

## Dashr | Jump Components



Visit us online or scan this QR code to see step by step instructions and videos for each drill.



## VERTICAL JUMP MEASUREMENT

### - 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 [www.dashrsystems.com](http://www.dashrsystems.com) and go to the Dashboard Login (top of page) 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.

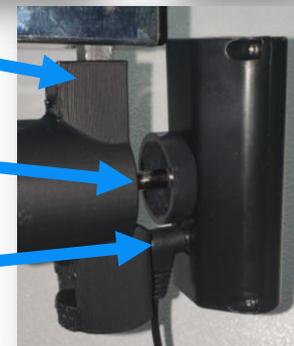
**Step 1:** Remove the screw and washer that connects the white plastic cylinder at the base of the vanes.

#### 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.*

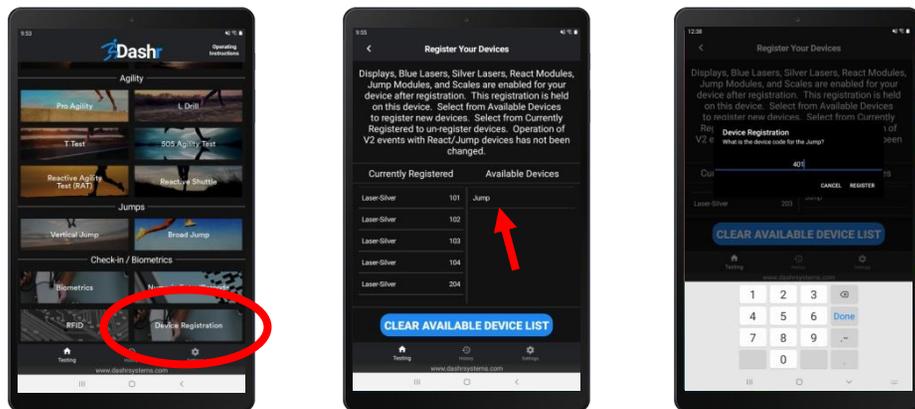


**Step 4:** Use the silicon battery strap (supplied) to attach the rechargeable Dashr battery to the Vertec.

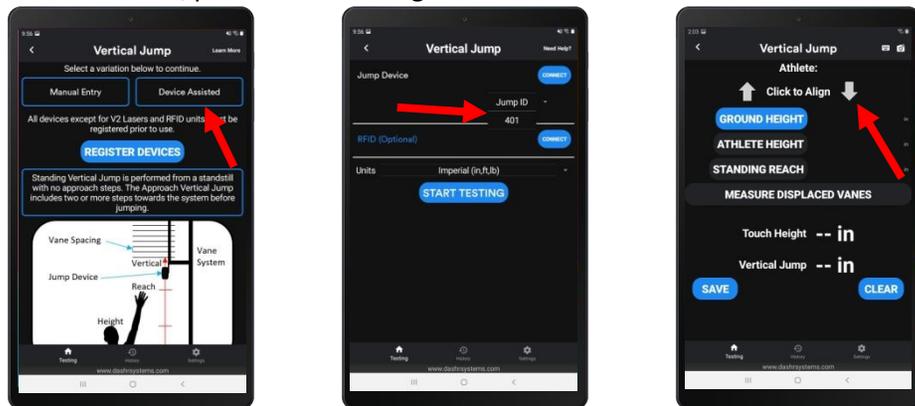


**Step 5:** Login to your Dashr App and navigate to “Device Registration”.

**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, it should show up as “Jump” under “Available Devices”. Click on it and assign it a number, write that number on the label provided on the Jump Module.



**Step 7:** Go back to the Main Page, then select the “Vertical Jump” tile. Select the “Device Assisted” option. In the Connection Page, press the drop down menu and select the Jump Module you would like to connect. Press the connect button. Once connected, press “Start Testing”.



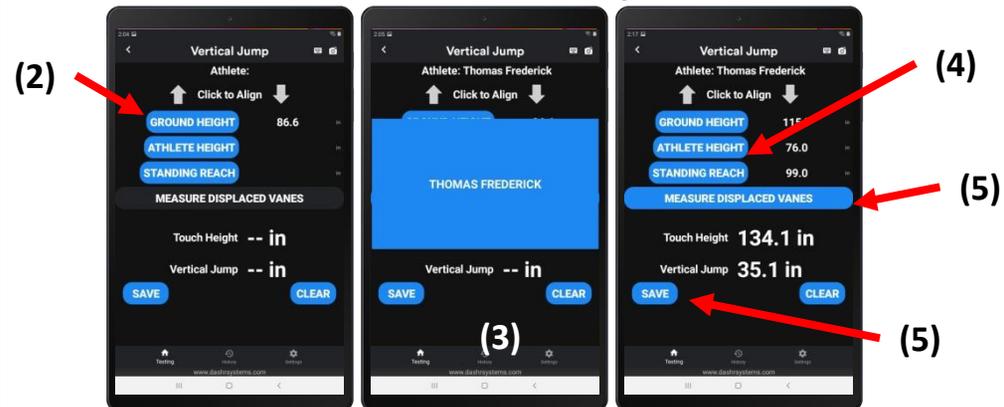
**Step 8:** Use the align toggles (arrows) to make sure your device is shooting straight up at the vanes. Adjust the ball joint as necessary (loosen then tighten the knob on the side) if it needs to be realigned.

**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).



**Step 1:** Login to your Dashr App and follow Steps 7-8 from the Jump Station 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 results 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.