

# Surfing-Paddling



GARMIN APPLICATION



# User manual

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### Always want to stay informed ?

**Surfing-Paddling** application webpage:  
<https://www.jeanmichelgruber.com/surfing-eng.html>

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

YouTube channel:  **YouTube** [Surfy66 channel](#)

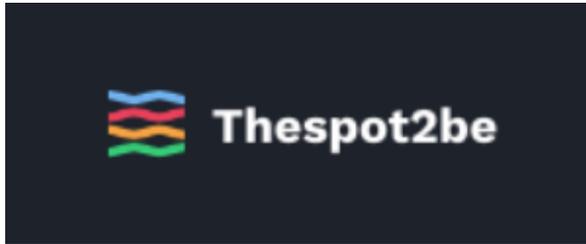
Twitter / X account:  [@Surfy66](#)

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Design - Programming - Aesthetics

**Jean-Michel Gruber © 2018 - 2025**



**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, the considerable number of features added over the past few years and therefore the time devoted to its development, the price of this application is now 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 Surfing 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.

My warmest thanks to Giuseppe for all the tests he has done in the Neapolitan Sea, his valuable advice on kitesurfing as well as his wise and relevant suggestions, as well as Stijn for the few tests done in Spain. Thanks to them.

**Please, feel free to enjoy !**

## Features offered by the application

The first and most complete application of the Garmin store for surfing open sea and river), and paddle-surfing, available.

Seven screens are available:

- **screen 1:** main screen (temperature, current speed, the number of left and right surfs made since the beginning of the session, the elapsed distance, the time in stop / pause mode, or the chrono in running mode, and the indicator GPS signal quality (green = good, orange = medium, red = poor or nonexistent), and your current HR with colored HR zones)
- **screen 2:** screen of the current session (temperature, heart rate with colored HR zones, the last three data of the last surf realized, in white (time - distance - speed), and the three data of the best surf realized during the session, in orange (time - distance - speed))
- **screen 3** (only for high memory devices): uses the same data as the second screen, but in graphical form, with the addition of the time (in 12/24 hour format) and the current speed (see the descriptive image below for more explanations)
- **screen 4** (only for high memory devices): "Ideal Spot" geolocation screen. This screen allows you to record your GPS position on the water at any time, and return to it using a heading and distance indication (see explanations below)
- **screen 5:** mapping screen (compatible models) with the track of your session and the visualisation of the "Perfect Spot" -> please see below for more explanations
- **screen 6:** screen of the best surf realized with, the best time, the longest distance traveled, and the best time, compared to the best surf over all the sessions
- **statistical screen:** the total number of surfing, the total distance, the surfing and swimming times, all sessions combined, in value and represented on a ratio gauge (surf time in purple and swimming time in pink)
- **end session screen:** displays a summary of the main data obtained during the session

The following data are recorded in the FIT file:

— **in graphic form:**

- speed, in km / h or knots (Garmin default data)
- altitude (Garmin default data)
- calorie expenditure during the session (Garmin default data)
- the speed of each surf, visible on the timeline (blue graph)
- the distance of each surf, visible on the timeline (green graph)
- the duration of each surf, visible on the timeline (purple graph)

— **as laps:**

- each surf done with, as recorded data, its duration, the surf distance and the average surf speed

— **in the activity summary area:**

- the number of surfs on the right and left sides of the session
- the number of aerials made during the session
- the total surfing time of the session
- the total swimming / paddling time of the session
- the best surf time of the session
- longest surfing distance of the session
- the best surf speed of the session
- the rating of your session

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 transferred 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 application is available on the Garmin Connect site, here: <https://apps.garmin.com/apps/fe4c88ea-e34b-408d-b712-75502c1a938e>

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
- the application offers you two surf detection modes, an automatic mode and a manual mode:
  - **automatic** mode → as its name suggests, this mode allows the automatic detection of each surf performed (introduced in version 1.55 therefore, in beta-test for the moment, in order to see if it works well as expected - normally, it should). 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 (if it proves its efficacy, I will add it by default for devices with 64 KB)
  - **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. Also here, if you have entered an API key for the weather web service, the service menu is offered to you, and the speed will be automatically calculated using the data collected by the request. Finally, if you use the request on the weather web service, you have the possibility to display the temperature of the collected data (and not only the temperature from the internal sensor): to do it, go to "**Options → Temperature** (Internal / Web Service) » menu
  - **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 (detection mode, surfing speed, trigger duration threshold, etc.), you can exit the menu to return to one of the application screens
- 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 your surfs right or left side 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 therefore follow an opposite course of 180° in relation to your watch, facing the waves
- finally, launch the application by pressing the **START** key (the red zone of the waves course becomes green)

Note regarding the wave axis recovery (new behavior introduced from version 2.61 of February 12, 2023):  
wave heading retrieval works differently depending on whether you have retrieved weather data or not.

- no weather data in the application → at the start of each new session, whether on the same spot or on a different spot (several sessions on the same day), pressing the **START** button to launch the session, systematically retrieves the axis of the waves, thereby considering that the orientation of the waves may have varied in the meantime (especially in the event of a change of spot on the same day). This is true for both surf detection modes, manual and automatic modes
- weather data is present within the application -> the orientation of the waves comes from the weather data and remains stored for a period of 8 hours therefore, pressing the button will not recover the axis of the waves (this operation does not change previous versions)

If a new session is launched during the day, whether on the same spot or on a different spot, you will therefore have to retrieve new weather data, or manually retrieve the new axis of the waves, in manual mode (menu "**Surf Detection** → **Swell Direction - Get Axis**", or long press on the upper right area of the main screen)

- 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.

**Swell Period**

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**Automatic Swell Data**

---

**Trigger Point**

Result of the request →



## 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 Surfing 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 Surfing 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 Surfing 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 Surfing 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 Surfing 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 "**Surf Detection** → **Automatic 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.

## 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

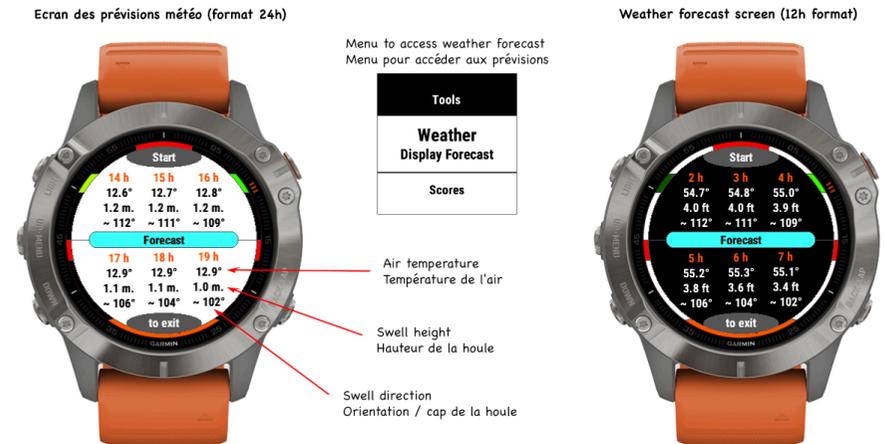
aposteriori, this probably means that the forecasts were not reliable or stable in relation to the real conditions on the spot). So, if you want to find these forecasts, you will need to collect new data again.

### - 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 in action (which uses the swell data from the StormGlass site) but, it works exactly the same way in the Wind-Kite Surfing application, except that instead of the swell data, here the axis and wind speed data are used instead



## 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.

Ecran des prévisions des marées (format 24h)



Menu to access tides forecast  
Menu pour accéder aux marées

|                                   |
|-----------------------------------|
| Weather                           |
| <b>Tides<br/>Display Forecast</b> |
| Scores                            |

High tide  
Marée haute

Low tide  
Marée basse

Extremes  
Extrêmes

Tides forecast screen (12h format)



Tide time  
Heure de la marée

## "Perfect Spot" geolocation screen

This screen allows you to record your GPS position at any time when you are in the water and, when you have surfed a wave and want to come back to this point, you just need to follow the instructions displayed on screen, and there you go!

This can be very useful when, for example, you find an ideal starting point for surfing and you want to be able to come back to it after having drifted hundreds of meters after a surf, for example. With this screen, you will thus have the possibility to easily retrieve this "ideal point".

Operation:

- when you are in the water and want to save a POI, simply press the **LAP/BACK** key of the watch (swipe to the right for watches with a touch screen only). A popup then appears on the screen, associated with a vibration, to indicate that the POI has just been saved. The screen dedicated to the sweet spot management is then activated
- surf the wave, you will then move away from this POI
- to come back to this precise POI, the blue cursor indicates the course towards this point compared to your current position: for example, on the explanatory image below, the course to follow is indicated by the value on the top, and corresponds to the direction almost south from your position (WWS). The bottom value also tells you the distance from this POI
- for users who have no difficulty finding their way in space, they just have to go in the direction indicated (by the value and / or the cursor). For others, place your watch more or less horizontally and orient / turn it around you to match the blue cursor with the black line displayed on the north of the watch. When the two cursors are aligned, you just have to swim straight forward you, so simple!
- the closer you get to the POI and the more the distance value decreases, the colored central circle will remain red up to a distance of 20 meters then, will change thru orange, yellow, light green and dark green, by decrement of 5 meters. So, if you enter within a 5 meter perimeter around this POI, the circle will remain dark green, and you know that you are right on the POI! Cool, right?



A GPS point has just been defined and saved by pressing the **BACK/LAP** button, the sweet spot is saved.



Le curseur bleu indique le cap à prendre pour se diriger vers le sweet spot. La ligne noire, au nord du cadran, sert de point de repère qui, lorsque le curseur sera aligné avec cette ligne, vous indiquera qu'il faut vous diriger droit devant vous.



The blue cursor is aligned with the black line on the north side of the watch, pointing straight ahead towards the sweet spot.

The angle in degrees tells you the course to follow, as well as the distance separating you from the defined GPS point (in meters or yards, depending on the unit you have selected in the option menu).

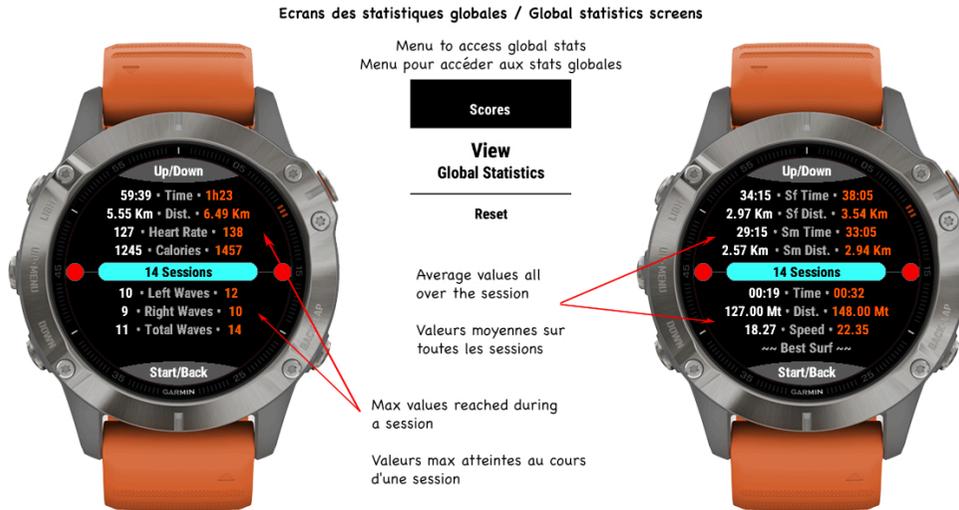
**- Note**

- 1 - this functionality will only work efficiently and precisely depending on the quality of the GPS signal received by the watch and / or the precision or reliability of the sensors inside the watch, of course
- 2 - if you want to see / check how this functionality works, you can test it on the ground, it will work in the same way: start a session as usual, wait for the green dot of GPS signal quality, position yourself at a given point and press the **LAP/BACK** button. Then, move tens of meters and follow the steps / indications explained above to return to the sweet spot
- 3 - if no sweet spot is saved, the dedicated screen will not be displayed in the scrolling of screens, in order to avoid displaying an unnecessary screen in the carousel
- 4 - you can save as many sweet spots as you want by pressing **BACK/LAP** again (or swipe to the right), the coordinates will then be automatically adjusted to this new sweet spot, deleting those of the previous point
- 5 - if a sweet spot is saved, the feature also appears on the "wide screen" screens, as well as the map (for models equipped with it)

## Scores Menu

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

### View the global statistics



### 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 lose 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 surfers 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) / number of surfs / distance to sweet spot / heart rate
- **in the center:** hour / chrono / alternate
- **below:** time / current speed / average speed / max speed (orange) / number of surfs / distance to sweet spot / heart rate

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

Ecran principal et écran Stats / Main and Stats screens

**Long press:** while session is not running, and in manual detection mode, set surf speed or swell period

**Appui long:** lorsque la session n'est pas active, et en mode détection manuelle, définit le seuil de vitesse d'un surf ou la période de la houle

**Short tap:** while session is running, swap from timer/time/alternate

**Long press:** change the background color (only in stop or pause mode)

**Appui court:** lorsqu'une session est active, permute entre chrono/heure/alterné

**Appui long:** changement de la couleur de fond (en mode arrêt ou pause)

**Long press:** while session is not running, and in manual detection mode, get the waves axis

**Appui long:** lorsque la session n'est pas active, et en mode détection manuelle, récupère l'axe des vagues

**Long press:** opens the quick access menu (only in stop or pause mode)

**Appui long:** ouvre le menu d'accès rapide (en mode arrêt ou pause)

**Long press:** while session is not running, opens the scores window

**Appui long:** lorsque la session n'est pas active, ouvre l'affichage des scores

**Long press:** while session is not running, opens the last session window

**Appui long:** lorsque la session n'est pas active, ouvre l'affichage de la dernière session



## 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

Deuxième écran / Second screen

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

Number of left and right surfs of the session  
Nombre de surfs gauches et droites de la session



Surf speed threshold  
Seuil de vitesse de déclenchement d'un surf

Best surf distance + last surf distance  
Surf le plus long + distance dernier surf



Heart rate  
Fréquence cardiaque

Troisième écran / Third screen

Ecran de fin de session / End session screen

When a sweet spot has been saved, angle towards it  
Si un sweet spot a été sauvegardé, angle vers celui-ci



Align the cursor with the thin line, you get the direction to follow towards the sweet spot  
Alignez le curseur avec la ligne, vous obtenez la direction à suivre vers le sweet spot

Number of surfs of the session + Duration of the session  
Nombre de surfs de la session + Durée de la session

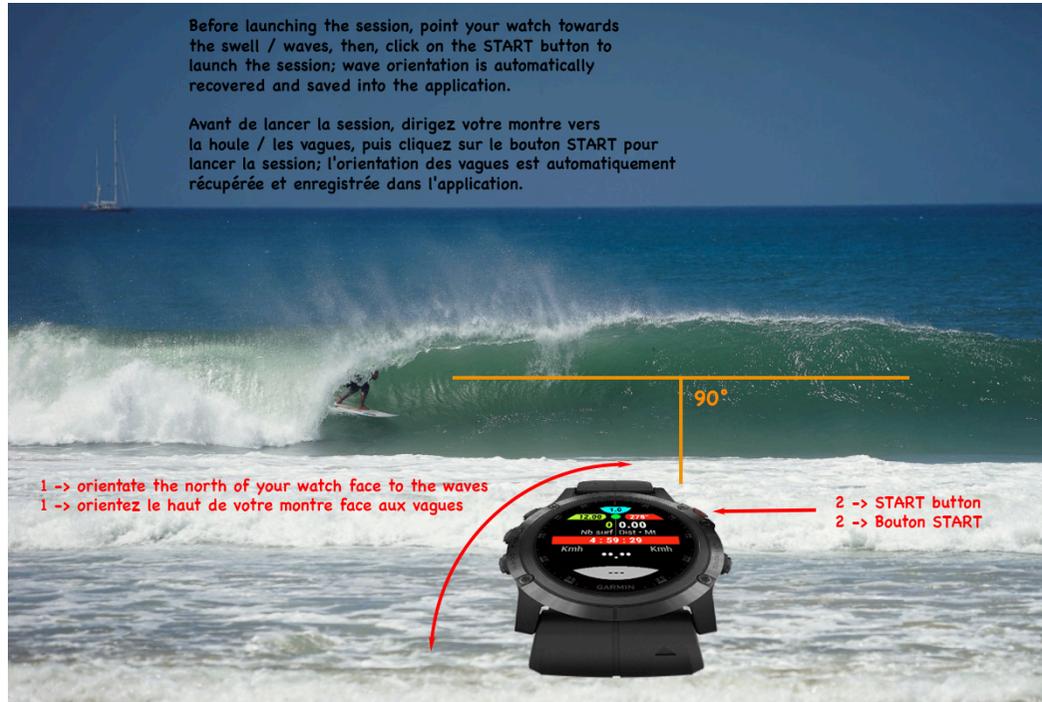


Total distance of the session + Best surf distance  
Distance totale de la session + surf le plus long

Distance from the saved sweet spot  
Distance vous séparant du sweet spot enregistré

## Descriptive images / Screens of the application

### Obtaining the bearing of the waves



### First and second screens



### Third screen (graphical screen)

Graphical screen (third screen) / Ecran graphique (troisième écran)



### Geolocation screen « Perfect or sweet spot »

Geolocation screen - "Perfect Spot" / Ecran de géolocalisation - "Spot Idéal"



## Mapping screen (compatible models)

The color represents the distance that separates you from the sweet spot (from green = near to red = far)

La couleur représente la distance qui vous sépare du sweet spot (de vert = proche, à rouge = éloigné)

Session is running  
La session est active

Distance from the sweet spot  
Distance au sweet spot



Align this cursor with the black centered cursor, you'll get the direction you need to swim to reach the saved sweet spot

Alignez ce curseur avec le curseur noir central, vous obtiendrez la direction vers laquelle il vous faut nager pour rejoindre le sweet spot enregistré

Your current heading while swimming  
Votre direction en nageant

Your location  
Votre position

## Fourth screen and stats screen

Best session surf over best of all surfs / Meilleur surf session sur meilleur

Max number of surfs made during a session

Nb max de surfs réalisés au cours d'une même session

Number of surfs of the session  
Nb de surfs de la session

Best surf data of the current session

Meilleures données d'un surf pour la session actuelle

Duration (red), distance (orange), speed (yellow)

Durée (rouge), distance (orange), vitesse (jaune)



Best surf data (all sessions)  
Meilleures données d'un surf (toutes sessions)

Total Surf time and distance for all the sessions  
Durée et distance totale des périodes de surf pour toutes les sessions

Stats screen / Ecran statistiques

Nb of surfs (all the sessions)  
Nb de surfs (toutes sessions)

Total distance (all the sessions)  
Distance totale (toutes sessions)

Ratio Surf periods (left) over Swim/Paddle periods (right)  
Ratio périodes de surf (à gauche) sur périodes de nage/paddle (à droite)

Total Swim/Paddle time and distance for all the sessions  
Durée et distance totale des périodes de nage/paddle pour toutes les sessions



## End-of-session screens

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

Surf time of the session  
Temps de surf de la session

Swim time of the session  
Temps de nage de la session

Best surf speed  
Vitesse du meilleur surf

Best surf time  
Temps du meilleur surf

Nb of surfs for the session  
Nb de surfs de la session

Total distance (surf + swim)  
Distance totale (surf + nage)

Total distance  
Distance totale

Best surf distance  
Meilleure distance de surf



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

Gauge = nb of surfs left side / nb of total surfs of the session

Jauge = nb de surfs vague gauche par rapport au nb total de surfs sur la session

Nb of surfs left side  
Nb de surf côté gauche

Nb of total surfs for the session

Nb total de surf sur toute la session

Gauge = nb of surfs right side / nb of total surfs of the session

Jauge = nb de surfs vague droite par rapport au nb total de surfs sur la session

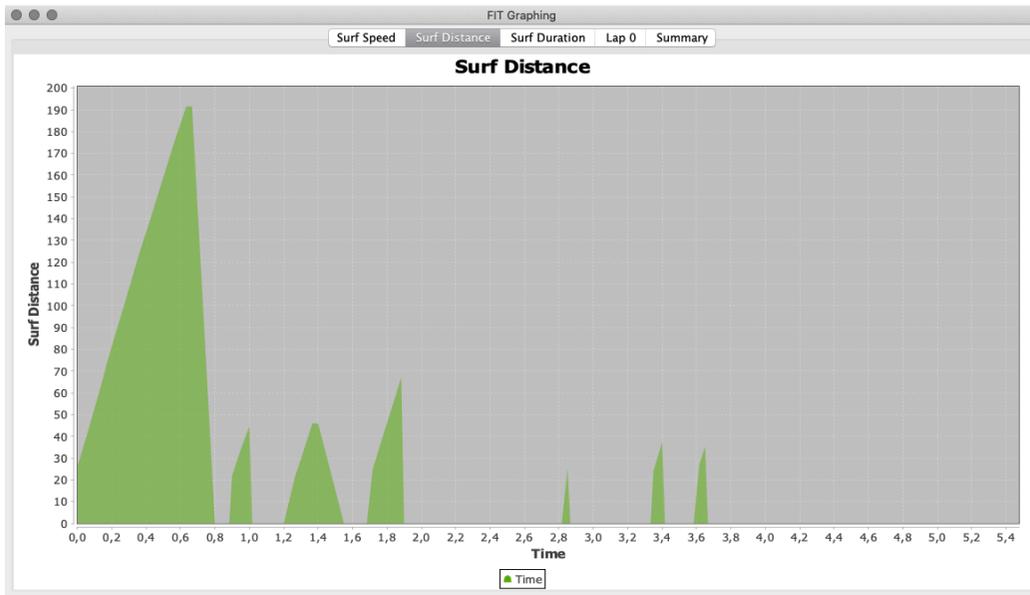
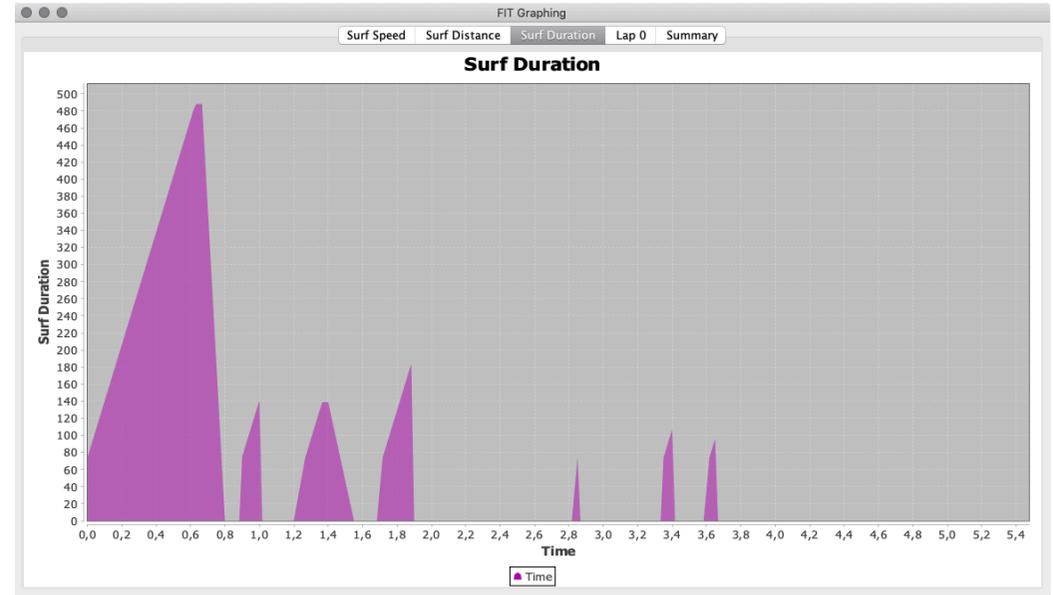
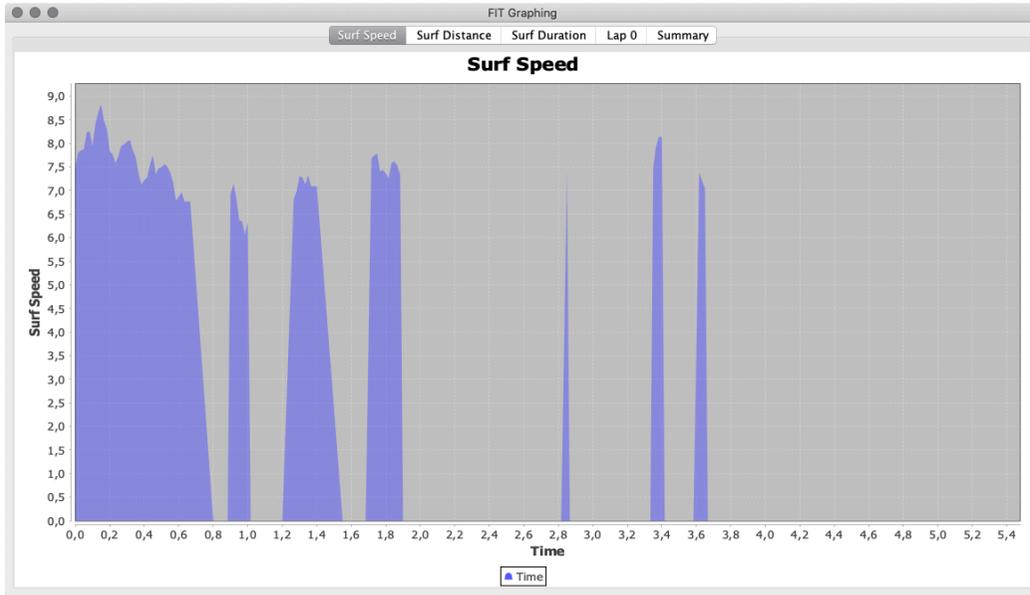
Nb of surfs right side  
Nb de surfs côté droit

Gauge = total surfs of the session over the best nb of surfs reached on a session

Jauge = nb total de surfs de la session par rapport au nb max de surfs réalisés sur une seule session



# Data saved into the FIT file



**Summary**

|                     |                   |
|---------------------|-------------------|
| Surfs Left Side     | 1 surfs           |
| Surfs Right Side    | 0 surfs           |
| Surf Data           | 00:00-0.1 kms/yds |
| Swim/Pad data       | 00:07-1.5 kms/yds |
| Best Surf Time      | 00:19 sec.        |
| Best Surf Distance  | 66,29 mts/yds     |
| Best Avg Surf Speed | 7,16 kts/kmh/mph  |
| Nb of Aerials       | 187 aerials       |
| Ranking Session     | * * * * stars     |

## List of all the menus of the app

| Activity                               |   |
|--|---|
|  | This menu allows you to choose the type of activity you want to practice for your sessions. You can choose between surfing (sea surfing), paddle surfing, and river surfing.                              |
| Surf Detection                         |   |
| <b>Auto Mode</b><br>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. |
| <b>Swell Direction</b><br>Get Axis     | This menu allows you to activate (or deactivate) the <a href="#">wave riding</a> function by recovering the orientation axis of the swell, and to adjust the minimum duration for recording a surf        |
| <b>Surf Speed</b><br>Set to 6.47 kts   | Threshold speed at which a surf is considered as such, and therefore counted and recorded in the FIT file.  |
| <b>Swell Period</b><br>Set to 4 s.     | Duration between each wave: this data is used by the application to calculate swell height.   |
| <b>Automatic</b><br>Swell Data         | If the <a href="#">web weather service</a> is active, this menu automatically collects weather data for the current spot (wave height, etc.).   |
| <b>Trigger Point</b><br>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                                   |  |
|---|--|
| <b>Display</b><br>Disabled / Enabled          | Enable or disable <a href="#">minimalist screen</a> display  |
| <b>Time Delay</b><br>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. |
| <b>Auto Scroll Up</b><br>Disabled / Enabled   | Automatic scrolling of data assigned to the top field  |
| <b>Auto Scroll Down</b><br>Disabled / Enabled | Automatic scrolling of data assigned to the bottom field   |
| <b>Top Field</b><br>2 Selected / 7            | Select the data you wish to display in the upper field   |
| <b>Center Field</b><br>Chrono                 | Select the data you wish to display in the central field: stopwatch, time, or alternating mode.  |
| <b>Bottom Field</b><br>3 Selected / 7         | Select the data you wish to display in the lower field   |

| Options   |  |
|---|--|
| <p><b>Back Color</b></p> <p>Black / White</p>           | Allows you to choose the background color, black or white  |
| <p><b>Main Screen</b></p> <p>Chrono</p>                 | 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. |
| <p><b>Speed Display</b></p> <p>Current Speed</p>        | 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.  |
| <p><b>Mapping</b></p> <p>Disabled / Enabled</p>         | Displays (Enabled) or does not display (Disabled) the map screen, on models with map support   |
| <p><b>Constellation</b></p> <p>GPS only</p>             | Type of <a href="#">GPS constellation</a> you wish to use  |
| <p><b>Temperature</b></p> <p>Internal / Web Service</p> | The temperature displayed comes from the watch sensor (Internal) or the web weather service (Web Service).   |
| <p><b>Units</b></p>                                     | Choice of units used in the application  |

| Tools  |   |
|--|---|
| <p><b>Scores - View</b></p> <p>Global Statistics</p> | Display several screens of <a href="#">statistical data</a> on all your sessions  |
| <p><b>Scores</b></p> <p><b>Reset Scores</b></p>      | Allows you to reset your <a href="#">scores and statistical data</a>  |
| <p><b>Scores</b></p> <p><b>Assign Scores</b></p>     | If you reinstall the application, this will prevent you from losing your previous <a href="#">statistics</a> 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. |
| <p><b>Sunset Flash</b></p> <p>Disabled / Enabled</p> | At dusk, automatically turns on your watch's flashlight (for models so equipped).   |
| <p><b>Activation Code</b></p>                        | Displays the application's ID number and allows you to enter your <a href="#">activation code</a> . Once this has been entered and is valid, it cannot be changed.  |
| <p><b>App Version</b></p>                            | 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.  |



## PARTNERSHIPS

