Foiling

GARMIN APPLICATION

User manual

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june 30, 2025

Always want to stay informed ?

Foiling application webpage:
https://www.jeanmichelgruber.com/foiling-eng.html

Updates news: https://www.jeanmichelgruber.com/blog-eng.html

YouTube channel: YouTube Surfy66 channel

Twitter / X account: @Surfy66

If you want to contact me by email, here the addresses:

rachma07@live.fr or contact@jeanmichelgruber.com

Design - Programming - Aesthetics

Jean-Michel Gruber © 2018 - 2025

Partners of the app

Thespot2be is the interactive spot guide for your windsurfing, kitesurfing, wingsurfing and surfing community.

https://thespot2be.com/homegeoloc/0/0

Thespot2be is a collaborative site, made by windsurfing, kitesurfing, wingsurfing and surfing riders for riders. Discover new spots, take advantage of personalized spot recommendations, check the weather forecast, chat with the community and share your sessions.

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Important information regarding the process of purchasing and installing the application

As the procedure is not automated, the response to your purchase always takes place, in principle, within 12 hours maximum, by sending a confirmation email.

If despite everything you have not received a response from me within this period, check that your PayPal address is correct, or that my response has not fallen in your spam box.

Thanks in advance.

Given its complexity, and the number of features offered in this app and, as well as the time required for its development and maintenance, the price of this application is set to

12 USD

Please note that this is a one-time purchase (no subscription, no renewal of purchase , etc).

In other words, your purchase and activation code are valid ... lifetime!

In order to be able to calculate your personal activation code, please send me an additional email which will contain the following information:

your ID number, appearing in the pop-up window each time the application is started (as a valid activation was not entered in the application).

You can also find this identifier by going to the following menu:

« **Tools → Activation Code → ID Number** »

Upon receipt of your email containing this identifier number, I will reply to you by sending another email, which will therefore contain your activation code as well as some other additional information that could be useful.

Trial period / testing the application

Users without a registered license have the possibility to start a session and test the application for a maximum of 20 minutes, each day. During this period, all data and metrics are properly calculated, and will therefore be saved into the FIT file.

Arrived at the end of the 20 minutes, the application will then automatically switch to pause / stop session mode: here, you will always have the possibility to browse all the screens (to see the results on the screen), or to leave the session, either saving it or ignoring it.

The duration of 20 minutes can be combined on the same day: 1 session of 20 minutes, or 2 sessions of 10 minutes, etc.

Entering the activation code

To enter your activation code:

- just launch the Foiling application installed on your watch (list of your apps + **START** key) then, enter its menu (long press on the UP key or swipe left) then go to:

Tools menu → Activation Code → Unlock Code

If the code corresponds to what it should be, a popup window informs you of the success of the operation; otherwise, you are prompted to repeat the operation (perhaps you made a mistake in entered on one of the digits of the code?).

Your identifier number is unique and corresponds only to the application which it has been calculated for, so you will not be able to transfer it to another application, or otherwise.

Despite all the care taken in this application, it could remain some hidden bugs, or possible malfunctions (who knows?). Therefore, thank you to contact me directly by email to inform me rather than posting bad comments on the site, I will then do what is necessary to fix the issue as soon as possible. Thank you in advance.

Please, feel free to enjoy !

Features offered by the application

The first application in the Garmin store for the practice of foil activitieswith or without a wing: surf foiling, pump foiling, downwind, e-foiling.

Six main screens are available:

▪ **screen 1**: main screen (current speed, the number of surfs / laps made since the start of the session, the distance traveled, the temperature, the time in stop / pause mode, or the chrono in walk mode, and the GPS signal quality indicator (green = good, orange = average, red = poor or non-existent), and your heart rate with colored heart rate zones

▪ **screen 2**: screen of the current session (heart rate with colored HR zones, data of the surf / lap in progress, the number of surfs / laps made since the start of the session)

▪ **screen 3** (only for models > 64 Kb of memory): shows the same data as screen 2, but in graphic form, with the addition of the time (in 12/24 hour format) and the current speed (see descriptive image below for further explanation)

▪ **screen 4**: mapping screen (compatible models), with outline of the route of the session -> see below for more detailed explanations

▪ **screen 5**: screen of the best surfing / lap made, on the session and on all sessions combined (alternately)

▪ **statistics screen**: session and global statistics (total number of surfs / laps, total time and distance, average and max speed, average and max HR)

▪ **end of session screens**: displays a summary of the main data obtained during the session

The FIT file stores the following data:
▪ all standard data (distance, speeds, heart rate, calories, etc.) calculated by the watch firmware

— **in the form of laps**:
▪ each surf (Surf Foil activity) or lap (Pump Foiling and E-Foiling activity) with, as recorded data, the time, distance, average and max speed, average and max HR for each surf / lap
▪ for pump foil, e-foiling and downwind foiling activities, a lap is automatically recorded every 1000 meters traveled

— **in the activity summary area**:
▪ duration and distance of the best surf or lap
▪ average and max speed of the best surf or lap
▪ average and max HR of the best surf or lap
▪ best average speeds over 2 and 10 seconds
▪ the number of surfs (Surf foil) or laps (other activities) of the session
▪ number of pumps during the session (Pump Foiling and Downwind activities)
▪ rating of your session (ranking session)

Note:

▪ all the metrics are calculated and saved separately for each kind of activities offered by the app. That means that if you change activities within the app, you will get and collect different data on the screen
▪ foiling-type activities do not yet exist in the nomenclature of FIT activities, so it is impossible to record a Pump Foiling-type activity, for example. Thus, each session will therefore be recorded as a surfing type activity (closest type of activity), the label of the activity, on the other hand, will correspond to the type of activity selected. The day these types of activities will be included in the FIT nomenclature (if they ever are), I will modify the type of activity accordingly

Note regarding models with semi-octagonal screen (Instinct 2, 2S and Descent G1:
due to their lower amount of memory, and their monochrome screen truncated by the physical circle, the application has the following differences compared to other models:
▪ no display of weather forecasts (but they nevertheless exist in the application when retrieving weather data)
▪ no display of global statistics
▪ no ability to assign scores/stats
▪ no second end of session screen

Apart from these differences, all the other functionalities are strictly identical to the other models.

Despite all the care taken with this application, and depending on the technical changes made to the development SDK by Garmin, as well as possible malfunctions linked to the firmware of each model (bugs introduced by Garmin, installation of beta versions on your watch, etc.), the application may not behave as expected. Consequently, rather than publishing bad comments on the site, please contact me directly by e-mail to inform me of the problem, and I'll do what's necessary to rectify it as soon as possible.

Thank you in advance.

If you have a Strava account (linked to your Garmin account), all of the compatible FIT data will also be automatically transfered to it.

— ***Note***

all the options set in the menu are permanently saved into the watch so, no need to configure them each time you launch the application.

Watch models compatible with the application

Rather than listing all the watch models for which the application is compatible (it would be far too long!), I'm going to indicate the non-compatible models here instead, so if your model doesn't appear in the list below, it means that your watch is indeed compatible with this application:

The download of the applicaion is available on the Garmin Connect site, here: https://apps.garmin.com/apps/b17df344-c1b8-4162-8e2d-844bce12cfb1

Once the application is installed on the watch, you can see the release informations by going to the "**Tools → App Version**" menu.

Non compatible models
Approach S60
Tous les compteurs vélo (série Edge)
Forerunner 55
Forerunner 920XT
Tous les GPSMAP
Instinct Crossover
Montana / Oregon / Rino 7 Series
Vivoactive
Vivoactive HR

Procedures

Entering the activation code

For all watch models, the activation code is entered directly from the application menu:

launch the app from your watch (select it in the apps list then press the **START** key), you enter the main screen of the app then, long press to the **UP** key (or swipe left on touchscreen devices) then go to "**Tools → Activation Code → Unlock Code**"

When your activation code is not already set and saved into the app, you will find, within this menu, your ID number instead.

When starting / launching the application

You will be greeted with a welcome popup screen which, depending on whether you are female or male, will match with a custom image according to. This screen, which will be displayed during about 5 seconds, also shows you the current version number of the application, which allows you to see, at a glance, whether it is up to date or not.

Preparing and using the app

▪ launch the application, like any other application

▪ first, you should set the application to your needs (background color, units, etc.). To do this, enter the application menu (long press the **UP** button) and select the parameters at your convenience. All the choices made in the menu are permanently stored on the watch so there is no need to re-enter them each time the application is launched

▪ in you select the Surf Foiling activity, the application offers you two surf detection modes, an automatic mode and a manual mode (these two modes are not used by the Pump Foiling, E-Foiling and Downwind foil activities):

— automatic mode → as its name suggests, this mode allows the automatic detection of each surf performed. Note that in this mode, you will not have access to the weather web service since useless here. This mode is currently only available for models with at least 124 KB of useful memory for applications

— manual mode → this mode allows you to manually define a surf detection, by entering the minimum speed from which a surf will be detected (entry in the menu - press the **UP** key - then, "**Surf Speed**". You then have the choice between 2 options:
▪ either enter the speed value directly ("**Set Surf Speed**" menu) in the currently selected unit (km/h or knots), because you already know it or easily estimate it
▪ either by calculating the wave periodicity ("**Set Wave Period**" menu). It's very simple: watch the waves and count the number of seconds between each wave (for example, take a landmark for the first wave, and count the number of seconds between the arrival of the next wave at this same landmark). Enter the calculated value, in seconds, using the selector and confirm. The application will then automatically deduce the speed of the waves

— in the 2 modes → you will finally have to determine a threshold duration from which a surf will be detected as is by the application. Depending on the spot where you practice, the waves can be higher or lower, last longer or shorter therefore, some waves will be able to generate surf of 6-7 seconds, others with a duration greater than 20-30 seconds . So not all spots are equal. This trigger duration allows you to adapt this threshold according to the spot conditions. Note that on models with only 64 KB of useful memory, this threshold cannot be modified by the user, it is therefore fixed hard, by default at 6 seconds.
Usefulness of this threshold: avoid counting false positives (start of surf interrupted by the surfer, fall just after the start, etc.). To access this option, it's here, in the "**Surf Detection → Trigger Point**" menu

▪ once all the parameters are fixed (activity, detection mode, surfing speed, trigger duration threshold, etc.), you can exit the menu to return to one of the application screens

▪ depending the selected activity:
— surf foiling: point the north of your watch facing the waves to recover their course in degrees (at the top right of the main screen, you have a red area indicating the current course);

this setting will allow you to determine and record all of your surfs for each surfed wave). You will notice that the value indicates a heading increased by 180 ° compared to in front of you, in fact, the waves going towards you, they follow an opposite heading by 180 ° compared to in front of you

— pump, e-foiling and downwind foil: the heading of the waves is not used here so the axis of the waves displayed in the small rectangle at the top right is replaced by the display of the "Loc." label. Before the start of the session, the rectangle is red (no starting position has been retrieved), and when starting the session, the position is retrieved, the rectangle turns green

— for the Surf foiling activity, the surfs are calculated and retrieved automatically, nothing else to do! Each surf is saved as a new lap in the FIT file

▪ for Pump foiling, E-foiling and Downwind foil activities, the laps are managed either manually or automatically. The option corresponding to this choice can be found in the "**Options → Auto-Lap**" menu: disabled = manual mode, enabled = automatic mode

— manual mode: when the session is active, pressing the **BACK/LAP** key automatically adds a new lap in the FIT file

— automatic mode:

▪ you can set a threshold speed that determines the end of a lap. If your speed drops below this threshold, the lap will be interrupted, but you'll still be able to swim back to your starting point without this "trip" being counted as part of the lap. In other words, a lap will only include your journey on the board! By default, this value is set at 5 km/h (or 3.10 mph). This option can be found in the "**Options → Speed Threshold**" menu

▪ when the session is active, the recording of a new lap is automatically triggered each time your speed drops below 0.3 m/s, it is considered here that you have stopped; when you pick up speed, the calculations for the next lap start over from zero, and so on. You still have the possibility of adding a lap manually in this automatic mode, by pressing the **BACK/LAP** button. Every 1000 meters run, a lap is automatically added to the FIT file

▪ in the Pump foil and Downwind foil activities, an automatic count of the number of laps is made each time you complete a lap and return to your starting point (within a radius of 5 meters), without having stopped in the meantime. This data is displayed on the "Best Lap" screen, "# cont. laps" ie, number of continuous laps. This data is also saved in the FIT file of the session, in the summary area of your session

Note: when a new lap has just been automatically recorded (speed < 0.3 m/s), pressing again the **BACK/LAP** button will have no effect, to avoid recording a useless duplicate (lap with no data) ; your speed must go back above 0.3 m/s for the **BACK/LAP** button to become operational again

▪ in the Pump foil and Downwind foil activities, the number of pumpings is counted. This new feature, still in the testing phase, is only present on models with at least 124 KB of user memory. For that reason the result obtained may not yet be consistent or reliable with respect to what it should. As the tests are carried out in real conditions, this data will be improved and optimized. If the selected activity is Surf foiling or e-foiling, the display "n/a" replaces the value

▪ to start a session, just press the **START** key the watch

▪ scrolling between screens is achieved by just pressing the **UP** or **DOWN** key. When the wide screen is displayed, **UP** and **DOWN** keys change the type of data displayed on the top and bottom fields

▪ you can pause the session by pressing the **START** key then "**Pause**" menu, and resume recording with a second press on the same key then, "Resume » menu (pause = orange dots, active = green dots, stop = red dots)

▪ to end the session, you press the **START** key, a menu appears, proposing you to either reject or save the session. Then, a summary screen will be proposed to you, summarizing the main data of the session

▪ to quit the application in stop mode (when no session has been started), click on the **LAP** button, not on the **START** button

▪ when the application is in stop or pause mode on the main screen, or if you're on the minimalist screen in session mode, you can choose to display the current time, the session timer, or an alternation between the two. This option is located in the application's "**Options → Main Screen**" menu.

How to set and use weather web service

First of all, I should point out that this functionality is only available on models with 1024 KB of useful memory for applications, that is to say, applications with mapping and / or music options.

First, go to the website offered by the application (currently only one):
StormGlass
the link directly brings you to the presentation page of the proposed formulas, the free version is on the left, click on the "Sign Up" button, enter the requested information. Once your account is created, you will be able to access the dashboard, which will then give you access to your **API** key.

Remember to keep this API key, because it can also be used in the future, in case you have to re-enter it in the application following a replacement of your watch, for example.

Your key received, you will then enter it in the application settings, in the field corresponding to the site you have selected. To do this, connect your watch with your smartphone and open Garmin Connect (or a computer with Garmin Express). Select the Foiling application from the list of your applications, and open the settings: four fields appear at the top of the page. Copy and paste your API key in the corresponding field and confirm your entry. There it's done, the API key is automatically transferred to the Foiling app.

Note that yours keys are automatically saved on your watch, in the permanent settings of the application, so you will not have to re-enter them, unless you change your watch.

– Note

if the API key has been saved in the field of the settings file, but you can't see the corresponding menu in the web service menu of the application, please proceed as follow:
▪ activate the bluetooth mode of the watch and connect it with your smartphone then, launch the Garmin Connect application

▪ launch the Foiling app on the watch, and stay on the main screen

▪ on your smartphone, in Garmin Connect, go to the list of the applications installed on the watch, select the Foiling application and open the settings tab

▪ the API key(s) should appear; otherwise, re-enter it (them) and save the modifications

▪ this time, the API keys must have been sent to the application on the watch

Finally, to be able to use this function, and thus recover the wind data automatically in the application:

1 - put your watch in connectivity mode (bluetooth activated)

2 - launch Garmin Connect on your smartphone

3 - launch the Foiling application from your watch

4 - the phone connection notification icon (top right of the main screen) should light up in blue

5 - enter the main menu of the application, and go to the « **Get Swell Data** » menu

6 - press the START key to connect to the web service and collect weather data. That's it, it's done, the wind speed + wind direction / axis data are now integrated into the application, you should see them displayed on the main screen, in the same way as if you had performed this function manually (like in the past). After a few seconds, a menu opens, offering you whether or not to display the 6 o'clock forecast

7 - finally, if you wish, don't forget to deactivate the bluetooth mode on the watch in order to avoid additional battery consumption

The request collects all the infos displayed on the pic below, and all the necessary data of the app are automatically calculated regarding this request so, everything is automatic. You just need to continue to point your watch towards the waves just when you start your session, like before.

Result of the request →

8-hour weather forecast

From version 1.90 of the application, it manages weather forecasts for a period of up to 8 hours. If you use the following weather web service **StormGlass**, you will automatically obtain the weather forecast for the next upcoming 8 hours.

These forecasts are stored directly on the watch disk when they are collected, to be used then, hour by hour, during the session.
This therefore means that, during the course of your session, the weather data such as the air temperature, the wind axis, and its speed will be automatically updated, hour by hour, and in a completely transparent manner, at each change of plain hour (2 p.m. - 3 p.m. - 4 p.m. - etc); so you don't have to do anything other than retrieve the forecast before you start your session, that's it, then the app does the rest!
This new feature is very useful because the change in weather data (wind axis and speed) will have a direct influence on a large number of calculations performed by the application (efficiency of your navigation in relation to the wind axis , etc), and the resulting results, hour after hour, will be automatically reflected within the application.

Whereas previously, when you entered or retrieved weather data manually or through a weather web service, this data did not change during the session, even though the weather conditions could change during the session, that is often the case!
This adds a little more precision and reliability to all calculations performed by the application.

The forecasts stored by the application are checked every 30 minutes, in order to not have any one hour delay.
For example, if you retrieve the weather data at 2:10 pm, the next check will take place at 2:40 pm, no change since it is not 3:00 pm, next check at 3:10 pm and there, any possible change in the weather data, and so on until the eighth hour stored.
If you retrieve the weather data at 2:45 pm, the next check will take place at 3:15 pm and therefore, the weather data may be updated since the time is no longer the same (we went from 2 to 3 pm).

Even better: let's imagine that during the day, you ended your morning session to take a little lunch break, for example. Two hours later, you relaunch the app for your new afternoon session, so two hours have passed in between. Well, at the time of this second launch, the data will be automatically updated according to the new time.

On the other hand, if this second launch takes place beyond the 8 hours of the stored forecasts (for example, you end the first session at 10 am, and you restart the second at 7 pm), you will only retrieve the last data. known at 10 am. If you want to be up to date, you will therefore have to update this data again by reconnecting to the weather web service in order to retrieve the updated data.

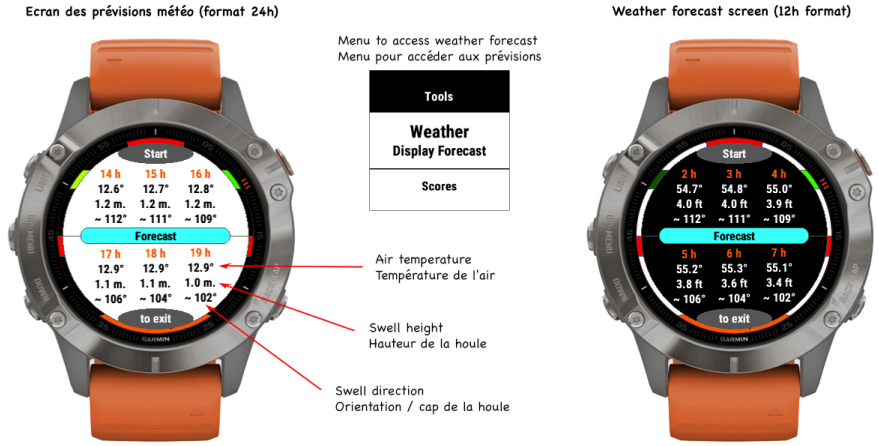
Finally, if after having retrieved the weather forecasts you subsequently update the weather data manually, the forecasts file will be instantly deleted from the watch disk, then you will lose all the forecasts stored for the upcoming hours (considering that if there has been a manual modification a posteriori, this probably means that the forecasts were not reliable or stable in relation to the real conditions on the spot). So, if you want to find these forecasts, you will need to collect new data again.

– Note

▪ forecasts are retrieved over a maximum period of 8 hours so, if you start your session at 1 pm for example, the application will have access to forecasts until 8 pm (the eighth hour is also included)

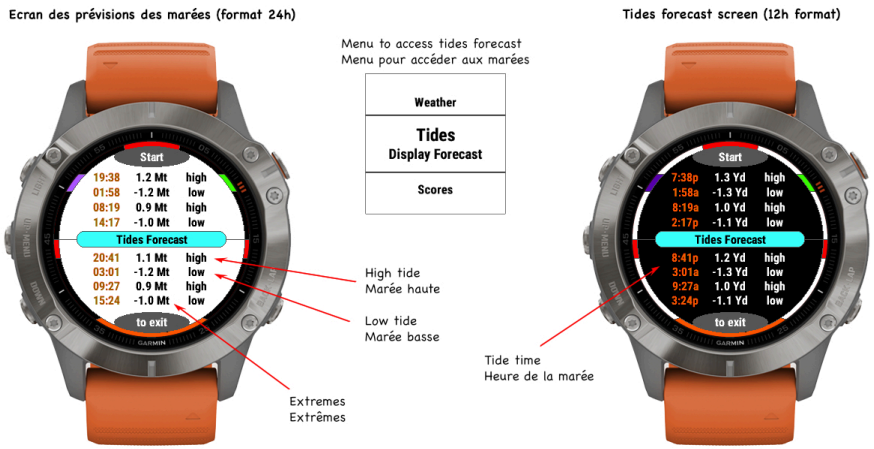
▪ forecasts are blocked by default from 10 pm, since no rider is supposed to sail… at night. So if you start your session at 4 pm for example, you will only get the forecast for the next 6 hours

▪ you can see how this weather forecasts feature works, and its repercussions within the app, by viewing the following video:
https://youtu.be/dQ2KTxEUGq0
This video shows the Surfing application (which uses swell data from the StormGlass site), but it works exactly the same way for my other applications using this type of data.



Tides forecast up to 48 hours

When you collect automatic weather data as explained just above, you also get automatically the tide forecasts, up to 48 hours.
If there are available, you can view the tide forecasts by entering the "**Tools → Tides - Display Forecast**" menu.



Adding a new lap

▪ Surf foil activity → a lap is created and saved each time a new surf is made and counted by the application

▪ Pump foil, E-foil and Downwind foil activities → the counting of new laps is partly managed via the "**Auto-Lap**" option in the « **Options** » menu

— disabled mode → adding a new lap is managed manually by pressing the **BACK/LAP** key (or swiping to the right on the screen)

— enabled mode → each time your speed drops below 1 km/h, the application will automatically record a new lap, the application then considers that you are stationary. When you resume speed, and it exceeds 1 km/h, the calculations for the next lap resume, until the next stop, and so on. However, you still have the option of adding a new lap manually, by pressing the **BACK/LAP** key (or swiping to the right on the screen). However, when a lap has just been recorded automatically (speed < 1 km/h), pressing the **BACK/LAP** key will produce no effect, in order to avoid recording a duplicate lap with no given. You must go above 1 km/h to reactivate pressing the **BACK/LAP** key

— in both cases → a new lap will always be added automatically each time the distance covered reaches 1000 meters

Each new lap recording triggers the popup below, to let you know that the new lap has been taken into account.

On the wide screen display

Each time a new lap is recorded (whether manually or automatically), the wide screen displays the 4 metrics of the lap just completed, until a new lap is started again (pump foiling), or for a period of approximately 7 seconds (E-Foiling, Downwind).

Low battery indicator

During the session, when the battery level reaches 5% or less, the background color of all the screens of the application changes to garnet red, telling you that you only have a few minutes of battery life left, depending your device model...

Scores Menu

Access to score management is via the "**Tools → Scores**" menu.

View the global statistics

Ecran des statistiques globales / Global statistics screen

Ecrans graphiques des 8 dernières sessions / Graphical screens of the last 8 sessions

Reset data / scores

You have the option to reset two types of data:

- only the best scores: your records, better performances. This data is displayed on the "Best Surf" screen
- all values: the best scores + all the data recorded over all your sessions ("Stat" screen)

Note that the reset is an irreversible function, all data will be lost after this action!

Assign values / scores

This feature allows you to manually assign a value to the data displayed on the "Stats" screen. This can be useful for example in the case of a replacement / change of your watch, and you do not want to loose all your global statistics. The data entry follows the same order as the data displayed on the "Stats" screen, to simplify your input.

Minimalist / Wide Screen

This screen presents the essentials and the minimum information, with an extended font (time, chrono, current speed, and colored arches - see the meaning of these arcs on the descriptive image below). This screen is easily readable during navigation, especially for riders with a visual weakness and who can not wear their glasses in navigation.

What you can choose to display on this screen:

▪ **top**: time / current speed / average speed / max speed (orange) / no. of surfs or laps / heart rate / distance / dist. current lap / last lap dist. / lap avg dist. / lap max dist.

▪ **in the center**: hour / chrono / alternate

▪ **below**: time / current speed / average speed / max speed (orange) / no. of surfs or laps / heart rate / distance / dist. current lap / last lap dist. / lap avg dist. / lap max dist.

This screen is activated in the "**Wide Screen → Display** (Disabled / Enabled)" application menu.

When it is activated, it is displayed when the session is started and therefore active. When you put the session in pause mode, this screen disappears to make room for all other screens, so you can, for example, see your performance / detailed information when you pause. When you restart your session, the minimalist screen reappears again.

When this screen is selected and displayed:

▪ pressing the **UP** key changes the data displayed in the top field according to the selection you made in the **Wide Screen - Top Field** menu. On watches with a touch screen, a long press on the top area produces the same effect

▪ pressing the **DOWN** key changes the data displayed in the bottom field according to the selection you made in the **Wide Screen - Bottom Field** menu. On watches with a touch screen, a long press on the bottom area produces the same effect

You can also scroll through the data you've selected automatically, without having to press the UP and DOWN keys or the touchscreen. Each data item remains on the screen for around 3 seconds, then moves on to the next, and so on. You can select automatic scrolling independently for the upper or lower field, or both.

Note that when automatic scrolling is activated, you always retain control over manual scrolling by pressing the keys or touchscreen.

This automatic scrolling option can be activated or deactivated via the menu "**Wide Screen → Auto Scroll Up**" for the upper field, or "**Wide Screen → Auto Scroll Down**" for the lower field.

GPS constellations

Due to hardware limitations imposed by Garmin on the firmware of their various watch models, this feature is only compatible with models that can support a version equal to or higher than SDK **3.2.x**.

If you find that your GPS track is not accurate enough, you can modify, directly into the application, the GPS constellation used by the application. You will have the choice between several constellations, only those which are compatible with your specific watch model, and available on it at a given moment. This option is activated by the menu "**Options → Constellation**", and thus avoids you having to do it outside the application, before its launch! Simpler, and faster than ever.

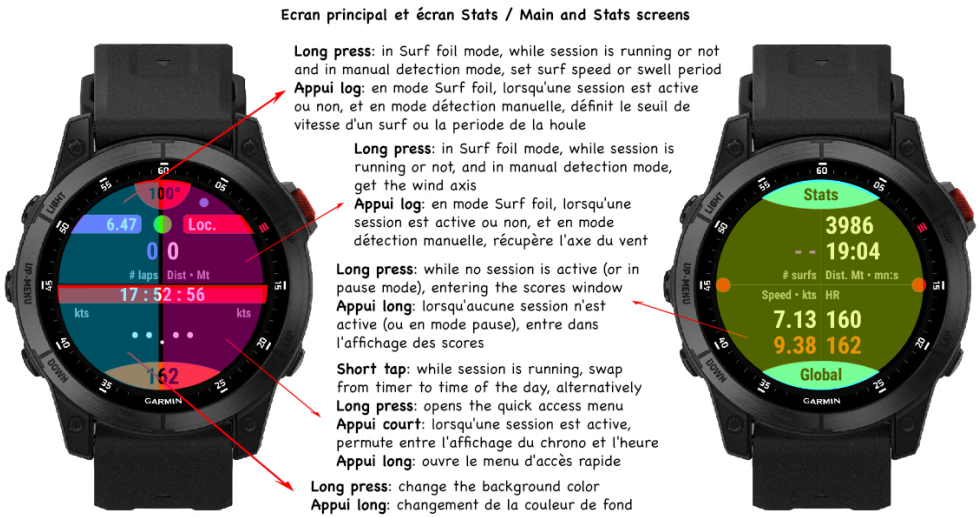
– Note

as Garmin updates your watch's firmware, the number and type of these constellations may vary in the future so, check the list in the corresponding menu from time to time.

Features specific to touch screens

On the majority of models with a touch screen (some older models are not compatible with this feature), you can directly access certain common functions via two types of screen shortcuts:

- a short press (just tap on screen) on a delimited area of the screen
- a long press, either on a delimited area, or anywhere on screen



Quick access menu

On models with a compatible touch screen, and compatible with SDK version **3.4.0** minimum, a long press on the lower right area of the screen opens a quick access menu to certain functions, thus saving you from having to navigate the main menu and its sub-menus to access these functions. However, this function can only be used in stop or pause mode, to prevent this menu from being triggered during a session.

On compatible non-touchscreen models, access to this quick menu is via a long press on the **BACK/LAP** button.

Screens specific to Instinct 2, 2S and Descent G1 models

Ecran principal / Main screen

Temperature (internal or weather web service
Température (interne ou site météo)

#surfs/laps of the session
#surfs/tours sur la session

Surf speed threshold, or Loc. Ok
Seuil de vitesse de déclenchement d'un surf, ou Loc. Ok

Deuxième écran / Second screen

Surf foil activity: number of surfs of the session
Other activities: best 2 and 10s. average speed
Activité Surf foil: nb de surfs sur la session
Autres activités: meilleures vitesses moyennes sur 2 et 10 secondes

Heart rate
Fréquence cardiaque

Best Surf-Lap and Stats Screens (Session and Global) / Ecran du Meilleur Surf-Tour et Ecran Stats (Session et Global)

Best surf/lap data (session and global)
Données du meilleur surf/tour (session et global)

Distance + Time of the best surf/lap (session and global)

Distance + Temps du meilleur surf/tour (session et global)

Avg + max speed of the best surf/lap (session and global)
Vitesse moyenne et max du meilleur surf/tour (session et global)

Avg + max HR of the best surf/lap (session and global)
FC moyenne et max du meilleur surf/tour (session et global)

Total distance + time (session and global)

Distance + Temps total (session et global)

Avg + max speed (session and global)
Vitesse moyenne et max (session et global)

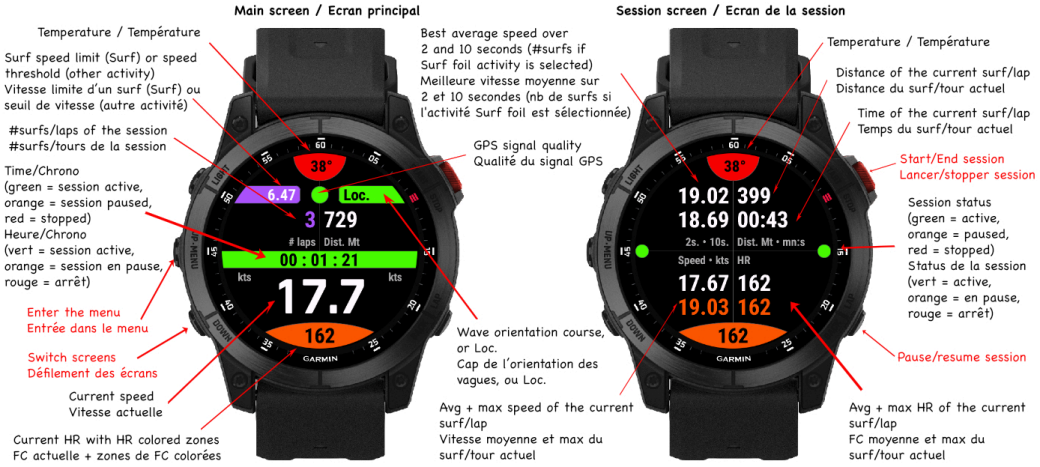
Best average speeds over 2 and 10 seconds
Meilleures vitesses moyennes sur 2 et 10 secondes

Avg + max HR (session and global)
FC moyenne et max (session et global)

Descriptive images / Screens of the application

Obtaining the bearing of the waves

First and second screens



Third screen (graphical screen)

Mapping screen (compatible models)

Best surf / Lap screen

Best Surf-Lap Screen (Session and Global) / Ecran du Meilleur Surf-Tour (Session et Global)

Stats screen

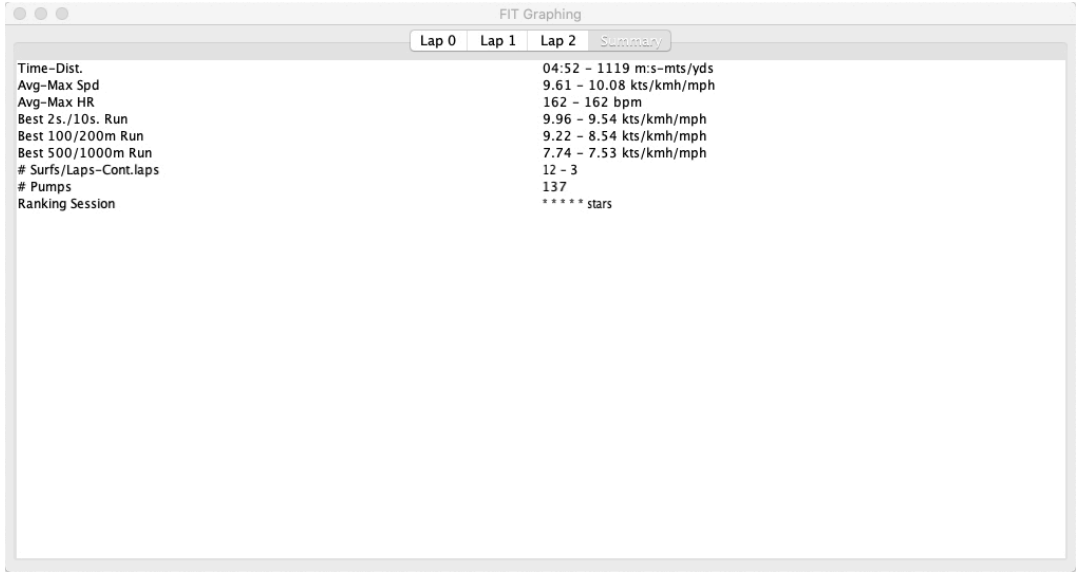
Stats Screen (Session and Global) / Ecran Statistiques (Session et Global)

End-of-session screens

First end of session screen / Premier écran de fin de session

Second end of session screen / Second écran de fin de session

Data saved into the FIT file



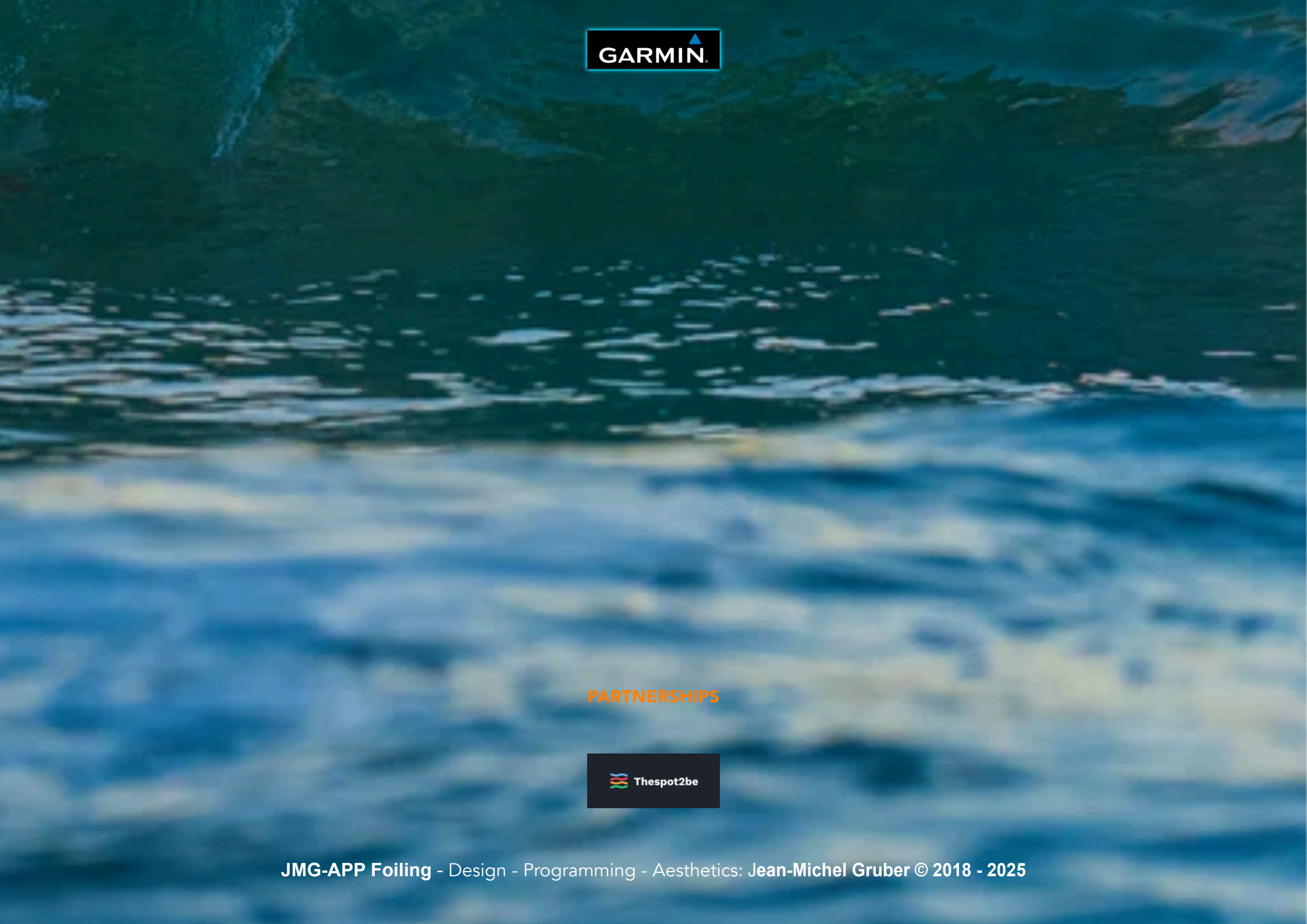
List of all the menus of the app

Get Swell Data	
	If an API key for the StormGlass weather web service is registered in the application settings file, this menu allows you to collect weather data from the spot.
Activity	
	This menu allows you to choose the type of activity you want to practice for your sessions. You can choose between surf-foiling, pump-foiling, E-Foiling and Downwind.
Surf Detection	
Auto Mode Disabled / Enabled	Allows you to launch a session and let the application manage the surf detection parameters itself (enabled) or, in manual mode (disabled), the user manages the parameters according to spot conditions.
Swell Direction Get Axis	This menu allows you to activate (or deactivate) the wave riding function by recovering the orientation axis of the swell, and to adjust the minimum duration for recording a surf
Surf Speed Set to 6.47 kts	Threshold speed at which a surf is considered as such, and therefore counted and recorded in the FIT file.
Swell Period Set to 4 s.	Duration between each wave: this data is used by the application to calculate swell height.
Trigger Point Set to 7 s.	Minimum duration of a surf for it to be considered as such and then counted and recorded in the FIT file.

Wide Screen	
Display Disabled / Enabled	Enable or disable minimalist screen display
Time Delay Disabled / Enabled	Adds or deletes a display delay when the session is paused. When paused, the minimalist screen remains displayed for a few seconds, before fading out.
Auto Scroll Up Disabled / Enabled	Automatic scrolling of data assigned to the top field
Auto Scroll Down Disabled / Enabled	Automatic scrolling of data assigned to the bottom field
Top Field 2 Selected / 11	Select the data you wish to display in the upper field
Center Field Chrono	Select the data you wish to display in the central field: stopwatch, time, or alternating mode.
Bottom Field 3 Selected / 11	Select the data you wish to display in the lower field

Options	
Back Color Black / White	Allows you to choose the background color, black or white
Main Screen Chrono	Data you wish to see displayed on the application's main screen, in the colored banner at the center of the screen. You can choose between the stopwatch, the hour, or an alternation between the two.
Speed Display Current Speed	Type of speed value you wish to display on screens where speed is shown. You can choose between current speed, average speed and maximum speed.
Speed Threshold set to 2.7 kts	Minimum speed at which the application will count and record your runs (not used for surf-foiling)
Auto-Lap Disabled / Enabled	Option to automatically add a lap after each flight; otherwise, you have to do it manually, by pressing the **BACK/LAP** button.
Mapping Disabled / Enabled	Displays (Enabled) or does not display (Disabled) the map screen, on models with map support
Constellation GPS only	Type of GPS constellation you wish to use
Temperature Internal / Web Service	The temperature displayed comes from the watch sensor (Internal) or the web weather service (Web Service).
Units	Choice of units used in the application

Tools	
Weather Display Forecast	Allows you to display the spot's weather info popup screen (weather data must first be retrieved, otherwise this menu remains inactive).
Tides Display Forecast	Allows you to display the spot's tide info popup screen (weather data must first be retrieved, otherwise this menu remains inactive).
Scores - View Global Statistics	Display several screens of statistical data on all your sessions
Scores **Reset Scores**	Allows you to reset your scores and statistical data
Scores **Assign Scores**	If you reinstall the application, this will prevent you from losing your previous statistics by re-entering them using this menu. To do this, be sure to copy these values regularly, so as to keep a regular record of them.
Sunset Flash Disabled / Enabled	At dusk, automatically turns on your watch's flashlight (for models so equipped).
Activation Code	Displays the application's ID number and allows you to enter your activation code. Once this has been entered and is valid, it cannot be changed.
App Version	Displays the app's version number and the date it was released to the Garmin store. This lets you know if your app is up to date with its latest version or not.



JMG-APP Foiling - Design - Programming - Aesthetics: **Jean-Michel Gruber © 2018 - 2025**