



Vaaka Paddling for Garmin

USER MANUAL

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1. Introduction

Vaaka Paddling for Garmin works with the Vaaka Paddle Cadence Sensor to display and record training metrics for paddle sport athletes, giving real-time feedback of time, distance, speed, heart rate, stroke rate, and distance per stroke for Kayak, Canoe, Ocean Ski, Stand-Up Paddleboard, Pacific Outrigger and Dragon Boat.

Your Vaaka Paddling for Garmin training files can be synced to external training software such as Training Peaks and Strava using Garmin Connect, as well as uploaded to Vaaka Analytics for detailed training metrics analysis.

To purchase your Vaaka Paddle Cadence Sensor go to our web shop at <https://www.vaakacadence.com/shop/>, find a dealership in your area at <https://www.vaakacadence.com/dealerships-2/>, or contact us directly at sales@vaakacadence.com.



Vaaka training files are currently recorded as *Bike Activities* in order to maintain compatibility with post-training analysis software.

2. Initial Setup

Download and install the Vaaka Paddling for Garmin app to your compatible Garmin watch from the Garmin Connect IQ store page or by searching for 'Vaaka Paddling' in the Garmin Connect IQ app store.

3. Start Screen

The start screen shows the connection status of the watch components and sensors used by the Vaaka Paddling app. GPS, heart rate, phone Bluetooth connection, and Vaaka Cadence sensor connection status are shown, along with the current time and date, and the version number of the installed Vaaka Paddling for Garmin app.



GPS

Your watch GPS will start to search for your location when the app first loads. The green signal indicator lines of the GPS icon will show the current signal strength.

A GPS signal is required to start a paddling session. The GPS icon will remain “on” once a signal is acquired.

Bluetooth, Heart Rate, and Vaaka Cadence

A check is made to see if your phone and heart rate belt are connected. Make sure you have connected your Vaaka Cadence sensor to your watch, along with a heart rate sensor if you are using one.

The ‘cadence’ icon will blink while the app is searching for your Vaaka Cadence sensor, and remain on once connected. You may need to make some paddle movements to activate the sensor.

4. Starting a Paddling Session

Press the Start/Enter button on your watch to start a new paddling session.

The session will start recording immediately if your watch has a GPS signal. If not, the session will begin as soon as the watch acquires a GPS signal.

Paddling Session Screen Navigation

Three screens are displayed during a session recording which display the Vaaka Paddling datafields.

Navigate between the session screens by pressing the Up/Down buttons, or tap the bottom of the screen on touch screen enabled watches.

Pausing the Paddling Session

Press the Back button, or swipe right if using a touch screen watch to pause the session.

The blue lines separating the data fields will turn red to show the session is paused.

Press the Back button, or swipe right, again to resume the recording session.

5. Save the Paddling Session

Press the Start button while recording to stop the paddling session. A summary screen is shown in which you can Save or Discard the recording. Touch screen users can tap the Save/Discard screen buttons, or use the navigation buttons to select the correct option (indicated by the green dot).

- **Discard** - remove the recording and stop the program
- **Save** - save the recording and stop the program
- **Return** - press the back button to return to the recording session

Upload the Paddling Session

The session will be uploaded automatically if you are connected to your phone and you have set your watch to upload immediately. The recording can be seen in Garmin Connect and exported to external training software.

6. Locking the Controls

It is possible to lock the watch controls during operation when viewing the Start Screen.

- For watches with a touchscreen, tap 3 times on the top of the Start Screen.
- For watches without a touchscreen, press the Up button 3 times while viewing the Start Screen.

Your watch will vibrate and a lock icon will appear when locked. Repeat the above procedure to unlock the controls.

7. Paddling Data

Paddling data is displayed across two data screens during a session recording. You can configure the selection and position of the datafields from the app settings, see Section 8 for details.

The graph indicators for both cadence and heart rate are calculated using upper and lower threshold values which can be updated in the settings. See Section 10 for more information.

Data Screen 1

- Cadence (strokes per minute)
- Cadence graph indicator
- Speed (meters per second)
- Distance Per Stroke (meters)
- Timer (hours:minutes:seconds)



Data Screen 2

- Cadence
- Cadence graph indicator
- Timer
- Distance (kilometers)
- Heart rate indicator
- Heart rate (beats per minute)



Start Screen

- Time
- Date
- App version
- GPS signal indicator
- Heart belt connection indicator
- Phone connection indicator
- Vaaka Cadence Sensor connection indicator



8. App Settings

You can configure the thresholds and datafields via the Vaaka Paddling for Garmin app settings using either Garmin Express on your computer or the Garmin Connect app on your phone.

Garmin Express for Windows:

<https://www.garmin.com/en-US/software/express/windows/>

Garmin Express for Mac:

<https://www.garmin.com/en-NZ/software/express/mac/>

Garmin Connect for Android:

https://play.google.com/store/apps/details?id=com.garmin.android.apps.connectmobile&hl=en_NZ&gl=US

Garmin Connect for iPhone:

<https://apps.apple.com/us/app/garmin-connect/id583446403>

Follow the instructions to connect to your watch.

Update Settings via Garmin Express

1. Navigate to the *IQ Apps* section and scroll to find the *Vaaka Paddling for Garmin* app entry.
2. Click on the three dots to access the app settings.

Update Settings via Garmin Connect

1. Select your watch from the home page of the app, or navigate to *Settings* -> *Garmin Devices* and select *Activities, Apps & More*.
2. Click on *Vaaka Paddling for Garmin*, and select *Settings*.

9. Customising Screen Data Display

The datafields shown on the two data display screens can be moved between the screen segments. Each screen can hold three datafields, selected from the following available options:

- Speed
- Distance per stroke
- Timer
- Distance
- Heart rate

Set the position of each of your three chosen datafields using the drop down boxes in the Screen 1 and Screen 2 sections of the settings page, taking care not to select more than one datafield per screen position.



Test your changes before heading out. A warning will be displayed on the Start Screen if the datafield selections/positions are misconfigured.

10. Cadence and Heart Rate Thresholds and Alarms

Thresholds

Threshold indicators are shown on the data screens for both cadence (strokes per minute) and heart rate (beats per minute), alongside their numerical display.

The indicators update in real-time according to the upper and lower thresholds you set in the app settings.

The default preset thresholds are:

- **Cadence** 25 - 65 strokes per minute
- **Heart rate** 120 - 160 beats per minute



Setting Thresholds

Each threshold value can be set from the settings page. Enter both the upper and lower thresholds for each measurement.

The indicators for cadence and heart rate shown on the data screens will update to reflect your selected values.

Threshold Alarms

An alarm can be set to trigger for either cadence or heart rate thresholds. Your watch will vibrate and/or beep when the live measurement for your selected measurement exceeds your upper threshold or drops below your lower threshold.

Select between cadence and heart rate alarms in the settings, and optionally update the alarm duration (in seconds).

11. Advanced Analysis with Vaaka Analytics

Vaaka Analytics is groundbreaking performance analysis software designed for both elite and everyday paddle sport athletes.

It is the first performance analysis product that can display cadence and distance per stroke side-by-side for any part of your training session.

Go to <https://www.vaakacadence.com/vaaka-analytics/> to upload your paddling session file and get started.

In-depth Analysis

Click and drag on any part of your training session to see average cadence, speed, heart rate, and distance per stroke.

Investigate Consistency

Compare efforts within a training session to check consistency.

Identify Strengths and Weaknesses

Compare distance per stroke at different cadences to identify strengths and weaknesses.

Monitor Improvement

Compare training sessions weeks apart to monitor improvement.

Troubleshooting

If you encounter a problem while using the app, please let us know by emailing us directly at support@vaakacadence.com

Disclaimer

While Vaaka Ltd makes every effort to deliver high quality products, we do not guarantee that our products are free from defects. Our software is provided “as is,” and you use the software at your own risk. We make no warranties as to performance, merchantability, fitness for a particular purpose, or any other warranties whether expressed or implied. No oral or written communication from or information provided by Vaaka Ltd shall create a warranty. Under no circumstances shall Vaaka Ltd be liable for direct, indirect, special, incidental, or consequential damages resulting from the use, misuse, or inability to use this software, even if Vaaka Ltd has been advised of the possibility of such damages.