

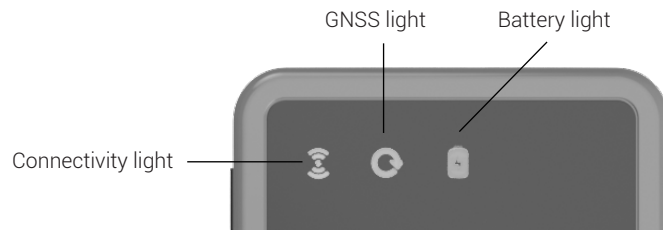
SPT2 GPS & GAMETRAKA

USER GUIDE



CHARGE THE GPS DEVICE

- 1 Connect the GPS to the computer (or external power source) via the USB cable. The GPS will be charged in approximately 60 minutes.
 - The **GPS is fully charged** when the battery light turns to a solid blue (Fig 1).



USE THE GPS DEVICE

- 1 Turn on the GPS by holding the multi function button for 1-2 seconds.
 - The **GPS is on** when both the GNSS and connectivity lights are flashing together and the battery light flashes on its own (Fig 2).
- 2 Record a performance by securing the GPS in the SPT chest piece during physical activity.*
 - The **GPS is recording data** when the GNSS light turns green, the battery light turns green and the connectivity light flashes (Fig 3).
 - The **GPS is low on data space** when the GNSS light starts to flash (Fig 4).
 - The **GPS is full of data space** when the battery light turns red (Fig 5).
- 3 Once finished, switch the GPS off by holding the multi function button for four seconds.
 - The **GPS is off** once all the lights are off.

FIG 1



GPS is fully charged

FIG 2



GPS is on

FIG 3



GPS is recording

FIG 4



GPS is low on data

FIG 5



GPS is full of data

* The GPS will not be able to get a signal indoors or next to tall buildings.
The GPS should not be full of data before use.

ADDITIONAL GPS LIGHT INDICATORS

- The **GPS is charging** when the battery light flashes blue.
- The **GPS has less than 2 hours of battery life** when the battery light flashes.
- The **GPS is searching for more satellites to connect to** when GNSS light is solidly red.
- The **GPS is connected with GNSS satellites** when the when the GNSS light is solidly orange
- The **GPS only has 50% of data left** when the GNSS light flashes orange.
- The **GPS is full of data** when the GNSS light flashes red.
- The **GPS is connected and pairing with another device** with the connectivity light is solidly blue.
- The **GPS is broadcasting bluetooth** when the connectivity light flashes blue.

USE THE BRIDGE APPLICATION

Bridge is an app that links computers to the GPS. This process needs to be completed in order to view, access and monitor the data recorded in the previous step.

- 1** [Click here](#) to download Bridge and install it on your computer.
(Compatible with Windows 10+ or Mac OS X v10.12+).
- 2** Plug the GPS into a computer (make sure the GPS is on) and open Bridge.
 - i. Click **Download** - this will save a data file (carrying a .gps filename extension) into a folder on your desktop called 'SPT GPS Data'.
 - ii. Once the download procedure has finished, erase the GPS to keep memory from getting full.
- 3** Create an account on www.gametraka.com (see next step).

SIGN UP TO GAMETRAKA

- 1** Go to www.gametraka.com and fill out the form on the page.
If you have an invite code, add the code to join a team.
- 2** Click **Sign Up** on the right and fill out the additional information on the next page to continue.

UPLOAD A FILE TO GAMETRAKA

- 1 Click **Upload** in the middle of the top navigation bar.
- 2 Click **Upload File** and select the **.gps** files on your computer that have been created by the Bridge application. It is possible to select multiple files.
- 3 The files will begin uploading in the panel on the left of the screen.
 - They will go through 3 states - Uploading, Processing, Saving.
 - Once Saving has completed, a short summary of the file will appear in the middle panel.

The following steps show how to assign the files to a Player and an Event.

ASSIGN A FILE TO GAMETRAKA

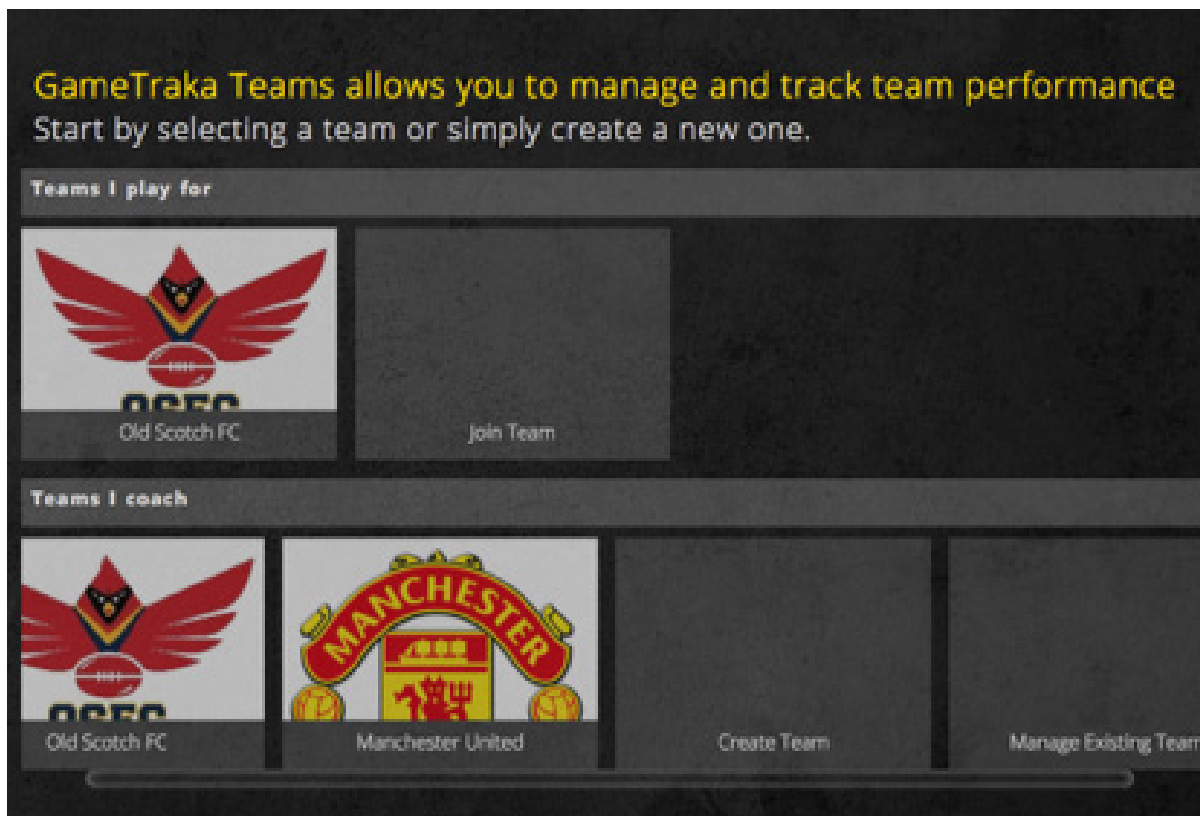
- 1 Locate the file in the middle panel of the page. Select the Player that this file is for.
 - As a Manager you can select any player in your Team.
 - As a non-Manager you can only select yourself.
- 2 If an event already exists in the system, then select which event the file is for. If there are not any events, create a new event:
 - i. Click **Create a new event**.
 - ii. Select which team you are creating this event for.
 - iii. Select the Type (Game, Training or Other).
 - iv. Select the Date.
 - v. Select the Location (Home, Away or Other).
 - vi. Add an optional comment/opponent.
 - vii. Click **Save**.
- 3 Once you've selected a Player and Event, click **Assign**. Performances will now be ready to view.

TEAMS EXPLAINED

GameTraka allows players to be compared with one another. Every player in a team should have their own individual account (even in cases where the number players in a team exceed the amount of GPS units). There should not be multiple accounts per GPS device.

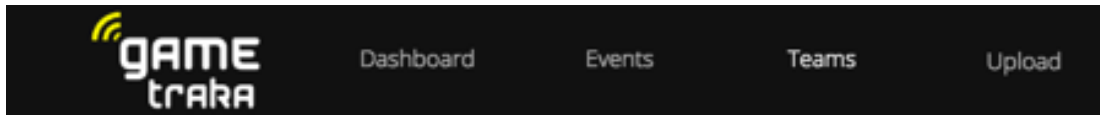
Team coaches or managers are able to upload GPS files into other user accounts that are in their team. Once each player has their own account they will be able to view the data for specific players. Their data will be saved and will always be attributed to them. Coaches/managers may also be administrators for more than one team.

As a player, you can add your own performances in all the teams that you belong in.



CREATE A TEAM IN GAMETRAKA

- 1 Using the navigation at the top, click **Teams**.



- 2 Navigate to **Create Team**. Fill out the information and **Submit**.

- 3 Add a team manager (administrator).

You need to be the team manager to add more managers, here are the steps:

- i. Click **Teams** in the top menu.
- ii. Click on the team you manage and click **Settings** on the left-hand side of the page.
- iii. Scroll down to the **Manager Invite** section.
- iv. Enter the email address of the manager you would like to invite. Click **Invite**.

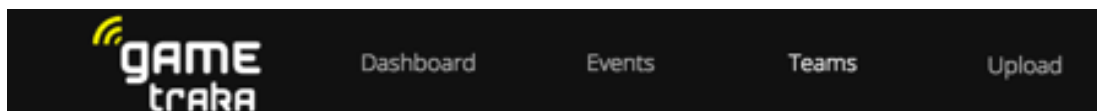
It is also possible to make a player a manager by going to the **Management** table, and clicking the **X** under the **Manager** field, for the player you want to assign.

A screenshot of the 'Create Team' form in the Gametraka application. The form is displayed in a dark-themed modal window with a title bar that says 'Create Team' and a close button 'X'. The form contains five input fields: 'Team Name' (a text box), 'Sport' (a dropdown menu with 'Sport' selected), 'City' (a text box), 'Region' (a text box), and 'Country' (a dropdown menu with 'United States' selected). At the bottom right of the form are two buttons: 'Back' and 'Submit'.

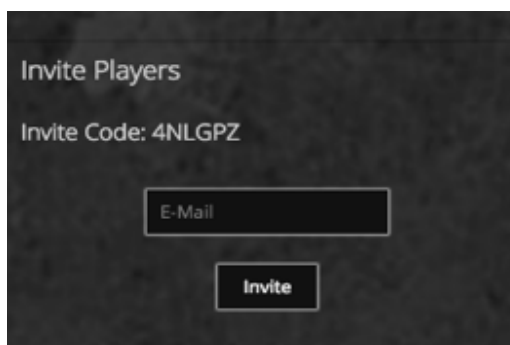
ADD TEAM MEMBERS IN GAMETRAKA

GameTraka works best when each player in your team has their own account. Players can be invited to join teams via email or an invite code. To invite via email or invite code:

- 1 Go to your Team Page by clicking **My Team** in the top menu. In the centre column, there is a Team Summary box with your team information.



- 2 In the left-hand side column there is a Invite players box that has your team information in it.
To invite players with an invitation code, copy the code (4NLGPZ in the example below) and give that to your players.
To invite players via email, enter the players' email in the **E-mail** box.

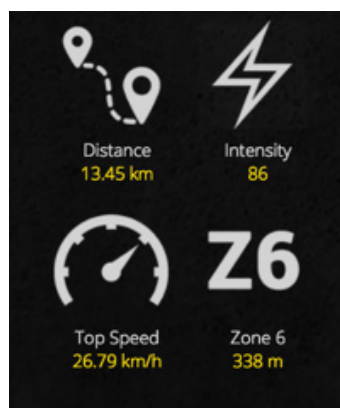
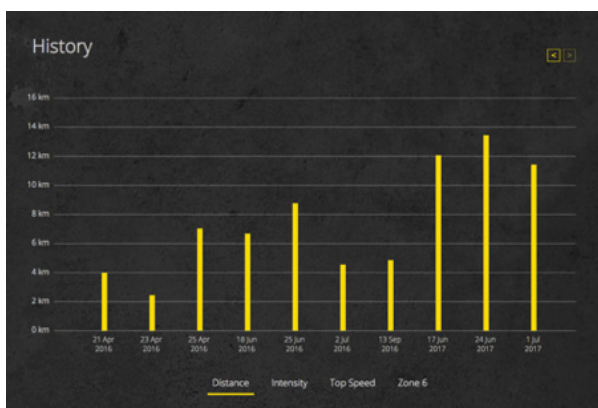


PERFORMANCE IN GAMETRAKA

My Performances is a personal summary of activity.

History: A list of performances over time. Clicking on the buttons at the bottom of the graph will show Distance, Intensity, Top Speed or Zone 6. Clicking on the bars illustrate a detailed breakdown.

Personal Bests: This shows personal bests for Total Distance, Intensity, Top Speed and Zone 6. These values are updated every time a performance is uploaded with a better score.



ADD SEGMENTS IN A PERFORMANCE

GameTraka allows segments to be added either **automatically** or **manually**.

Adding segments automatically is useful if you are unsure about when a game started or stopped - the tools will make an estimate which can then be adjusted later. This is the fastest way to add segments to an event. Adding segments manually allows complete control over where game halves (or quarters, or periods) start and end.

To add segments automatically:

- 1** Navigate to the Events page. Choose a team and click on the event of the performance you want to create a segment for.
- 2** Click **Generate Segments** and GameTraka will use algorithms to determine where segments should be created for your event.

To add segments manually:

- 1 Navigate to the details of any performance and click on a performance.
- 2 On the left side bar, click **Create Segments**. An editing tool will open (Fig 6)
 - i. Click **Add a New Segment** to create a custom segment.
OR click **Quick Add** to create a segment of a pre-determined size.

Creating a new custom segment will highlight the whole performance.

- i. Change the selection by dragging either end of the selector.
OR edit the 'Start' or 'End' times manually. An editing window will open (Fig 7).
- ii. Ensure the segment has a name.
- iii. Click **Finish** when you're done.



FIG 6

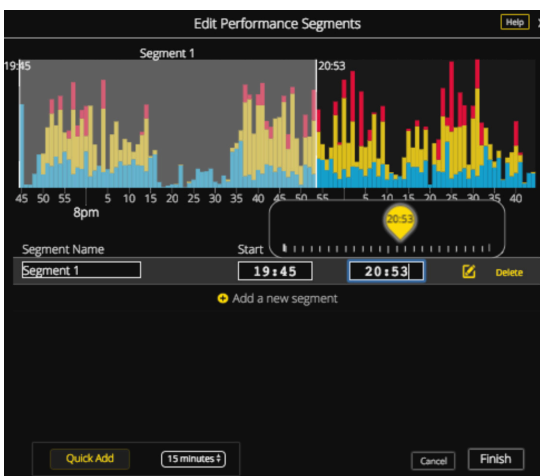


FIG 7

REMOVE SEGMENTS IN A PERFORMANCE

- 1 Navigate to the detailed view of your performance by clicking on a performance. Click **Trim** in the left hand control panel. A window will appear with the editing tools.

Using the editing tools:

- 2 Click and drag to select a segment to cut out. Multiple selections can be selected.
 - Double click on a selection to bring it back.
 - Hovering on **View Selection** will show the sections that are being removed.
- 3 Once you are happy with your selection, click **Delete** to permanently remove it.

ABOUT GAMETRAKA METRICS

GameTraka Metrics identify useful measures for assessing player performance. A brief description of each metric is below:

Total Distance	Number of kilometres travelled.
Time	Total time of the performance.
Top Speed	Highest velocity reached.
Sprint Efforts	Number of times velocity was above a specific threshold for more than 1 second.
Walk, Jog & Run	Total distance categorised into activity type.
Intensity	An accumulative algorithm which factors frequency, magnitude and length of high velocity movements throughout the performance.
Zone Running	Distance travelled in a relevant speed zone or band.
Work Rate	Total distance travelled, relative to performance time.
Impacts	Moderate-Heavy (5.0-8.0 G Forces) / Heavy-Severe (+8.1 G Forces).
Hard Running	Distance travelled at a velocity of 4.5 m/s or greater.
5-minute Intervals	A break down of performance in 5-minute blocks of walking, jogging and running.
Heat Maps	Time spent in particular areas of the field or ground.

For detailed descriptions on each metric, [click here](#).

For troubleshooting and additional SPT GPS and GameTraka support, [click here](#).

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