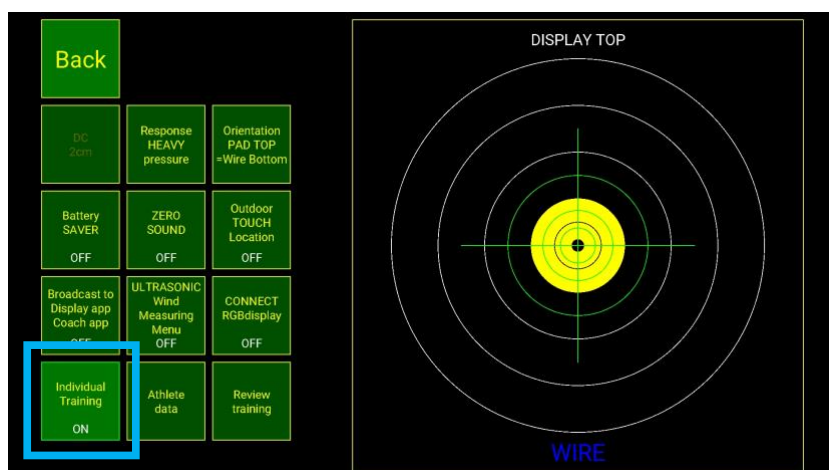Use list UP/DOWN to select the data saving location.
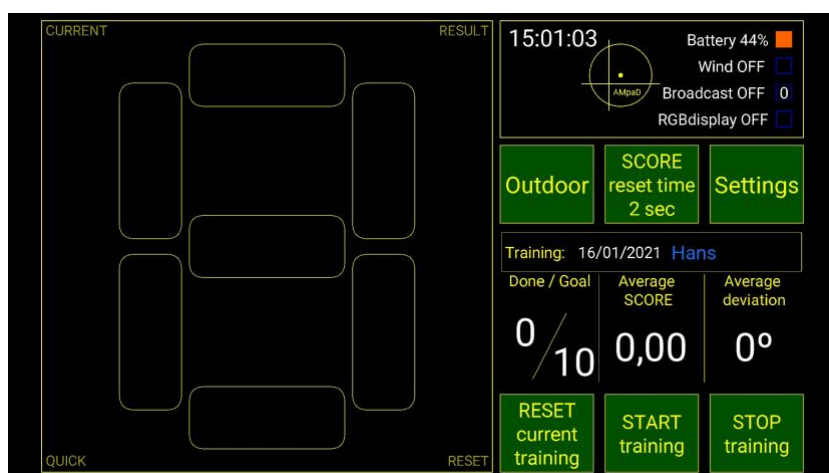
Training options

Use "- +" to choose amount
(3, 5, 10, 15, 20, 25 or 30)
of landings in one session.

"Back" to previous screen

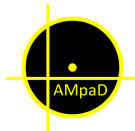Select "Individual Training"
ON

"Back" to main screen

Start training.
After each hit you have the
option to delete that last
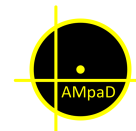score (if for example the pad
was repositioned).
When the training is
completed the results are
saved and can be reviewed.

When interrupting the
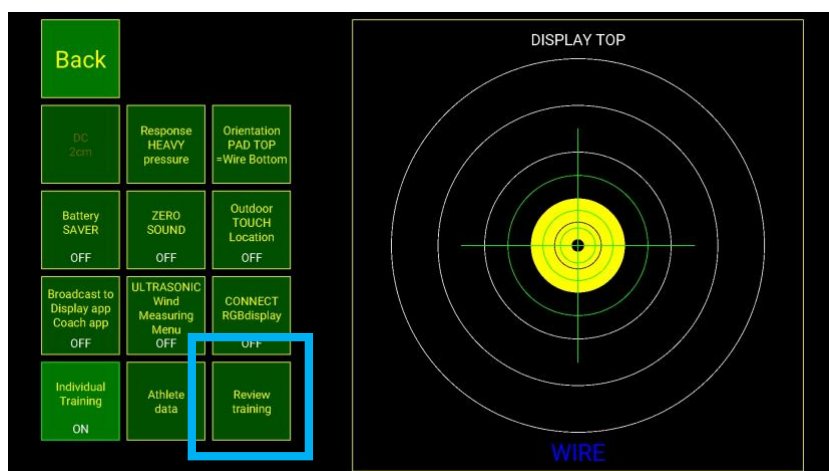session, the results will not
be saved.

Review training results

Select "Review training"

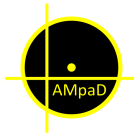Current athlete is shown. Change with "List UP/DOWN"

"Individual Training" starts with "Single results" press to select "TrSet results"

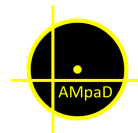"Past/Present" to scroll through saved results.

Delete current training if necessary.

Scores only visual with 3 and 5 touches.

General information

On some Android devices security issues can cause problems when Installing the AMpaD Training app. Please contact us for assistance.