

Video – INITIAL USER TRAINING – 10 minutes - VIDEO STORYBOARD

1 - WELCOME TO NEW USER ORIENTATION WITH VIBROGUIDE

OPEN WITH VIBROGUIDE LOGO

Display short video clip of VibroGuide being used while narrating below

Narrative:

The purpose of this video is to provide tips on how to orient a blind or visually impaired person... as well as their guide on getting started with VibroGuide. Introduction of this technology to a new, visually impaired paddler is best done after balance, boat-control and audible (“on-me”) guidance is mastered.

In a typical introductory adaptive class, any suggestion to try VibroGuide is best done in the 2nd phase after phase 1 covered basic boat orientation (land), balance (in water), basic strokes and following a guide by audible means. Attempting to wear the VibroGuide vest too early may confuse a student on where the technology may fit. As well, if your phase 1 training includes wet-exits or any prolonged immersion, this could stress the water-resistant seals on VibroGuide electronics.

2 - PLANNING YOUR TRAINING SESSION

VIDEO OF BATTERY CHECK

VIDEO OF A LEVEL GRASSY FIELD - BLIND ATHLETE SITTING ON GRASS OR AT A PICNIC TABLE

VIDEO OF BLIND ATHLETE EXPLORING THE BEACON.

VIDEO OF BLIND ATHLETE EXPLORING THE VEST.

Narrative:

- Before any use of VibroGuide, make a habit of assuring that the batteries are fully-charged! You can check the VEST battery status by FIRST TURNING THE VEST on and then observing how many tiny LED lights are showing on the battery itself. If less than three, better recharge! If the battery is outside of the vest electronics, simply press the small button below the lights.
- For the GUIDE BEACON, check battery status by first powering it ON and then holding down the large red button for about 2 seconds. The beacon will then audibly announce the percentage of charge. If below 40%, better replace with fresh AA batteries.
- The best outdoor training spot is a level, open, grassy field without obstructions that you have all to yourself.
- Remember to speak calmly and slowly while explaining what we are going to do and provide opportunities for questions.
- It is important to interview your blind athlete about any issues they may have regarding hearing, balance or mobility and ask if they are completely blind or to what degree they may be visually impaired. This information is helpful to allow you to adjust the pace or method of your presentation.
- Hand the (powered off) beacon to the blind athlete and allow them to explore the size and shape while explaining that their guide will be carrying it.

- Hand the (powered off) vest to the blind athlete on the table to allow them to explore texture, Velcro straps, control unit box and the vibration belt. You can point out where the Power and Mode buttons are but leave the vest powered off until we go through fitting the vest.

3 - FITTING THE VEST

VIDEO OF ATHLETE STANDING AND GUIDE ASKING IF OK TO HELP

SHOW VEST BEING PLACED OVER ATHLETE'S HEAD AND VELCRO STRAPS FROM BACK BEING BROUGHT TO FRONT.

FOCUS ON ENDS OF VIBRATION BELT STICKING OUT – SHAKE FINGER “NO!”

**TUCK END OF VIBRATION BELT UNDER THE WAIST STRAP USING THE VELCRO KEEPERS
ALLOW BLIND ATHLETE TO WIGGLE OR SHAKE TO ASSURE THAT THE VEST IS SECURE AND COMFORTABLE.**

Narrative:

- With the vest powered OFF and all Velcro straps disconnected... ask your blind athlete to stand and advise that... for this first time... you will help them put on the vest on and we start by first fitting it... over their head... like putting on a T-shirt making sure that the electronic control box is to their front.
- Gently lift the vest over their head and let it settle on their shoulders. ASK IF IT IS OK to help bring the elastic waist straps from the back.... around to the front where they will adhere with Velcro.
- Guide the blind athlete's hands to where the straps are fastened and let them know that they can pull outward to release the straps from the Velcro or to tighten or loosen. Inform that you want the fit around the waist to be snug but comfortable.
- Let them know that the most important aspect of fitting the vest is to make sure that the vibration belt makes full contact with the torso and that the ends of the vibration belt are tucked UNDER the waist straps on the sides. If the vibration belt ends are allowed to stick out or not stay in contact with their body, they will not feel all of the vibrations. Make sure that the vest wearer knows that there are small keeper straps and are used to keep the ends of the vibration belt under the vest straps.

4 – POWER UP, IDLE AND START MODES.

VIDEO OF BEACON BEING TURNED ON

VIDEO OF VEST BEING TURNED ON

VIDEO (WITH SOUND) OF VEST LIGHTLY PULSING IN IDLE

VIDEO OF BLIND ATHLETE POINTING TO THE VEST MODE BUTTON AND PRESSING IT ONCE.

VIDEO OF BLIND ATHLETE FEELING THE FULL INTENSITY OF THE VIBRATIONS.

VIDEO OF BLIND ATHLETE PRESSING MODE BUTTON AGAIN TO RETURN TO IDLE MODE.

Narrative:

- We are now ready **POWER UP VIBROGUIDE!**
- Start with guide turning on the beacon and placing it about 10 feet away and directly in front of the vest wearer.

- With the vest wearer standing and facing the guide... ask blind athlete to locate the **POWER ON** button on *their* LEFT side of the control Unit and then press the button ONCE and release. The vest will respond with **“READY”** and begin pulsing lightly. Explain that this is the **IDLE** mode and is like sitting in a car with the engine running but not moving.
- For now and for training purposes, both the blind athlete and guide should remain stationary.
- Ask the blind athlete to locate the **MODE** button on *their* **RIGHT** side of the Control Unit and press IT once.
- The vest will announce **“START... SPACING 10 FEET”** and they will feel the full vibrate power pulsing in the center of the vest as well as hear a pulsing tone.
- Let them know that both the vest and beacon are now in the **START** operating mode and this would normally signal that they both should start hiking, kayaking or skiing.
- Note that the vest is now pulsing and informing the blind athlete where the guide beacon is located while they are moving. When the vest directly aligned with the guide beacon, the blind athlete will feel pulsing in the middle of their torso or belly AND they will also hear a pulsing tone.
- Now, ask the vest wearer to slowly turn to the right and to the left so they can feel the vibrations shift, informing which side of the vest is closest to the beacon and where they would need to correct in order to realign with their guide. Note that the audible pulsing tone only occurs when the vest is aligned with the beacon.
- Now, ask the vest wearer to place the vest back in **IDLE** by again pressing the **MODE** button and they will again feel the vibration pulses very lightly.
- **It is important to note** that whenever the blind athlete changes the mode, the beacon will immediately alert the mode change to their guide. This is useful to allow the vest wearer to control when he or she is ready to move or stop and alert the guide.
- **ALSO...** be aware that the guide has the ability to change the **MODE** by pressing their red button. As with the vest, any mode change initiated by the guide... will be immediately communicated back to the vest. For example, if both the vest and beacon are in the **START** mode and both are moving.... and... the guide presses their beacon **MODE** button, the vest will immediately announce **STOP** and all vibration motors will pulse at once to alert the blind athlete to stop immediately. This is useful for when the guide recognizes a hazard and wishes to halt movement.....
- Congratulations... you now understand VibroGuide operating MODES! Please leave the vest and beacon powered on for the next lesson.

5 –DETERMINING DIRECTION WITH THE VEST

VIDEO OF BLIND ATHLETE POINTING TO THE MODE BUTTON AND THEN PRESSING IT ONCE.

VIDEO OF GUIDE MOVING TO RIGHT AND ATHLETE POINTING TO GUIDE (WITHOUT TURNING)

VIDEO OF ATHLETE TURNING INTO DIRECTION OF GUIDE AND ILLUSTRATING HOW VEST RE-CENTERS THE TONE AND VIBRATIONS.

VIDEO OF GUIDE VERBALLY CONGRATULATING BLIND AHTLETE THAT THEY ARE DOING GREAT!

Narrative:

- With the guide holding the powered on beacon and standing about 10 feet in front of the vest wearer, ask them to stay in place and switch to **START** mode
- Ask the blind athlete to point with their finger to where they believe the guide is standing without moving from their standing position.
- Inform that the guide will now move slowly and quietly around them and that they should continue to point where they believe that the guide is at. Point out that the pulsing tone stops when they are NOT centered on their guide and that the tone returns when they ARE on-center.
- Now... the blind athlete to turn and face where they are pointing as the guide moves. The blind athlete will now feel the pulses shift back to the center of the belt and the tone pulses return as they become aligned with the guide.
- Now, ask the guide to remain stationary and ask the vest wearer to turn left and right to simulate them veering off course. Notice the correcting pulses shift to the side that needs correcting.
- Repeat this exercise as needed to allow the blind athlete to get the hang of locating their guide.
- Ask the vest wearer to switch the mode back to **IDLE** by pressing the **MODE** button (their left side) once. The vest will announce **"STOP... IDLE"** Take note that the beacon will also announce this.
- CONGRATULATIONS! You now understand how direction to the guide is determined.

6 - DETERMINING RELATIVE DISTANCE AND SWEET SPOT WITH THE VEST

VIDEO OF GUIDE STANDING 10 FEET IN FRONT OF VEST.

VIDEO OF VEST WEARER PRESSING THE MODE BUTTON - ATHLETE NOTICES ANNOUNCEMENT OF "START...SPACING 10 FEET" AND TEMPO OF PULSES AND PITCH OF TONE.

VIDEO OF GUIDE WALKING TOWARD THE VEST TO WITHIN ABOUT 3 FEET – ATHLETE NOTICES FASTER TEMPO OF PULSES AND TONE PITCH GOES HIGH.

VIDEO OF GUIDE RETURNING TO 10 FEET AWAY – ATHLETE NOTICES THE ORIGINAL TEMPO AND TONE PITCH OF PULSES. THIS IS THE STARTING "SWEET SPOT"

VIDEO OF GUIDE BACKING UP AND SLOWING WALKING ABOUT 30 FEET AWAY – ATHLETE NOTICES VERY SLOW TEMPO AND LOW PITCH OF PULSES.

Narrative:

- To learn how distance is estimated, our guide starts by standing about 10 feet directly in front of our athlete and we ask the blind athlete to notice the tempo and tone pitch of the pulses.
- Next, signal the guide to walk toward the athlete and ask her to notice now much faster the tempo of pulses become as well as the tone pitch going high.
- Now, signal the guide to slowly back up while announcing their approximate distance and our athlete will notice how much slower the pulse tempo becomes.
- To recap: CLOSE = FAST FAR = SLOW SWEET-SPOT = ORIGINAL TEMPO AND PITCH

7 - INTRODUCTION OF OPTIONAL VEST VOICE COMMANDS AND MODES

SLIDE SHOWING ALL FOUR MODES: IDLE, START, SQUAWK

Narrative:

- This slide represents that there are four MODES of operating VibroGuide and that they can be changed using voice commands. I'll give a short description of each mode here and then we will show examples of each.
- **FIRST**... it is important to note that voice commands always start with the single wake-up word: "**VEST**" once it response with "**READY**" it will accept your command. A common error is not allowing that second or two for the vest to respond with "**READY**" before stating one of the below **MODE** commands:
- **IDLE** – Vest is ON but vibration motors are only at about 10% power. You can feel that it's on but very lightly. **IDLE** mode is meant for when you are stopped and not moving. You can always return to **IDLE** from one of the other modes by simply pressing the **MODE** button on the right side of the control box. If you are already in **IDLE**, pressing the button will put the vest in the **START** mode:
- **START** – The default and most common operating mode where full power is applied to the vibration motors and a pulsing tone heard whenever the vest wearer is aligned and centered on the guide. Optionally... if the vest is in **IDLE**, you can press the **MODE** button once to toggle the vest to **START** mode.
- **SQUAWK** – This also places the vibration motors at full power and the vest continuously announces the distance to the guide (in feet) **when you are centered** and continuously announces **LEFT** or **RIGHT** when the vest wearer is off track. This is the most audible mode and often used for training.
- **QUIET** – This also places the vibration motors at full power but the vest emits no tones or announcements. The only sound heard may come from the vibration motors in the vest.
- **IMPORTANT**: When the vest is in **START, SQUAWK** or **QUIET** modes, the blind athlete can alert the guide at any time that they wish to stop by simply pressing the **MODE** button. This will transmit a **STOP** announcement to the beacon and will place the vest in **IDLE**.

8 - SQUAWK MODE:

**VIDEO (WITH SOUND) OF GUIDE STANDING ABOUT 10 FEET IN FRONT OF VEST – VEST IN IDLE
BLIND ATHLETE SAYS "VEST" THEN WAITS FOR "READY"**

**VIDEO (WITH SOUND) OF ATHLETE SAYING "SQUAWK" –
RESPONDS WITH "SQUAWK... SPACING 10 FEET"**

**VIDEO OF VEST WEARER SLOWING TURNING LEFT, COMING BACK TO CENTER AND THEN RIGHT –
ILLUSTRATING THAT WHEN CENTERED, THE DISTANCE IS ANNOUNCED. WHEN OFF-CENTER, THE
DIRECTION TO TURN IS ANNOUNCED.**

**VIDEO (WITH SOUND) OF SQUAWK MODE BEING TURNED OFF WITH A SINGLE PRESS OF MODE
BUTTON.**

Narrative:

- At this point, it would be good to introduce our blind athlete to the **SQUAWK** MODE which announces distance and direction. This mode can be useful for learning or if vibrations are not being felt.
- **SQUAWK** MODE is only turned on with a voice command.
- Inform that voice commands always start with the wake-up word: “**VEST**” and then wait for “**READY**” A common error is not allowing a second or two for the vest to respond with “ready” before issuing your command.
- Vest will wait 5 second after it says “READY” Say “**SQUAWK**”
- The vest will respond with “**SQUAWK... SPACING 10 FEET**” followed by a stream of announcements.
- Ask your blind athlete to turn right or left to experience the pulse and announcements change. VibroGuide will announce **LEFT** or **RIGHT** as the direction to turn and distance in feet when guide and blind vest wearer are aligned.
- Turning **SQUAWK** off with a voice command may not work because the audio announcements block the ability to listen for commands. You can always return to **IDLE** by pressing the **MODE** button once.

9 - QUIET MODE

**VIDEO (WITH SOUND) OF GUIDE STANDING ABOUT 10 FEET IN FRONT OF VEST – VEST IN IDLE
BLIND ATHLETE SAYS “VEST” THEN WAITS FOR “READY”**

**VIDEO (WITH SOUND) OF ATHLETE SAYING “QUIET” – VEST
RESPONDS WITH “QUIET... SPACING 10 FEET”**

**VIDEO OF VEST WEARER SLOWING TURNING LEFT, COMING BACK TO CENTER AND THEN RIGHT –
ILLUSTRATING THAT NO SOUNDS ARE COMING FROM THE CONTROL UNIT SPEAKER.**

**VIDEO (WITH SOUND) OF QUIET MODE BEING TURNED OFF WITH A SINGLE PRESS OF MODE
BUTTON OR ANNOUNCING “IDLE.”**

Narrative:

- If the vest wearer prefers the vest to not announce any instructions or pulse the tone, they can just leave the vibration belt on by using **QUIET** mode.
- As with other voice commands, they always start with the wake-up word: “**VEST**” and then wait for “**READY**.” A common error is not allowing a second or two for the vest to respond with “**READY**” before issuing your command.
- Vest will wait 5 seconds for your command. Say “**QUIET**”
- The vest will respond with “**QUIET... SPACING 10 FEET**” followed by ... silence. The only sounds heard will be the vibration motors on the belt pulsing.
- Ask your blind athlete to turn right or left to experience just using the vibrations to navigate.
- Turning **QUIET** off can be done by either issuing another voice command like **IDLE** or **SQUAWK** or you can always return to **IDLE** by pressing the **MODE** button once.

10 - GUIDE CAN ISSUE START AND IDLE CHANGES FROM THE BEACON MODE BUTTON

VIDEO OF GUIDE HOLDING BEACON – POINTING TO RED MODE BUTTON WITH VEST IN BACKGROUND.

VIDEO OF GUIDE DOUBLE-PRESSING BEACON MODE BUTTON TO CHANGE THE VEST MODES.

Narrative:

- The guide can ALSO issue **STOP** or **START** commands to the vest by **DOUBLE-PRESSING** the red **MODE** button on the beacon. This is useful to stop movement due to either a hazard or need to discuss what is ahead. A double-press of the button is required so that a single accidental bump of the button does not issue an unwanted **STOP** or **START** command to the vest.

11 - GUIDE OPERATING MODES

VIDEO OF GUIDE SINGLE-PRESSING BEACON MODE BUTTON TO CHANGE BETWEEN EACH OF THE BEACON MODES.

Narrative:

The VibroGuide beacon can also announce the same distance and direction instructions that are being given in the vest. This is useful to learn the status of the vest without looking back. There are three beacon modes that can be cycled by **SINGLE-PRESSING** the red MODE button:

1. **BEEP** mode – This causes the beacon to beep whenever the vest is centered and pulsing a tone. Hearing a steady beep from the beacon can be reassuring that your blind athlete is on track and if the beep pulses are at the same rhythm, then their distance is constant. A change in either NOT hearing the beeps or the speed of the pulses is an indicator to check on your blind athlete.
2. **SQUAWK** mode – Similar to the vest SQUAWK mode, this announces each of the same instructions that are being issued to the vest. This is the noisiest mode.
3. **QUIET** mode – No beeps or announcements.

12 - GO FOR A SHORT WALK!

VIDEO (WITH SOUND) OF BLIND ATHLETE WEARING VEST IN A FIELD WITH GUIDE ABOUT 20 FEET AWAY AND FACING THE DIRECTION THEY WANT TO WALK AND VEST IN IDLE MODE.

VIDEO OF BLIND ATHLETE PRESSING THE MODE BUTTON TO “START”

VIDEO OF GUIDE SLOWLY WALKING FORWARD WITH VEST WEARER FOLLOWING. GUIDE OCCASIONALLY TURNS AND BLIND ATHLETE FOLLOWS.

VIDEO OF GUIDE OCCASIONALLY LOOKING BACK TO CHECK – STAYING VIGILANT.

VIDEO OF GUIDE ASKING HOW ATHLETE IS DOING – WANT TO TRY WALKING FASTER?

VIDEO OF GUIDE ANNOUNCING STOP AND BLIND ATHLETE PRESSING MODE BUTTON.

Narrative:

OK, if your blind athlete is getting the hang of how VibroGuide works, suggest going for a short, slow walk around the field. They may want to experiment with the MODE settings. Most new users like the SQUAWK mode ON at first but then silence it as needed.

Remember to start slow and read how your blind athlete is doing. If they are feeling frustration, stop, backup, maybe take a break and try again.

13 - POWER DOWN

VIDEO OF ATHLETE POWERING DOWN THE VEST, DISCONNECTING THE VELCRO STRAPS AND LIFTING THE VEST OFF.

VIDEO OF GUIDE POWERING OFF THE BEACON AND STOWING ALL BACK IN THE BOX.

Narrative:

If you are done for the day, remember to POWER OFF both the vest and the beacon to avoid dead batteries for your next session.

PLEASE.... Read the User Manual for more details that what we cover here.

Watch for additional videos on using VibroGuide with different sports.

Check out our website at www.VibroGuide.com

THANKS FOR TUNING IN

LOOK FOR FURTHER VIDEOS ON VIBROGUIDE GUIDING TIPS!