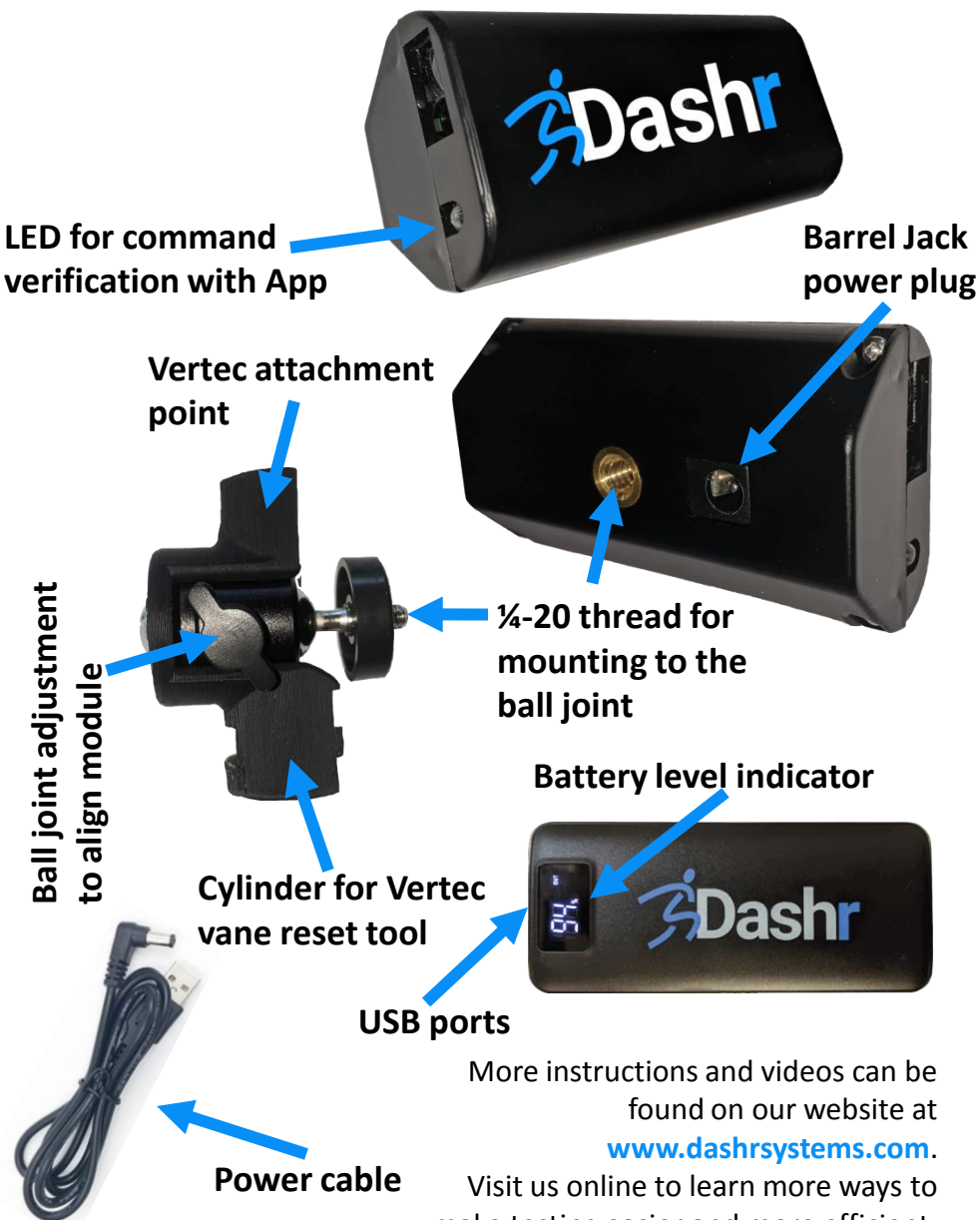


**Dashr | Jump Components**



More instructions and videos can be found on our website at [www.dashrsystems.com](http://www.dashrsystems.com). Visit us online to learn more ways to make testing easier and more efficient.

**USER MANUAL**

**1. Download our App**

Dashr uses a mobile application to control Dashr hardware and display testing results. The free **Dashr** App can be downloaded from both the Google Play Store and the Apple App Store. If you do not have an account, please visit [dashboard.dashrsystems.com](http://dashboard.dashrsystems.com) to create one.

**2. Jump Station Installation**

The Dashr | Jump system is currently designed to integrate with the Vertec vertical jump measurement device. But this system will work with any vane based vertical jump measurement system if you find a way to attach it.

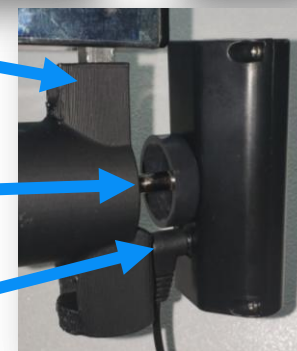
**Step 1:** Remove the screw and washer that connects the white plastic cylinder at the base of the vanes.

**Required Tools**



**Step 2:** Use the screw and washer to attach the Dashr | Jump ball-joint coupler.

**Step 3:** Use the 1/4-20 threads to attach the Jump module to the coupler. Note that the plastic nut on the coupler can be used to tighten the connection. *Make sure that the LED is oriented towards the ground. The power cable will need to be inserted prior to final alignment.*

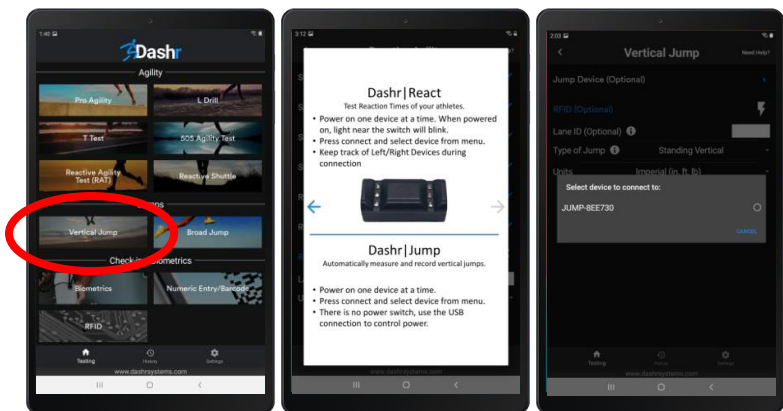


**Step 4:** Use the Velcro strips (supplied) to attach the rechargeable Dashr battery to the Vertec.

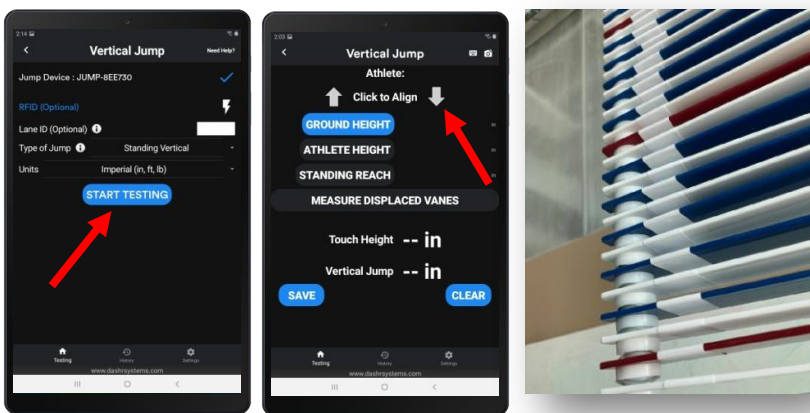


**Step 5:** Login to your Dashr App and navigate to the Vertical Jump drill.

**Step 6:** Power up the Jump module by plugging it into the Dashr battery and pressing the button on the side of the battery. Once powered up, press the lightning bolt next to the Jump device. A window will pop up, select the JUMP-XXXX module (the last 4 digits is the unique identifier for your module). You should get a blue check mark where the lightning bolt was.



**Step 7:** Press the Start Testing button to get to the testing page.



**Step 8:** Use the align toggles (arrows) to make sure your device is shooting straight up at the vanes – adjust the ball joint as necessary (loosen then tighten the knob on the side) if it needs to be straightened.

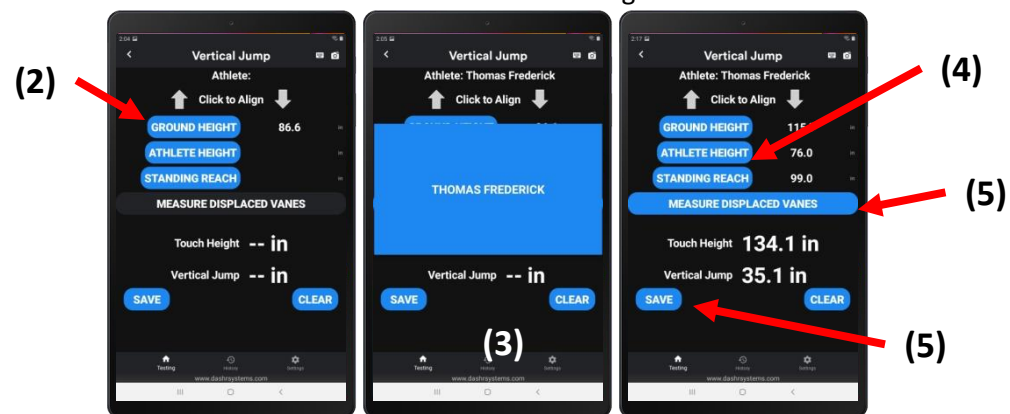
**Step 9:** Apply the white label stickers included with your kit to each of the vanes, centered around the laser (typically ~0.5 inch from the base of the vane).

Check out our Website, YouTube page, or scan this QR code for a video demonstration of Dashr | Jump operation.



**Step 1:** Login to your Dashr App and follow Steps 5-7 from the installation instructions.

**Step 2:** Calibrate the device by placing the clipboard on the ground, under the laser (use the alignment toggle if necessary), and press “Ground Height”. This will measure the distance the device is from the ground.



**Step 3:** Check in your athlete using the athlete list, numeric entry, barcode, or RFID. Visit [www.dashrsystems.com](http://www.dashrsystems.com) for more information on these check in options/procedures. If you are not checking in athletes, you will have to measure the height and reach of each athlete, each time they test and record the result manually.

**Step 4:** If you already have saved height and reach data for the athlete you checked in, those measurements will appear on the screen. If you have not taken those measurements, instruct the athlete to stand under the Jump module and place the clipboard on his or her head – then press the “Athlete Height” button. Then have them reach as high as they can, reaching for the bottom of the Jump module, and place the clipboard on the tips of their fingers – press the “Standing Reach” button. Note that you may need a box or stool to reach the athlete's fingertips.

**Step 5:** Have the athlete perform their vertical jump, hitting the highest vane they can. Once complete, clear all touched and surpassed vanes – then press “Measure Displaced Vanes”. You will get a vertical result and hit the “Save” button to save it.

**Step 6:** Repeat Steps 3-5 for each athlete you test.

Note that height and reach can also be recorded prior to vertical jump testing and can be inputted through the Biometrics drill within the app, or on the online Dashboard.