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# Swimmer User Guide

## 1. Getting Started

We *strongly* recommend that you use the [OnForm](#) mobile application. Although you can use OnForm in your web browser, it has limited capabilities.

You can download the Onform app and wait until you get a link sent to the email address associated with your LaneMate/USMS My Account. This link will be sent within five business days of purchasing your Online Stroke Analysis.

This link will automatically connect you with your coach on OnForm so *please use this link*. Once you click the link, it will bring you to a sign-in page, where you will use either a Gmail, Microsoft, or Apple account to act as your login information. If you do not have one of these three email accounts, you will have to create one. These three email accounts are used because of the security features built into them.

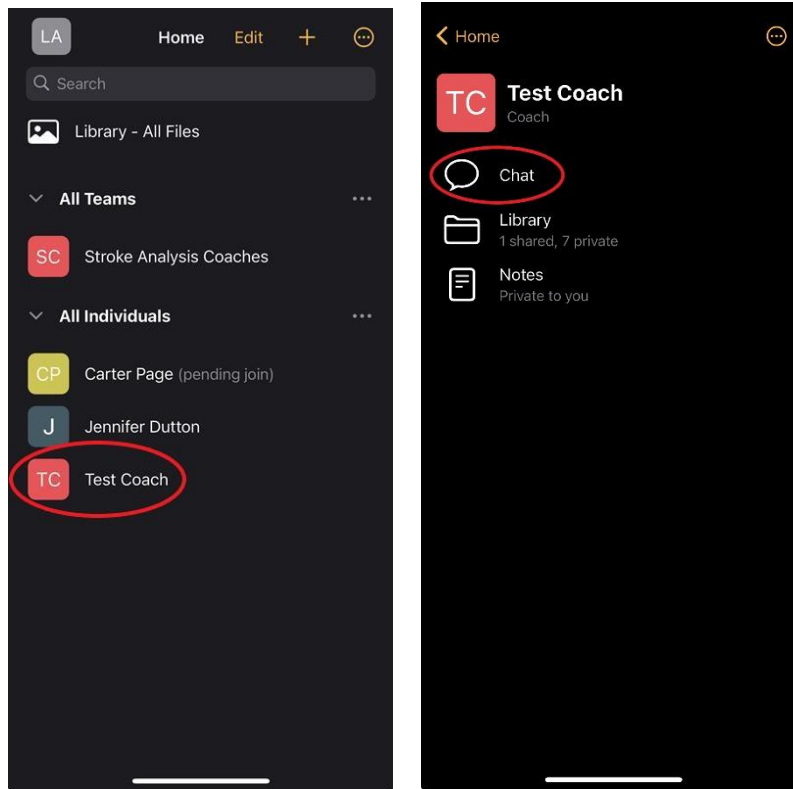
If you did not receive an email, please contact [strokeanalysis@usmastersswimming.org](mailto:strokeanalysis@usmastersswimming.org).

### **Overview**

1. Join OnForm via the link emailed to you.
2. Fill out the form sent to you by the administrator.
3. Film yourself swimming as prescribed by your coach.
4. Send the video to the coach via OnForm.
5. Wait for feedback.
6. Repeat steps 3–5 one more time.

## 2. Communication Within OnForm

Once you have logged into OnForm from the link sent to you, you will automatically be connected to your assigned coach. All communication with your coach can be done by finding the coach in your home screen, then selecting the “Chat” option from the coach’s profile page..

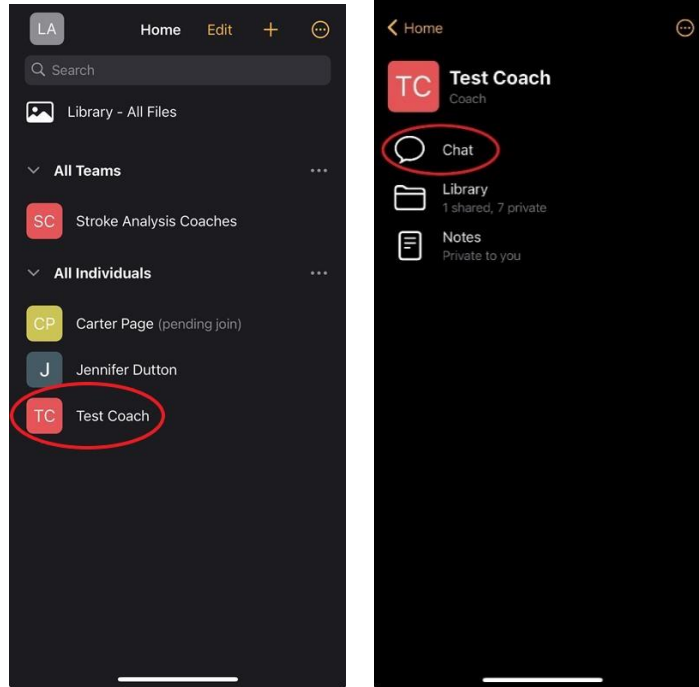


When you first log into Onform you will have a link to an intake form in the workspace with your coach., This form will be used to assess your specific needs, ability level, and filming limitations you have. It is vital to fill out this form before you film yourself because it is how your coach will determine what camera angles are needed. This form will also help the coach know more about your goals, which will help direct analysis.

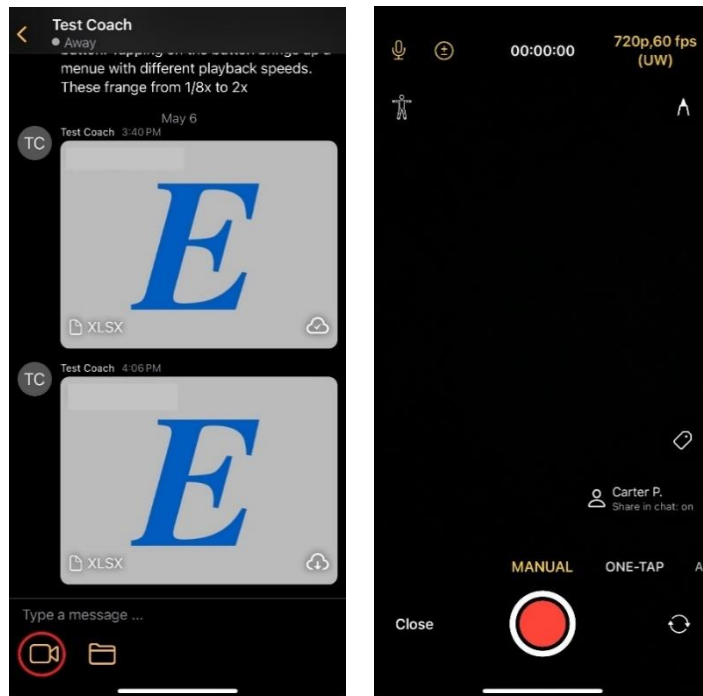
### 3. Recording or Uploading a Video With OnForm

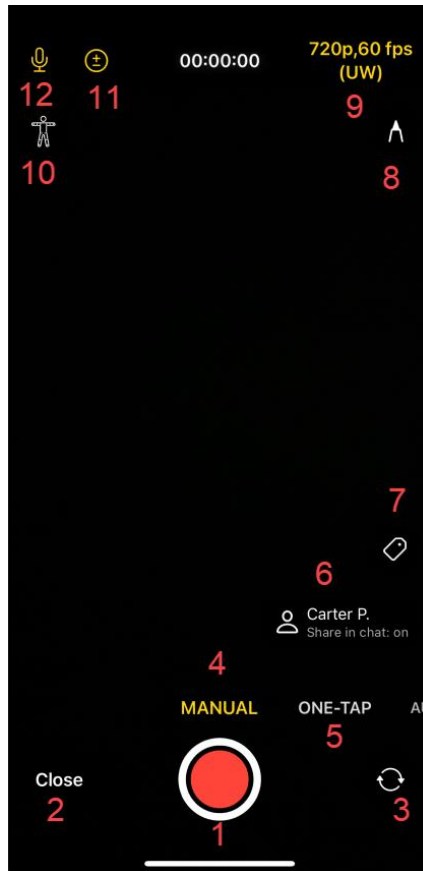
#### Recording within OnForm

To start recording a video with OnForm, tap your coach's profile and then the chat icon.



Click on the camera icon at the bottom left of the screen. This will take you to the filming portion of OnForm.





Once you're done filming, hit the Close button and the video will be automatically uploaded to your chat with the coach. It will also be saved to your Library.

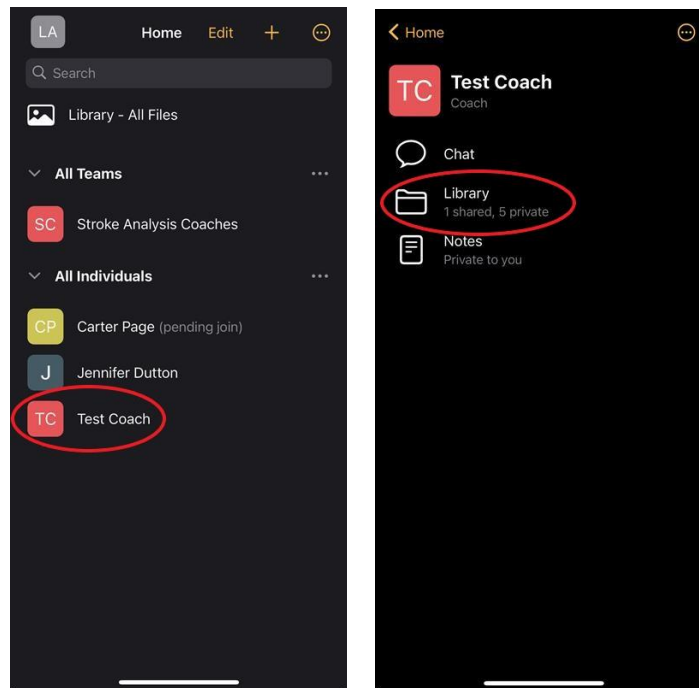
If needed, here are the features on the recording page (you will really only need 1 and 2):

1. Record Button: Starts recording, changes to a stop button while recording.
2. Close Button: Exits the camera feature of OnForm.
3. Changes the active camera to the front-facing camera.
4. Camera Option Wheel, Manual: Start recording immediately after being pressed. You can select one of the three options in the wheel. We suggest using either Manual or One-Tap.
5. Camera Option Wheel, One-Tap: Records for a preset amount of time before and after the record button is pressed.
6. Share Status: Dictates who the video will be shared with once the recording has ended.
7. Tag: Gives the user the ability to tag a video with preset phrases/words (Backstroke, Freestyle, etc.).
8. Markup Tools: Opens a menu of markup tools to choose from. These tools allow you to draw on your video (coaches may not want this done for the initial videos).

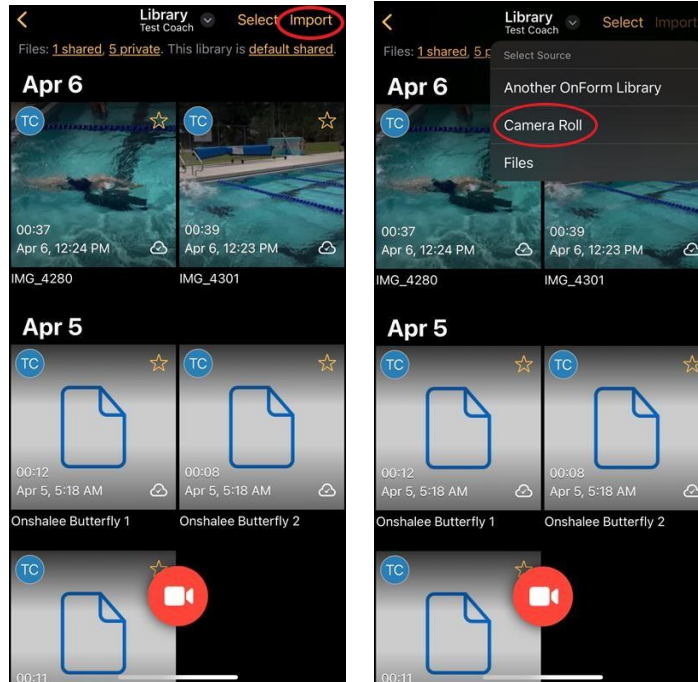
9. Video Quality/Frame rate: Allows users to change the quality of the video (720 p, 1080 p, etc.) and the frame rate of the video. Higher frame rates capture more detail but result in larger files.
1. Bone Tracking: Attaches graphics to limbs and body parts to get more accurate angle measurements and better visualization. *NOTE: Swimming is not ideal for using bone tracking in its current state.*
2. Shutter Speed and ISO: Shows sliders to change the shutter speed and ISO of the video. Faster shutter speeds can help reduce motion blur but reduce brightness. Use a higher ISO to increase light capture.
3. Microphone On/Off: Turns the audio capture of the video on or off.

## Uploading a Video

To upload a video you recorded outside of the OnForm app but still on your phone, tap your coach's profile from the home screen and then tap the library icon.



Tap the “Import” button in the top right corner and select the “Camera Roll” option from the dropdown menu.



Select the video or videos you want to upload and then click the “Add” button in the top right corner of the screen.

If you recorded a video and it is not on your phone, you will need to send it to your phone and save it to your phone’s file system or camera roll. Once that is done, repeat the steps above.

## 4. Viewing Analysis Feedback

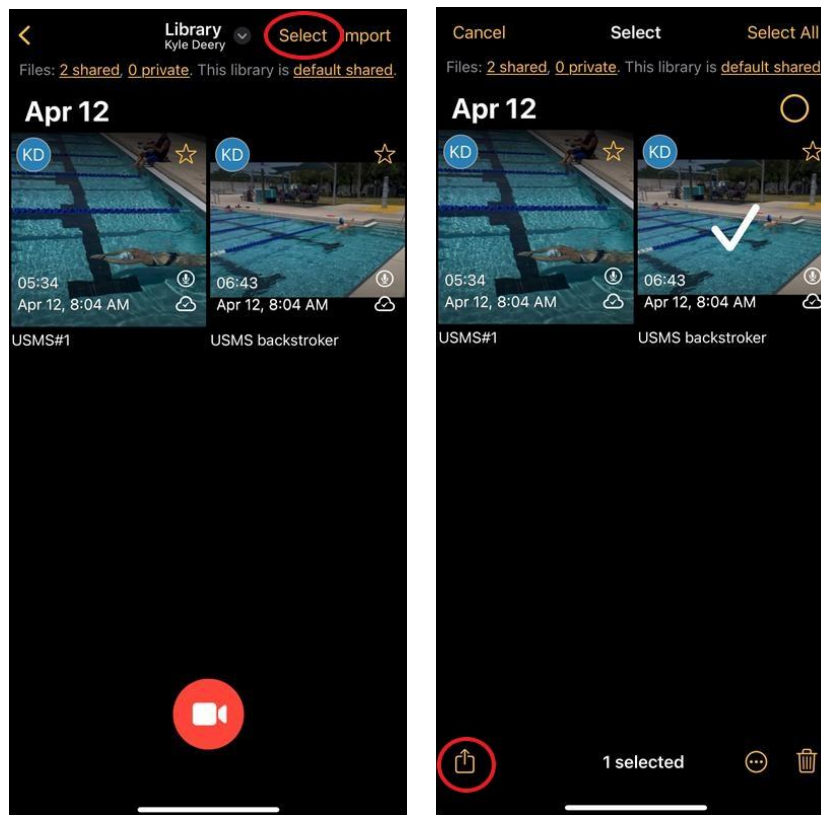
*Analyses will be available to view in the chat or library once they have been shared by the coach.*

*Written feedback will be sent to you via the OnForm chat with your coach. Along with the voiceover analysis, your coach will provide a written analysis of your video, which will have additional feedback and drills specific to your points of improvement. This will typically be sent in a document that can easily be saved to your phone.*

## 5. Moving Forward

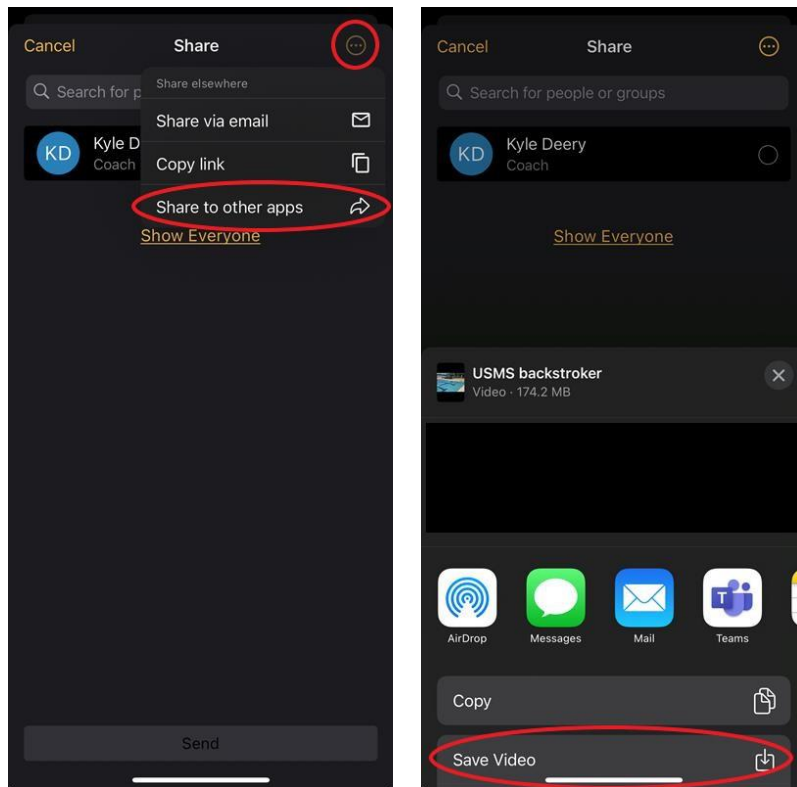
When both rounds of analysis are finished, your coach will disconnect from the workspace in OnForm. You will still be able to view your library and chats with the coach, but communication will no longer be possible. If you want to keep your videos and feedback documents, make sure to download them (see below for a tutorial). *If you delete the coach from your OnForm application before you download your files, you will not be able to access these files again.*

If you want to download videos or files for offline viewing, navigate to the library, tap the select button, and then tap the video you want to save. Tap the export icon in the bottom right of the screen.





Then tap the three dots in the top right corner of the screen. Select the “Share to other apps” from the dropdown menu. This brings up a list options for sharing. Select the “Save Video” option from the list.



## 6. Best Practices

### Filming for Analysis

Make sure to communicate what you are feasibly able to capture on film on your intake form. Do you have someone to help you film or will you be doing everything yourself? What equipment do you plan on using? Smartphone, GoPro, video camera, accessories, etc.?

Videos should be either a 50 yard/meters total OR 1 minute in length and taken from a few different camera angles. If you're not able to combine the videos, longer times or separate videos may be acceptable to allow for multiple angles. Please note that if you are not able to find a partner, we recommend a tripod for static camera angles (see below).

Video angles can include ...

Recommended for best results:

- Dynamic Side Angle (partner required): Swimmer in the first or second lane with a partner following from the deck. The camera is held chest high.



Other options:

- Static Underwater Front/Back (no partner required): Camera resting on the bottom of the pool angled toward the wall the swimmer is coming from.



- Static Side (no partner required): Camera is on a tripod or propped against something on the deck or in the gutter. Swimmer swims in and out of frame. Swimmer should be in the first or second lane.



- Underwater Side Static (no partner required): Camera resting in the middle of the pool and on the bottom. The camera should be facing perpendicular to the direction the swimmer is swimming and one lane over. The camera should be angled so that you can see the entire swimmer going by.



- Static Front/Back view (no partner required): Camera is propped on top of a block, on the wall or in the gutter, or held by a partner. Can also be done underwater if equipment is available to the swimmer.



### **Communication With Coach**

Over the course of your analysis process, you'll be able to use the chat feature with your coach to coordinate your analysis, ask questions, etc. Communication between you and your coach should be kept to topics directly related to your stroke analysis. Communication not relevant to the stroke analysis you purchased is not permitted and your coach will not respond.

If you have any questions or need assistance with OnForm, please reach out to [strokeanalysis@usmastersswimming.org](mailto:strokeanalysis@usmastersswimming.org).