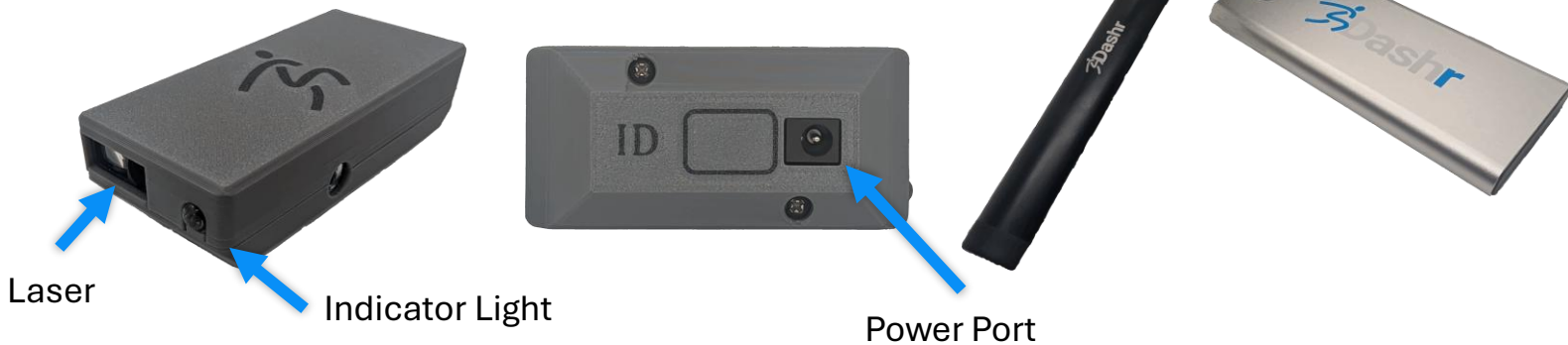


# Dashr Distance

Dashr Distance is used to measure distances. The most common use case is broad jump, but it can also be used for the 5-Hop for distance, med ball toss, and biometrics (height, reach, etc.)



## 1. Download our App

Install the **Dashr App** by searching for it in the Google Play store or Apple App Store.

*NOTE: Operation of the system requires that your phone has Bluetooth® turned on to connect to Dashr equipment. **Connection takes place in the App, not your phones' settings.***

## 2. Install/Open App

Make sure that your phone/tablet is properly charged before using the Dashr system. Open the Dashr App on your mobile device and log into your Dashr account. If you do not have an account, you can make one at [dashboard.dashrsystems.com](https://dashboard.dashrsystems.com). On the Dashboard you can create rosters, add athletes, create leaderboards, and connect with athletes to share their results with the **Dashr Player Profile app**.

For a quick tutorial of how easy it is to use the Player Profile app, check out this [LINK](#).

## 3. Register your devices

All Dashr products (besides 2.0 and RFID modules) need to be registered with EACH phone or tablet you are using. To do this, select “Device Registration” from the main page (or the + button at the top left) and **POWER ON YOUR DASHR DEVICES ONE AT A TIME TO REGISTER THEM.**

Each Distance device comes with a rechargeable USB battery bank. The USB-A to barrel jack is used to power on the Distance device. The USB-A to USB-C cable included is used to or the battery when not in use. **Now that you have the device on, select it from the “Available Devices” list and assign it ANY NUMBER you want.**

There is a spot on the bottom of the Distance device where you can label your device with that number. **Repeat this for each device.** Note that this only needs to be done the first time a phone/tablet is using the Dashr device(s).

#### 4. Place your device

For measuring horizontal jumps, place the Distance device 1-2 yards behind the line your athletes are jumping from. Power on the device.

#### 5. Select the drill in the app

When logged into the app, navigate to the Broad Jump or other drill that uses distance measurement. You will select “Device Assisted”, as you are using a Dashr device, to begin configuring devices for your drill. With the Jump module on, select the number you assigned it (in registration) from the drop-down menu and press the “Connect” button. If it does not work the first time, repeat. Once all devices are connected, press the “Start Testing” button.

If you have any questions throughout the process, help and tips have been built into the app at each stage in addition to further support on the website. [www.dashrsystems.com/drills](http://www.dashrsystems.com/drills)

#### 6. Calibrate the system

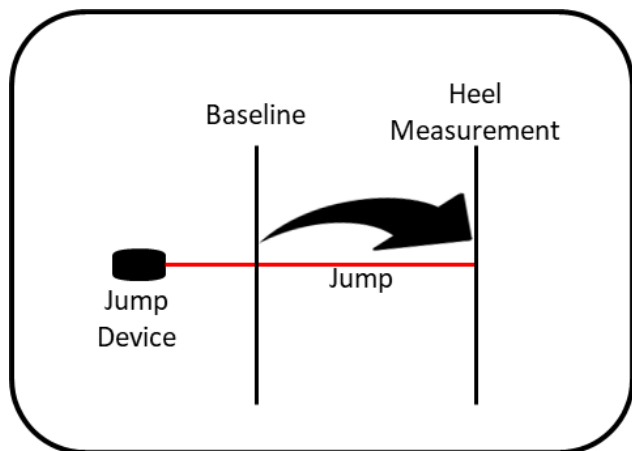
Use the align toggle (arrow) to make sure your device is shooting parallel with the ground in line with the direction your athletes are jumping. Adjust the ball joint as necessary (loosen then tighten the knob on the side) if it needs to be realigned.

Calibrate the device by placing the clipboard on the line where the athletes are jumping from (use the alignment toggle if necessary), and press “Baseline”. This will measure the distance the device is from the starting point of the jump.

#### 7. Test your athletes

Check in the appropriate athlete by selecting them from the menu at the top right. Have the athlete perform their broad jump in parallel with the Jump module laser. Then place the clipboard in (line with the laser) on their back heel. Then press “Jump”. You will get a broad jump distance – hit the “Save” button to save it. Check-in the next athlete and repeat.

Check out this [VIDEO](#) walking through the set-up and operation for the broad jump. The video uses Dashr Jump, which is the same as Distance but has laser rangefinders on both sides (used with a Vertec for vertical). The process is the same for both devices with broad jump.



Scan or click the QR code to view these instructions online.