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Getting Started

NOTE: Internet signal is required for the duration of the Setup.

A. Operating System Requirements

| Operating System | iPad® and iPad mini™ (2nd generation and beyond) running OS 7.1 or later |

B. Download the Dropbox™ App

1. Download the Dropbox™ app on the iPad® from the iTunes® App Store. An image of the app icon is shown below:

The Gopher AssessTech™ Group Fitness App integrates with Dropbox™ – a free service that provides users with data storage.

Dropbox™ allows all instructors accessibility to the data collected via a Dropbox™ account tied to their email.

2. Create a Dropbox™ account or enter your existing Dropbox™ login information.

C. Download the Gopher AssessTech™ Group Fitness App

1. Download the Gopher AssessTech™ Group Fitness App from the iTunes® App Store. An image of the app icon is shown below:

2. Open the Gopher AssessTech™ app on the iPad®.

3. The app will request you to allow configuration of Dropbox™ to the AssessTech™ app. Select “Allow.”

NOTE: Only one Dropbox™ account can be linked to the AssessTech™ app per device.
Set Up
The HUB™ allows for data transfer from the Gopher Optic™ to the AsessTech™ app. Reports will be sent once the iPad® has re-established connection with a Wi-Fi network.

A. **Gopher HUB™ Configuration**

1. To turn on the HUB™, press the power button until the red LED flashes.
2. While the red LED is flashing, press and quickly release the power button a second time.
   
   **NOTE:** The red LED will stop flashing and the Green LED will continue flashing *once* per second.

3. On the iPad®, select the settings icon.
4. Select Wi-Fi on the Settings panel on the left of the screen.
   - After selecting the Wi-Fi option, your iPad® will search for all available networks in the surrounding area.
5. Select the Wi-Fi network provided by the HUB™. This network name will match the serial number located on the back of the HUB™.

   - Example: WASP-##XX#X
   - After selecting the HUB™ network, the iPad® should automatically join the network.

![Image of the HUB™ with the serial number example: WASP-##XX#X](image-url)
6. Close the settings panel and open the Gopher AssessTech™ app on the iPad®.

7. By tapping on the red “G” in the lower left hand corner of the AssessTech™ app, the connected network is verified.

B. Configuring multiple HUBs

1. Multiple HUBs™ can be configured to work together to increase the data collection area. Choose 1 HUB™ to act as the primary hotspot. All other Hubs will be configured to run off of this 1 primary HUB™. Take note of the serial number located on the back of the primary HUB™.

2. Turn on the primary HUB™ as a general hot spot by pressing the power button until the red LED flashes.

3. While the red LED is flashing, press and quickly release the power button a second time.

   NOTE: The red LED will stop flashing and the Green LED will continue flashing once per second.

4. Set the primary HUB™ aside.

5. Select a second HUB™. This HUB™ will be configured to run off the primary HUB™.

6. Turn on the second HUB™ as a general hot spot by pressing the power button until the red LED flashes.

7. While the red LED is flashing, press and quickly release the power button a second time.

   NOTE: The red LED will stop flashing and the Green LED will continue flashing once per second.

8. On the iPad®, select the settings icon.

9. Select Wi-Fi on the settings panel on the left of the screen. After selecting the Wi-Fi option, your iPad® will search for all available networks in the surrounding area.
10. Select the Wi-Fi network provided by the second HUB™. This network name will match the serial number located on the back of the HUB™.

Example: WASP-##XX#X

After selecting the HUB™ network, the iPad® should automatically join the network.

11. On the left hand side of the settings panel, scroll down and select the Gopher AssessTech™ app.

12. After selecting the Gopher AssessTech™ app, turn on the “Enable HUB Configuration” switch.

**NOTE:** The switch will be green if properly turned on.
This switch may be turned off after the HUB™ has been configured, and turned back on at any point if an additional HUB™ required configuration.

13. Close the settings panel and open the Gopher AssessTech™ app on the iPad®.

14. Select the “Configure HUB™” button in the top right corner of the app.

15. A list of HUB™ networks will appear.
16. Select the HUB™ network of the second HUB™ you wish to configure to the primary HUB™.

17. A list of available Wi-Fi networks will then appear. Select the primary HUB™ network by tapping the network name matching the serial number from the primary HUB™.
18. The second HUB™ will then request permission to join the network. Select Join.

19. A box advising the secondary HUB™ is joining the primary HUB™ will appear, select dismiss.

20. The red LED on the second HUB™ will begin flashing quickly indicating it is attempting to connect to the primary HUB™ network. The green LED on the second HUB™ will then begin flashing twice per second. This indicates the second HUB™ is now configured and joined with the primary HUB™ network.

21. Repeat steps 5-19 for additional HUBs to be configured to the primary HUB™.
C. Gopher AssessTech™ Setup

Complete setup with the iPad® connected to a Wi-Fi network, not to the HUB™. Using the Gopher AssessTech™ app, participants and sensors are linked by numbers, starting with the number 1. The participant that is entered first into a class or group will be linked with the sensor that is configured as number 1, second participant is linked to the sensor that is configured as number 2, and so on. Be sure to mark each Gopher Optic™ with a number so that participants’ data is collected for the appropriate user or reports may not reflect the correct data.

There are 3 different options to add teachers/classes/groups/participants into the AssessTech™ Software.

- **Uploading a master participant list** — allows AssessTech™ users to upload a master participant list from the computer to the AssessTech™ app. AssessTech™ users will then be able to break the master list into classes/groups.
- **Uploading an individual class list** — Allows AssessTech™ users to upload single class/group lists from the computer to the AssessTech™ app.
- **Adding teachers/classes/groups/participants within the AssessTech™ app** — Does not require the use of a computer. All information is added within the AssessTech™ app.

**Uploading a master participant list**

1. On a computer, create an excel document listing all participants that will be entered into the AssessTech™ app. The excel document should be laid out in the format shown below. This will ensure that each participant’s data is uploaded correctly into the AssessTech™ app.

<table>
<thead>
<tr>
<th>UserID</th>
<th>FirstName</th>
<th>LastName</th>
<th>DOB (MM/DD/YYYY)</th>
<th>Email</th>
<th>Gender</th>
<th>Height [inches]</th>
<th>Weight [lbs]</th>
</tr>
</thead>
<tbody>
<tr>
<td>12345</td>
<td>Brady</td>
<td>Anderson</td>
<td>7/29/2000</td>
<td><a href="mailto:anderson.brady@mail.com">anderson.brady@mail.com</a></td>
<td>Male</td>
<td>60</td>
<td>136</td>
</tr>
<tr>
<td>23456</td>
<td>Amber</td>
<td>Clayton</td>
<td>1/20/2000</td>
<td><a href="mailto:clayton.amber@mail.com">clayton.amber@mail.com</a></td>
<td>Female</td>
<td>66</td>
<td>110</td>
</tr>
<tr>
<td>34567</td>
<td>Alex</td>
<td>Douglas</td>
<td>8/13/2001</td>
<td><a href="mailto:douglas.alex@mail.com">douglas.alex@mail.com</a></td>
<td>Male</td>
<td>65</td>
<td>125</td>
</tr>
<tr>
<td>45678</td>
<td>Lindsay</td>
<td>Green</td>
<td>5/20/2000</td>
<td><a href="mailto:green.lindsay@mail.com">green.lindsay@mail.com</a></td>
<td>Female</td>
<td>58</td>
<td>105</td>
</tr>
<tr>
<td>56789</td>
<td>Matt</td>
<td>Johnson</td>
<td>4/12/2001</td>
<td><a href="mailto:johnson.matt@mail.com">johnson.matt@mail.com</a></td>
<td>Male</td>
<td>62</td>
<td>129</td>
</tr>
<tr>
<td>67890</td>
<td>Jennifer</td>
<td>Lin</td>
<td>2/10/2000</td>
<td><a href="mailto:lin.jennifer@mail.com">lin.jennifer@mail.com</a></td>
<td>Female</td>
<td>56</td>
<td>115</td>
</tr>
<tr>
<td>78901</td>
<td>Jandro</td>
<td>Mendez</td>
<td>3/15/2000</td>
<td><a href="mailto:mendez.jandro@mail.com">mendez.jandro@mail.com</a></td>
<td>Male</td>
<td>70</td>
<td>135</td>
</tr>
<tr>
<td>87654</td>
<td>Sarah</td>
<td>Nelson</td>
<td>10/10/2000</td>
<td><a href="mailto:nelson.sarah@mail.com">nelson.sarah@mail.com</a></td>
<td>Female</td>
<td>63</td>
<td>107</td>
</tr>
<tr>
<td>76543</td>
<td>Tyler</td>
<td>Reed</td>
<td>11/25/2001</td>
<td><a href="mailto:reed.tyler@mail.com">reed.tyler@mail.com</a></td>
<td>Male</td>
<td>68</td>
<td>121</td>
</tr>
<tr>
<td>05432</td>
<td>Laura</td>
<td>Spicer</td>
<td>6/21/2000</td>
<td><a href="mailto:spicer.laura@mail.com">spicer.laura@mail.com</a></td>
<td>Female</td>
<td>59</td>
<td>139</td>
</tr>
</tbody>
</table>

   a. A student’s full first name and first initial of last name will be displayed during the data collection.
   b. Additional email addresses may be linked to one student by separating them with a comma.

2. Once each participant’s information is entered into the spreadsheet, BEFORE SAVING, choose the X in the top right corner of the excel document.

3. A message will pop up prompting to “Save, Don’t Save, or Cancel.” Choose the “Save” option.
4. Save the file name as “participants” and change the file type to CSV (comma delimited).

5. A message will pop up advising “Some features in your workbook might be lost if you save it as a CSV (Comma Delimited). Do you want to keep using the format?” Select “Yes.”

6. The spreadsheet will then save as a CSV file and close.


8. Enter your Dropbox™ login information.

9. Select the Apps folder.

10. Choose the Gopher AssessTech™ folder.
11. Then select the DropZone folder.

12. Open the Participants folder by selecting “Participants”.

13. Upload the participants.csv file into the DropZone folder by clicking the page+ symbol and choosing the participants.csv file.

A master list of participants will now be uploaded to the AssessTech™ app.

**NOTE:** Participants will not be broken out by classes/groups, the following instructions will guide you through breaking participants into classes or groups.

**Setting up teachers and classes.** The teacher/class list section is used when there are multiple instructors that teach classes. When a specific teacher is selected in the list, the display shows each class taught by that teacher.

1. On the iPad®, select the Gopher AssessTech™ app.

2. To create a new teacher, scroll the left dial to “New Teacher”. Select the “New Teacher” button located below the display.
3. Enter all necessary information for the teacher then select “Save.” The teacher’s name will now appear in the display.

a. A teacher’s information may be edited by choosing the teacher and selecting “Edit Teacher.”
b. A teacher may be deleted from the app either in Dropbox™ or by choosing “Delete Teacher.”

4. To create a class for a teacher, scroll to the desired teacher on the left dial, then select “New Class.”
5. Enter the class name and select “Create.”

![Image of a screen with a CREATE NEW CLASS prompt]

a. A class’s information may be edited by either choosing the class and selecting “Edit Class,” or by following the Updating Files instructions on page 31.

b. A class may be deleted from the app by choosing the class and selecting “Delete Class.”

6. A screen to add participants will pop up. Select “Add Participant.”

![Image of a screen with an option to add a participant]
7. Since the participant.csv file has been uploaded into the DropZone, the participant names will be displayed on this screen. These participants can be selected to be added to the class by tapping on their name once.

a. A participant’s information can be updated/edited by tapping on the participant’s name in this screen. Once all appropriate participants are added to the class, class set up is complete and you may proceed to “Setting up Sensor Sets” on Page 24.

**Setting up Groups.** Activity groups are ideal for non-class related activities such as afterschool programs. They can be created and modified by an instructor or program operator.

1. To create a new group, scroll to “Groups” on the left hand side of the iPad® then select the “New Group” button located below the display.
2. Enter the group name and select “Create.”

![Group creation screen](image1)

a. Group information may be edited by either choosing the group and selecting “Edit Group,” or by following the Updating Files instructions on page 31.

b. A group may be deleted from the app by choosing the group and selecting “Delete Group.”

3. A screen to add participants will appear. Select “Add Participant.”

![Participant addition screen](image2)
4. Since the participant.csv file has been uploaded into the DropZone, the participant names will be displayed on this screen. These participants can be selected to be added to the group by tapping on them once.

![Participant selection screen](image)

a. A participant’s information can be updated/edited by tapping on the participant’s name in this screen.

Once all appropriate participants are added to the group, class set up is complete and you may proceed to “Setting up Sensor Sets” on Page 24.

**Uploading an Individual Class List**

Setting up teachers and classes. The teacher/class list section is used when there are multiple instructors that teach classes. When a specific teacher is selected in the list, the display shows each class taught by that teacher.

1. On the iPad®, select the Gopher AssessTech™ app.

2. To create a new teacher, scroll the left dial to “New Teacher.” Select the “New Teacher” button located below the display.

![Teacher creation screen](image)
3. Enter all necessary information for the teacher then select “Save.” The teacher’s name will now appear in the display.

![Teacher Information Entry Screen]

   a. A teacher’s information may be edited by choosing the teacher and selecting “Edit Teacher.”
   b. A teacher may be deleted from the app either in Dropbox™ or by choosing “Delete Teacher.”

4. To create a class for a teacher, scroll to the desired teacher on the left dial, then and select “New Class.”

![Class Creation Screen]
5. Enter the class name and select “Create.”

a. A class’s information may be edited by either choosing the class and selecting “Edit Class,” or by following the Updating Files instructions on page 31.

b. A class may be deleted from the app by choosing the class and selecting “Delete Class.”

6. On a computer, create separate excel documents listing all participants for one class that will be entered into the AssessTech™ app. The excel document should be laid out in the format shown below. This ensures that each participant's data is uploaded correctly into the AssessTech™ app.

<table>
<thead>
<tr>
<th>UserID</th>
<th>FirstName</th>
<th>LastName</th>
<th>DOB(M/d/yyyy)</th>
<th>Email</th>
<th>Gender</th>
<th>Height(inches)</th>
<th>Weight(lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12345</td>
<td>Brady</td>
<td>Anderson</td>
<td>7/29/2000</td>
<td><a href="mailto:anderson.brady@mail.com">anderson.brady@mail.com</a></td>
<td>Male</td>
<td>60</td>
<td>136</td>
</tr>
<tr>
<td>23456</td>
<td>Amber</td>
<td>Clayton</td>
<td>1/20/2000</td>
<td><a href="mailto:clayton.amber@mail.com">clayton.amber@mail.com</a></td>
<td>Female</td>
<td>66</td>
<td>110</td>
</tr>
<tr>
<td>34567</td>
<td>Alex</td>
<td>Douglas</td>
<td>8/13/2001</td>
<td><a href="mailto:douglas.alex@mail.com">douglas.alex@mail.com</a></td>
<td>Male</td>
<td>65</td>
<td>125</td>
</tr>
<tr>
<td>45678</td>
<td>Lindsay</td>
<td>Green</td>
<td>5/20/2000</td>
<td><a href="mailto:green.lindsay@mail.com">green.lindsay@mail.com</a></td>
<td>Female</td>
<td>58</td>
<td>105</td>
</tr>
<tr>
<td>56789</td>
<td>Matt</td>
<td>Johnson</td>
<td>4/12/2001</td>
<td><a href="mailto:johnson.matt@mail.com">johnson.matt@mail.com</a></td>
<td>Male</td>
<td>62</td>
<td>129</td>
</tr>
<tr>
<td>67890</td>
<td>Jennifer</td>
<td>Lin</td>
<td>2/10/2000</td>
<td><a href="mailto:lin.jennifer@mail.com">lin.jennifer@mail.com</a></td>
<td>Female</td>
<td>56</td>
<td>115</td>
</tr>
<tr>
<td>98765</td>
<td>Jandro</td>
<td>Mendez</td>
<td>3/15/2000</td>
<td><a href="mailto:mendez.jandro@mail.com">mendez.jandro@mail.com</a></td>
<td>Male</td>
<td>70</td>
<td>135</td>
</tr>
<tr>
<td>87645</td>
<td>Sarah</td>
<td>Nelson</td>
<td>10/10/2000</td>
<td><a href="mailto:nelson.sarah@mail.com">nelson.sarah@mail.com</a></td>
<td>Female</td>
<td>63</td>
<td>107</td>
</tr>
<tr>
<td>76543</td>
<td>Tyler</td>
<td>Reed</td>
<td>11/25/2001</td>
<td><a href="mailto:reed.tyler@mail.com">reed.tyler@mail.com</a></td>
<td>Male</td>
<td>98</td>
<td>121</td>
</tr>
<tr>
<td>68945</td>
<td>Laura</td>
<td>Spicer</td>
<td>6/21/2000</td>
<td><a href="mailto:spicer.laura@mail.com">spicer.laura@mail.com</a></td>
<td>Female</td>
<td>65</td>
<td>115</td>
</tr>
</tbody>
</table>

a. A student’s full first name and first initial of last name will be displayed during the data collection.

b. Additional email addresses may be linked to one student by separating them with a comma.

7. Once each participant’s information is entered into the spreadsheet, BEFORE SAVING, choose the close X in the top right corner of the excel document.

8. A message will pop up prompting to “Save, Don’t Save, or Cancel.” Choose the “Save” option.
9. Save the file name the class it represents (ie. 1st Hour) and choose the file type to CSV (comma delimited).

10. Another message will pop up advising “Some features in your workbook might be lost if you save it as CSV (Comma delimited). Do you want to keep using that format?” Select “Yes.”

11. The spreadsheet will then save as a CSV file and close.

12. Repeat steps 6-11 for additional classes.


14. Enter your Dropbox™ login information.

15. Select the Apps folder.

16. Then choose the Gopher AssessTech™ folder.
17. Then select the DropZone folder.

18. Select the appropriate Teacher’s file to which you wish to upload the class lists.

19. Upload the class files into the DropZone folder by clicking the page+ symbol and choosing the class file.

20. Continue uploading the individual class lists until all are uploaded to DropZone.

Adding teachers/classes/groups/participants within the AssessTech™ App.

Setting Up Teachers and Classes. The teacher/class list section is used when there are multiple instructors that teach classes. When a specific teacher is selected in the list, the display shows each class taught by that teacher.

1. To create a new teacher, scroll the left dial to “New Teacher.” Select the “New Teacher” button located below the display.
2. Enter all necessary information for the teacher then select “Save.” The teacher’s name will now appear in the display.

3. To create a class for a teacher, scroll to the desired teacher on the left dial, then and select “New Class.”

   a. A teacher’s information may be edited by choosing the teacher and selecting “Edit Teacher.”
   b. A teacher may be deleted from the app either in Dropbox™ or by choosing “Delete Teacher.”
4. Enter the class name and select “Create.”

![Image of class creation screen]

   - A class’s information may be edited by choosing the class and selecting “Edit Class.”
   - A class may be deleted from the app by choosing the class and selecting “Delete Class.”

5. A screen to add participants will appear. Select “Add Participant.”

![Image of participant addition screen]
6. If participant information has already been added into the app, the participant’s name will be displayed on this screen. To add a student to the class, select a participant by tapping his/her name once.

   a. A participant’s information can be updated/edited by tapping on the participant’s name in this screen.

7. To enter a new participant’s information, select “New Participant,” enter the student’s information and select “Save.”

   a. A student’s full first name and first initial of the last name will be displayed during the data collection.

   b. Additional email addresses may be linked to one student by separating them with a comma.

8. Continue to select students or add new participants until all students are represented.
Setting up Groups. Activity groups are ideal for non-class related activities such as afterschool programs. They can be created and modified by an instructor or program operator.

1. To create a new group, scroll to “Groups” on the left hand side of the iPad® and select the “New Group” button.

2. Enter the group name and select “Create.”

a. A group’s information may be edited either in Dropbox™ or by choosing the group and selecting “Edit Group.”

b. A group may be deleted from the app either in Dropbox™ or by choosing the group and selecting “Delete Group.”
3. A screen to add participants will appear. Select “Add Participant.”

4. If a participant’s information has already been added into the app, his/her name will be displayed on this screen. This participant can be selected to be added to the group by tapping on them once.

   a. A participant’s information can be updated/edited by tapping on the participant’s name in this screen.
5. To enter a new participant’s information, select “New Participant” then enter the member’s information then select “Save.”

- A group member’s full first name and first initial of the last name will be displayed during the data collection.
- Additional email addresses may be linked to one group member by separating them with a comma.

6. Continue to select group members or add new participants until all members are represented in the group.

**D. Gopher Optic™ Sensor Setup**

**Powering Gopher HUB™**

The HUB™ allows for data transfer from the Gopher Optic™ to the AsessTech™ app. Reports will be sent once the iPad® has re-established connection with a Wi-Fi network.

To turn on the HUB™:

1. Press the power button until the red LED flashes.
2. While the red LED is flashing, press and quickly release the power button a second time.
3. The red LED will turn off and the green LED light will flash *once* per second.
4. On the iPad®, select the settings icon.
5. Select Wi-Fi under the Settings panel on the left of the screen.
   - Once the Wi-Fi option is selected, your iPad® will search for all available networks in the surrounding area.
6. Select the Wi-Fi network provided by the HUB™ this network name will match the serial number located on the back of the HUB™ - see page 3 for details.
   - The iPad® will now show a Wi-Fi connection to the HUB™.
7. To power off the HUB™ press and hold the power button until both the red and green LED lights flash 3 times.
**Powering additional HUBs™**

1. Power on the primary HUB™ by the steps listed above. Ensure that the green LED on the HUB™ is flashing twice per second.

2. Power on any secondary HUBs™ by pressing the power button once. The red LED light will flash rapidly indicating it is connecting to the primary HUB™. Once connected, the green LED will flash once per second.

**Powering Gopher Optic™**

- Power on the Gopher Optic™ by pressing and holding the button until the LED appears. After a few seconds, the LED will turn off indicating the Optic™ is activated.
- Power off the Gopher Optic™ by pressing and holding the button until the LED lights steadily. When the LED turns off, the Optic™ is deactivated.

**Connecting Gopher Optic™ Monitors**

1. To set up sensor sets, Scroll through the first two dials, lining up the dials for the desired teacher-class/group, then select “New Sensor Set.”

2. Enter the sensor set name and select “Create.”

   a. A sensor Set’s information may be edited by choosing the set and selecting “Edit Sensor Set.”

   b. A sensor Set’s information may be deleted by choosing the set and selecting “Delete Sensor Set.”
3. A list of numbered sensors will appear. Select the first Optic™ monitor you wish to link to participant #1 and turn it on by pressing the center button. Additional instructions on Optic™ on page 24.

4. On the iPad®, select the coordinating number to the participant by tapping the number.

5. The linking screen will appear. To sync the Optic™, place it directly on top of the HUB™ so the two are touching.

6. An “Assign UDID: XXXXX” button will appear below the manual entry box. Select this button to sync the Optic™ sensor.
a. If a sensor has already been assigned to a number, an error box will appear.

b. If a sensor is accidentally assigned, it may be deleted by swiping left and selecting the delete button that appears. The deleted number will then reappear in sequence without a sensor linked to it.

7. Continue assigning sensors for all participants of a class/group. If a sensor is not assigned to a participant, no data will be collected.
Usage

Powering Gopher HUB™

Using the HUB™ allows for data transfer from the Gopher Optic™ to the AsessTech™ app. Reports will be sent once the iPad® has re-established connection with a Wi-Fi network.

To turn on the HUB™:

1. Press the power button until the red LED flashes.
2. While the red LED is flashing, press and quickly release the power button a second time.
3. The red LED will turn off and the green LED light will flash once per second.
4. On the iPad®, select the settings icon.
5. Select Wi-Fi under the Settings panel on the left of the screen.
   • Once the Wi-Fi option is selected, your iPad® will search for all available networks in the surrounding area.
6. Select the Wi-Fi network provided by the HUB™ this network name will match the serial number located on the back of the HUB™ - see page 3 for details.
   • The iPad® will now show a Wi-Fi connection to the HUB™.
7. To power off the HUB™ press and hold the power button until both the red and green LED lights flash 3 times.

Powering additional HUBs™

1. Power on the primary HUB™ by the steps listed above. Ensure that the green LED on the HUB™ is flashing twice per second.
2. Power on any secondary HUBs™ by pressing the power button once. The red LED light will flash rapidly indicating it is connecting to the primary HUB™. Once connected, the green LED will flash once per second.

Powering Gopher Optic™

• Power on the Gopher Optic™ by pressing and holding the button until the LED appears. After a few seconds, the LED will turn off indicating the Optic™ is activated.
• Power off the Gopher Optic™ by pressing and holding the button until the LED lights steadily. When the LED turns off, the Optic™ is deactivated.

A. Data Collection

Gopher Optic™

• Wearing Gopher Optic™

To accurately monitor your heart rate, wear the Optic™ as follows:

• Standard use: Fasten the Gopher Optic™ securely on the lower forearm, approximately one inch above the wrist bone on the top side of the forearm. The green optical sensor on the underside of the band should make good contact with skin.
  • For smaller wrists, adjust the position of the Optic™ to be higher on the forearm.
  • For concave wrists, fasten the Optic™ securely on the underside of the forearm.
• Cycle use: Fasten the Gopher Optic™ higher on the forearm or on the underside of the forearm to prevent miss reads due to bending of the wrist.

When Gopher Optic™ is activated it will automatically begin searching for the heart rate (HR) indicated by the pulsing red LED light.

The light will begin blinking in a distinctive slower pattern when Optic™ has located the user’s heart rate. Once Optic™ has located the heart rate the LED color will indicate the heart rate zone, as calculated by a percentage of your maximal heart rate (MHR):
<table>
<thead>
<tr>
<th>Color</th>
<th>Activity Intensity</th>
<th>Lower HR Limit</th>
<th>Upper HR Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Blue</td>
<td>Rest</td>
<td>0% of MHR</td>
<td>&lt;50% of MHR</td>
</tr>
<tr>
<td>Blue</td>
<td>Very Light</td>
<td>50% of MHR</td>
<td>&lt;60% of MHR</td>
</tr>
<tr>
<td>Green</td>
<td>Light</td>
<td>60% of MHR</td>
<td>&lt;70% of MHR</td>
</tr>
<tr>
<td>Yellow</td>
<td>Moderate</td>
<td>70% of MHR</td>
<td>&lt;80% of MHR</td>
</tr>
<tr>
<td>Pink</td>
<td>Hard</td>
<td>80% of MHR</td>
<td>&lt;90% of MHR</td>
</tr>
<tr>
<td>Red</td>
<td>Maximum</td>
<td>90% of MHR</td>
<td>220 BPM</td>
</tr>
</tbody>
</table>

Class/Group Collection

1. To start data collection, scroll through the 3 dials, lining up the dials for the desired teacher-class-sensor set/group-sensor set, then select “Start Class.”

2. The AssessTech™ app will verify the class/group information selected. Confirm this information is correct before selecting “Begin Class” as information cannot be transferred between classes.

3. Class/Group participant tiles will then be displayed on the iPad® as data is being collected. Data collection will continue until the “Pause” button is selected.

NOTE: If participants go out of range of the HUB™, there will be data missing.
Participant Tiles:

- Participant’s first name and first initial of the last name is displayed on the tile.
- The large tracking number in the center of the tile is the participant’s Beats Per Minute heart rate.
- The graph on the left of the screen will fluctuate for each user displaying the percentage of time spent in each heart rate zone in relation to their overall activity time.
- Information for the total number of calories burned is located in the bottom center of the tile.
- The tile background will change in relation to the user’s current heart rate zone. See chart on page 28 for more details.
- For more detailed information on a particular participant, tap twice on the participants tile. The average heart rate, percentage graph, calories burned, live heart rate, and a chart documenting the heart rate fluctuation in real time will be displayed.
Reports

Reports from the AssessTech™ session are downloaded once the Wi-Fi connection is reestablished on the iPad®. By tapping on the DropBox™ Icon in the bottom center of the AssessTech™ app, the syncing of the data is verified when Wi-Fi connection is established.

Individual Reports

- Participants’ data will be collected in real-time until the class is paused, or the participant goes out of range. A class may be:
  - Paused and resumed at any time
  - Restarted, which erases all previous class data from the app
  - Ended, which continues showing real-time, but does not collect data
  - Closed, which closes the class and erases data from the app

- All data collected will be sent to the teachers Dropbox™ account, previously set up. Reports will be generated and housed within Dropbox™. Reports will also be emailed to participants.

- Reports with the participants’ data from one data collection period will be generated and sent to the email linked to all participants. These reports show:
  - Participant Name & Class
  - Date the data was collected
  - Start time of the activity
  - Duration of the activity
  - Average Heart Rate
  - Maximum Heart Rate
  - Minimum Heart Rate
  - Calories Burned
  - A chart showing the percentage of time a participant was in each heart rate zone in correlation to the total activity time
  - A graph showing the real-time display of activity and heart rate zones
Class Reports

- Reports with the class data from one data collection period will be generated and sent to the Teacher’s dropbox account. This report shows the following for all participants:
  - Calories burned.
  - Duration of time in each heart rate zone
  - Maximum heart rate
  - Duration of the activity
  - Date the data was collected
  - Start time of the activity

Dropbox™ Reports

- Once Dropbox™ is linked with the Gopher AssessTech™ app, all data collected during a running class time will be automatically uploaded to Dropbox™. The Dropbox™ layout is explained below:
  - Apps—All apps on the iPad® linked to Dropbox™ will be shown in this folder.
    - Gopher AssessTech™—Subfolders in this folder will assist users with operating the Gopher AssessTech™ app.
      - Assessments—This folder houses all of the reports generated by the AssessTech™ app.
      - DropZone—This folder is used to upload new CSV files only.
      - EXPORT—this folder will always contain the most recent participant files from the AssessTech™ app. When updating files on the computer, these files should always be downloaded and used. For more information about updating files see “Updating Files” on page 31.
C. Updating Files
Teacher information, classes, groups, and participant information can all be updated within the Gopher AssessTech™ app by choosing the edit functions.

For more significant changes to files, such as adding or changing multiple participant’s information, follow the steps listed below:

2. Enter your Dropbox™ log-in information linked to the AssessTech™ app.
3. Under the Apps folder, select AssessTech™.
4. Choose the EXPORT file.
5. Select the folder you wish you make changes to.
6. Click on the CSV file that you wish to make changes to.
7. A screen asking to “Share” or “Download” will appear. Select the “Download” option.
8. The file will then download to the computer and changes may be made to it.
9. Resave the file as a CSV file and upload it to the appropriate file in the “DropZone” folder.

D. Gopher HUB™

- The HUB™ functions best at heights 6’ or above.
- The Gopher HUB™ has an approximate battery life of 2 hours.
- The HUB™ can be recharged using a generic mini USB charger cable.
  - When charging, the red LED will flash once per second.
  - A solid red LED indicates the HUB™ is completely charged.
- Data from a device will NOT be collected if the user is out of the 50-foot range of the HUB™.
- Data will collect for 1 session until the class is ended.
- If more than 1 HUB™ is in use, the device will be read by all HUB™ units within range and the AssessTech™ app will only record one of the readings.

Firmware updates for HUB™

1. Connect to the HUB™ as usual.
2. In the Gopher AssessTech™ app, select the Configure HUB™ button.
3. A list of HUB™ networks will appear. If the HUB™ firmware needs to be updated “Firmware Update Available” will show in red next to the HUB™.
4. Tap on HUB™ network that needs to be updated.

5. The firmware version updates will then be displayed. Select the latest version to update.

6. A text box confirming the update will appear, select Upgrade.
7. The iPad will then update the firmware to the HUB™ and the HUB™ will reset itself.

8. The update takes approximately 30 seconds to complete.

E. **Gopher Optic™**

Charging the Gopher Optic™

- LED Battery color indicator
  - Light Blue – Battery is charged.
  - Yellow – Battery level is below 30%
  - Red (flashing twice) – Battery power is low and unable to properly read Heart Rate measurement.

1. Ensure the 4 charging points on the underside of the Optic™ are dry, or dry them gently with a towel.

2. Plug the USB charger into the desired USB port. A computer or wall charger may be used.

3. Align the 4 charging points on the underside of the Optic™ with the 4 charging points on the USB charger. The charger is magnetized and will ensure proper connection is made.

4. The light blue LED light will pulse slowly indicating the battery is charging. The light will turn off when the battery is charged completely.

F. **Troubleshooting**

- Ensure that Dropbox is available for use by the Wi-Fi network. If the Dropbox website is blocked by the network security settings reports will not be saved to Dropbox and set up of classes and participants must be done manually.

- If high or erroneous readings are being measured by the Optic™, ensure that the monitor is being worn properly. It may be necessary to adjust the fit of the monitor for accurate readings.

- The HUB™ functions vest at heights 6’ or above. The HUB™ cannot transmit through people or walls.

- Emailed reports may be sent to junk or spam folders, check email filters for the reports.