



## User Guide

### No Stress with smartphone

#### No Stress, how it works ?

**No Stress** monitoring system provides a continuous communication - 3 times per second - between one or more activated Beacons, and your smartphone with a specific application. **No Stress** detects potential alert situations on one or more children. Several Beacons can be used simultaneously, each one connected to your smartphone without possible interference between them.



Your smartphone and its application alerts you when a Beacon is immersed with at least 10 centimeters of water in all direction



Beacon can be worn as an ankleband (no swimming), a wristband (feet in the water allowed) or a necklace (playing in the water allowed to shoulders)



An alert is triggered when an active Beacon and your smartphone are more than 60 meters away\*



Your smartphone alerts you if the Beacon holder is opened during surveillance (involuntarily tearing, game, ...)



Your smartphone can monitor up to 6 Beacons : an adult can not "seriously" monitor more than 6 children



No Stress application on your smartphone indicates you the degree of exposure to ultraviolet rays

#### No Stress, the complementary security solution

**No Stress** does not replace buried private swimming pool safety equipments as defined and required by French law. **No Stress** help an adult supervise children near water to prevent risk of immersion but can not replace his vigilance, his ability to assess the situation and good reaction in case of danger. Finally, **No Stress** is unsuitable and can not be used indoors. **No Stress** is ineffective below a minimum amount of water (bath, wading pool, ...)



Designed and Produced in France

\*This distance is indicative and variable if obstacles, depending on the nature of the environment, the power of batteries and the type of smartphone used (see rules of good practice with No Stress page 8).

## Warnings

**No Stress** is designed to help you supervise children facing immersion risk in fresh or salt water, swimming pool, river, pond, lake, sea, ...

**No Stress** does not replace buried private swimming pool safety equipments as defined and required by French law : shutters, shelter, blankets, barriers or alarms.



more info on swimming pool regulatory safety equipments on [www.piscine-nostress.fr](http://www.piscine-nostress.fr)

**No Stress** can never replace the watchful care of a responsible adult. Only him has the ability to act with caution in case of danger.

**No Stress** is ineffective inside (bath, ...) or in presence of a small amount of water (less than 10 cm in each direction).

**No Stress is a standalone equipment, mobile and easy to use.**

No Stress application is downloadable from our website [www.piscine-nostress.fr](http://www.piscine-nostress.fr). You will find there the list of mobile operating systems supporting by this application.

**No Stress** Beacon features a battery life of 230 hours\*. We recommend you to always have an extra CR2032 battery. You must also verify the autonomy of your smartphone to ensure the proper functioning of the application and the communication with Beacons during surveillance.

**This smartphone should obviously not be immersed in water.** Beacons are more tolerant but should not stay under more than one meter depth.

Before your first use of **No Stress**, we advise you to carefully read the user guide to understand its conditions of use. A quick and simple test procedure should then be observed before each use on a new pool or a new beach. You must follow it carefully (see page 17).

After activation, the alarm on the smartphone will sound in several cases :

- within 5 seconds, if a Beacon is immersed with over 10 centimeters of water around it.
  - within 2 seconds, if the Beacon holder is opened during surveillance (game, tearing, ...)
  - within 5 seconds, if the Beacon and the Lighthouse are more than 60 meters away\*\*
- (see rules of good practice with No Stress page 7)
- if the autonomy of a Beacon or the smartphone becomes too low for proper surveillance

The contents of this guide is subject to change without notice.

An updated version of the guide is downloadable at [www.piscine-nostress.fr](http://www.piscine-nostress.fr).

The representations in this guide may differ from the Lighthouse or the Beacon.

The contents of this guide is the strict property of AS Pool, and may not be reproduced without prior written permission.

\*Autonomy is indicative and can vary according to the number and frequency of triggered alerts, such as the quality and power of batteries being used.

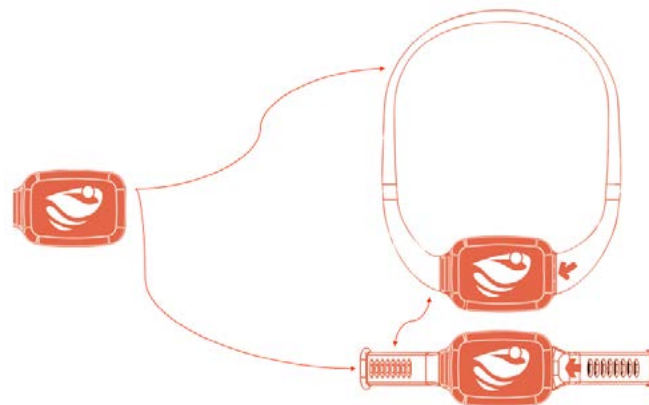
\*\*This distance is indicative and variable if an obstacle, depending on the environment, the power of battery used and the smartphone model (see rules of good practice with No Stress page 7).

## Content of your pack

Your pack contains:

One to six Beacons, each one powered with a new CR2032 battery.

For each Beacon, two holders : necklace and wristband (or ankleband).



## First use

### No Stress ! It's simple ! Your smartphone

1

Download No Stress application on the App Store (Apple) or Play Store (Android).



2

At the app opening, enable the GPS positioning : it will allow No Stress to indicate you the UV exposure at your location.

Note that on some smartphones, this authorization is mandatory to use Bluetooth.

We invite you to follow the given instructions, read them carefully and validate.

**Be careful to test the alarm sound level on your smartphone.**



On Apple, by default, the notification banner sounds are limited to 5 seconds. To correct this setting, select the banner in "Persistent" mode'. To do this, go to: Settings Notification, select the "No Stress" application, select "persistent".



**Common sense :** (see rules of good practice with No Stress page 7)

- In use, place the smartphone to a high place where you can see and hear its alarms correctly. Do not cover it. Never activate airplane mode on your smartphone during surveillance.
- Keep your smartphone outside water : it is not designed to float or to be immersed.
- Do not expose your smartphone to a strong magnetic or electromagnetic field (microwave oven, ...)
- Carefully follow the procedures for connection and disconnection.
- Never remove the battery of a Beacon being monitored.
- In order to master all the features, read this guide and keep it for future reference.

## First use

### No Stress ! It's simple ! Beacon activation



Warning : you must open the Beacon with dry hands.

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Unscrew the cap using a coin (not included !)

(If there is a strip) Remove it.

Replace the battery. Pay attention to respect the polarity, the + towards the inside of the cap.

To facilitate the installation of the cap, moisten a finger and pass it slightly over the black seal of the cap.

This will make it easier to rotate.

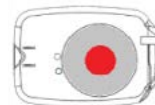
Replace the cap.

Close completely the cap.

To be sealed, the cap must be in this position.



CAP  
OPEN



STRIP



CAP  
CLOSED



See a video tutorial on our YouTube channel (search "piscine no stress" on YouTube)

4

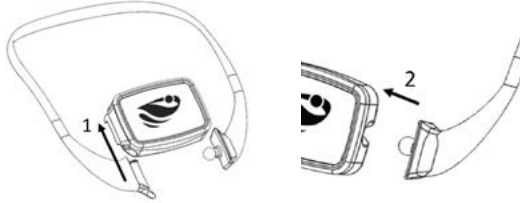
Place a holder on the Beacon.

The holders are interchangeable (necklace and wristband/ankleband).

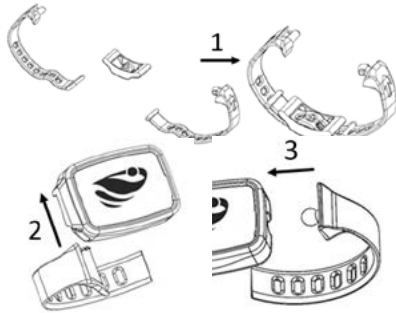
Each holder comprises a fixed side and its opposite, the removable end provided with a ball joint.

You can insert the Beacon in its necklace holder or with its wristband/ankleband holder, having adjusted its length previously.

## A necklace holder



## B wristband/ankleband holder



?

See video tutorials on our YouTube channel (search "piscine no stress" on YouTube)

?

**Common sense :** (see rules of good practice with No Stress page 7)

During use, be careful not to cover the Beacon and place it above all clothes.

Never immerse a Beacon in more than one meter depth for more than five minutes.

Beacon and its holders use may be altered by :

- abrasive or corrosive products
- shock, dust, excessive heat or cold : these can lead to malfunction, decreased lifetime or even damage its internal components, ...

• strong magnetic or electromagnetic fields (microwave oven, ...)

Never open a Beacon wet and do not touch the internal components.

Be sure to place the Beacon on your child with the logo apparent.

Carefully follow the procedures for connection and disconnection.

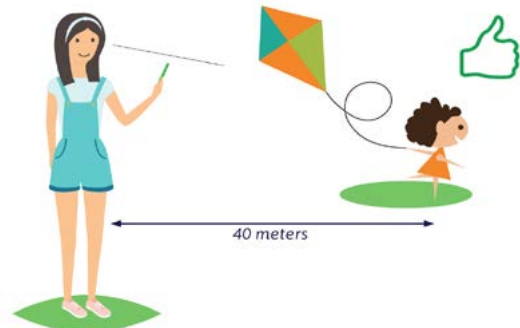
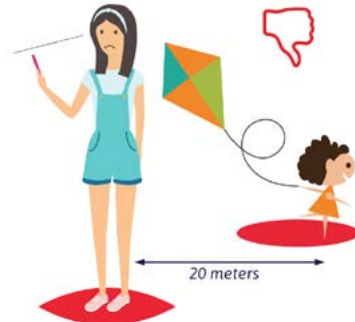
Never remove the batteries of a Beacon being monitored.

In order to master all the features, read this guide and keep it for future reference.

## Rules of good practice with No Stress

*No Stress ! It's simple !*

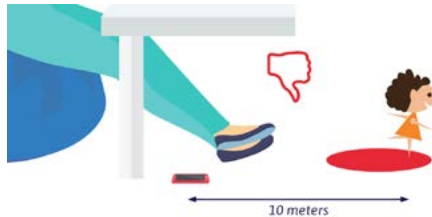
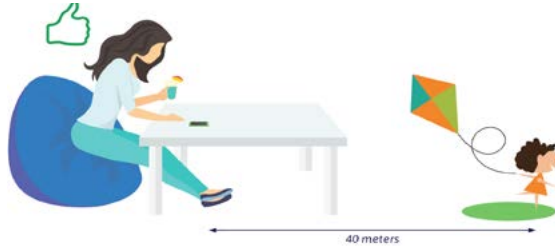
5 if you turn around, range can decrease



## Rules of good practice with No Stress

*No Stress ! It's simple !*

- 6 *put your smartphone as high as possible, with a direct vision on children*



## Rules of good practice with No Stress

*No Stress ! It's simple !*

- 7 *do not put the phone against your body, it can reduce range*



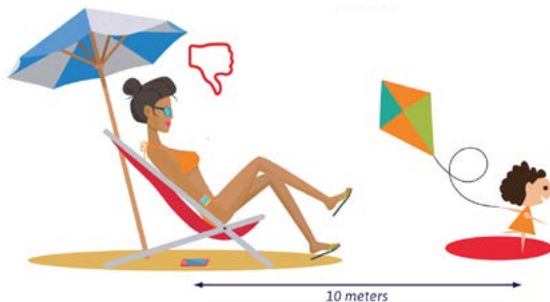
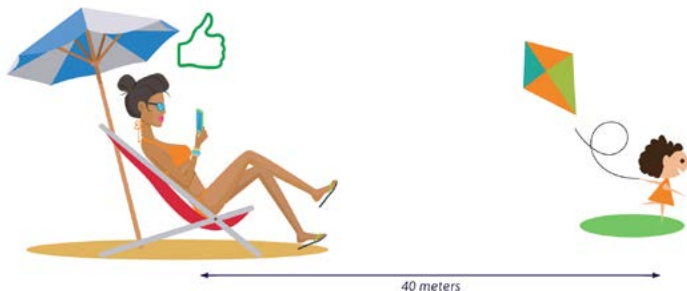
- 8 *the smartphone, as the supervisor, do not see through walls*



## Rules of good practice with No Stress

No Stress ! It's simple !

9 at the beach, put the phone as high as possible, with a direct vision on children



## Rules of good practice with No Stress

No Stress ! It's simple !

10 during a call, range can be reduced, even more if you turn over



## Surveillance start of a Beacon

The smartphone is switched on, No Stress app is launched : activate surveillance between the Beacon and your smartphone

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Deactivate Bluetooth on all nearby smartphones not participating in the surveillance.  
Shake the Beacon a few seconds to activate it. A light appears on the Beacon.

Warning : the light flashes every two seconds if the Beacon has not been identified by a Lighthouse yet. In bright sunlight, the Beacon light may be hard to see : stay in the shade if possible to discern it.



A static Beacon will turn off automatically after 8 hours of surveillance. This will trigger an alert on the Lighthouse. Remember to disconnect a Beacon at the end of each surveillance (see page 18).

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**⚠ Connection between your smartphone and a Beacon must be done with opened necklace/wristband**

Press "Add a No Stress Beacon".  
The Beacon connects to your smartphone automatically.



Shake a No Stress Beacon to initiate a connection

Connection may take a few seconds.

CANCEL

Depending on your smartphone and active applications opened yet, the connection may take one second to one minute.  
To avoid this delay, close unnecessary applications.

Your smartphone indicates you the Beacon is connected.

**If the Beacon holder is opened:**

You have one minute to close it on the child to supervise.



**If the Beacon holder is closed :**

You have one minute to open it and close it on the child to supervise.



Once this connection established, the child wearing the Beacon is under the supervision of your smartphone.

Warning : never turn your smartphone on airplane mode during monitoring.



Warning : No Stress is not a substitute for careful supervision of a responsible adult. It is only here to help and alert him if needed during surveillance.



If your smartphone can not detect the Beacon, press “Cancel” et press again “+”. Wait 2 min and start over.  
Otherwise, see section “Your Questions” on [www.piscine-nostress.fr/en/](http://www.piscine-nostress.fr/en/)

13

To customize your surveillance, you can change the name displayed on the box by pressing it a long time.



14

Read alerts on the app :

**Blue Box : nothing to report**

**Orange Box : warning**

- Beacon autonomy level low
- UV rays exposure too high

**Red Box : Alerts**

- Beacon immersed or too far away from your smartphone.
- Beacon necklace/wristband opening
- Beacon (or your smartphone) autonomy level critical.



15

To access the Beacon settings, press the corresponding box.



## UV rays exposure

*No Stress ! It's simple !*

### Information about ultraviolet rays exposure

To access information on the degree of exposure to ultraviolet rays of the Beacon, press the box of the corresponding Beacon and then press “UV index”



To deactivate this information, press “Deactivate UV alert” on “UV Index” screen.



**Warning:** These data are indicative and do not constitute a reliable measure of cumulative exposure to ultraviolet rays.



## Beacon surveillance extended to other smartphones


### No Stress ! It's simple !

### Use multiple smartphones to supervise a Beacon

In case of danger, this feature allows multiple supervisors to act more quickly.

The first smartphone connected to the Beacon is the "master" supervisor : it is the only one which can stop an alert. To extend surveillance, other smartphones can become "replicas": they display the screen of the "master" smartphone and trigger the same alerts.

To set up the monitoring extension with other smartphones :

1. Restart all smartphones before a surveillance sharing
2. The "replica" smartphone must have the No Stress application loaded and opened.
3. All smartphones ("master" and "replacas") must be connected to the same Wi-Fi network.
4. To activate the replaca mode, go to the settings  on the replica smartphone.



5. Press "Extended monitoring via Wi-Fi"

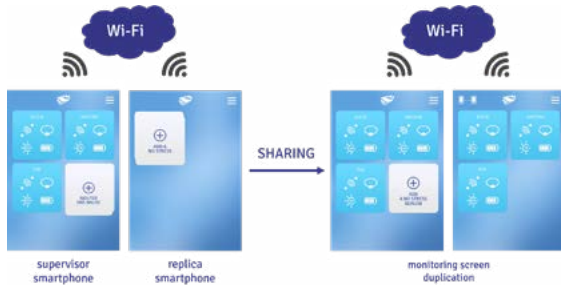


6. Press the button corresponding to the "master" smartphone.

Note: the smartphones list may take a few seconds to appear.



7. "replica" smartphone displays the "master" smartphone surveillance screen.



## First time of the season and first use in a pool, a beach, a river ...

### No Stress ! It's simple !

### Test procedure

Even all scenarios covered and tested with **No Stress**, a test procedure is essential at the beginning of each season and for every new environment : pool, beach, river, pond, ...

Above all, read the rules of good practice with No Stress page 8.

#### To ensure No Stress is fully functional :

Turn on your smartphone and start **No Stress** application (see page 4).

Put a Beacon under surveillance (see pages 5-8) and close its holder.

Walk around the pool (the beach ... ..) with the Beacon, leaving your smartphone where it will be during surveillance.

If no alarm is triggered, then the smartphone is well placed and the pool (the beach ...) properly covered by **No Stress**.

If the alarm is triggered, then you should move your smartphone closer to the the pool (the beach ...) and restrict the secure area. To stop the alarm, press "Deactivate the alarm" on your smarthone alert screen.

#### To ensure each Beacon and your smartphone are fully functional :

Activate each Beacon and put it under surveillance (see pages 6-8). Close its holder.

Immersion alert:

Immerse a Beacon under 10 cm of water : your smartphone triggers an immersion alert under 5 seconds. Remove the Beacon of the water and press "Deactivates the alarm" on your smarthone alert screen to stop the alert. Repeat for each Beacon to be tested.

Opening alert of the Beacon holder:

Open the Beacon holder. Your smartphone triggers an holder opening alert under 2 seconds. Press "Deactivate the alarm" on your smarthone alert screen to stop the alert.

If all test results are good, **No Stress** is ready for use.

*In hesitation ? A doubt ? Contact us at [contactnostress@piscine-nostress.fr](mailto:contactnostress@piscine-nostress.fr)*

## Surveillance end of a Beacon

**No Stress ! It's simple !**  
**Surveillance end of a Beacon**

**⚠ Connection between your smartphone and the Beacon must be done with opened necklace/wristband**  
**Disconnection is like the connection**

At the end of the surveillance, remove the Beacon by opening its necklace/wristband : the smartphone triggers an opening alert.

To inform the smartphone of the end monitoring, press the box of the relevant Beacon and press "Disconnection".

Press "OK" to finalize the disconnection.



Once disconnected, a Beacon will automatically enter into standby to save its battery. For a new surveillance, shake the Beacon a few seconds and press "Add a No Stress" on your smartphone.

## Surveillance end of your smartphone

Before turning off your smartphone or close the No Stress app, you have to stop monitoring all of your Beacons.



**Turn off your smartphone disconnects all Beacons, children are no longer being monitored !**

## Alerts

**No Stress ! It's simple !**  
**Immersion alert**

When a Beacon under surveillance is immersed with at least 10 centimeters depth in each direction, an immersion alarm is triggered on your smartphone. It results in an audible alarm, a flashing display signal and the appearance of the concerned Beacon name.

### To stop an immersion alert :

- Identify the Beacon which trigger the alert and ensure that all children carrying a Beacon are safe.
- If necessary, take the concerned Beacon out of the water and press "Deactivate the alarm" to stop the alert.



**If the Beacon is inaccessible (impossible to get it out of the water ...), disconnect the Beacon by pressing "Deactivate the alarm" then follow the end step of monitoring on page 13.**  
**Warning : the Beacon will be disconnected and the child wearing this Beacon will no longer be monitored.**

## Alerts

### No Stress ! It's simple ! Out of range alert

When a Beacon under supervision is more than 40 meters away\* (see rules of good practice with No Stress page 8), your smartphone triggers an out of range alarm. It results in an audible alarm, a flashing display signal 📶🔊 and the appearance of the concerned Beacon name. Immersion and out of range result in the same alert on your smartphone : in the event of being out of range, the smartphone loses its connection with the Beacon and can not provide monitoring, causing an alert.

#### To stop an out of range alert :

- Identify the Beacon which trigger the alert and ensure that all children carrying a Beacon are safe.
- If necessary, take the concerned Beacon closer to your smartphone and press “Deactivate the alarm” to stop the alert.



If the Beacon is inaccessible (impossible to get it out of the water ... ..), you can stop the alarm and disconnect the Beacon by pressing “Deactivate the alarm”.  
**Warning : the child wearing this Beacon will no longer be monitored.**

\*this distance is indicative and variable if obstacles, depending on the nature of the environment, the power of batteries and the type of smartphone used (see rules of good practice with No Stress page 8)

## Alerts

### No Stress ! It's simple ! Holder opening alert

The holder opening alert helps you prevent inadvertent or accidental opening of the Beacon holder to ensure that your child is always wearing No Stress.

If the Beacon holder is open during surveillance, an alert is triggered on your smartphone. It results in an audible alarm, a flashing display signal 🔊 and the appearance of the concerned Beacon name.

#### To stop a holder opening alert :

Close the holder on the child and press “Deactivate the alarm” on your smartphone.



You can disable the Beacon holder opening alerts :

Warning : you will not be warned if the holder is opened without your permission.

To disable this alert :

- press the box of the corresponding Beacon
- press “Deactivate opening alert” and validate.



## Alerts

### No Stress ! It's simple !

#### Smartphone battery autonomy alert

If a Beacon feature a range up to 230 active hours\*, the equivalent of a regular monitoring summer, your smartphone battery life is more limited.

If your smartphone has low autonomy, an alert appears in full screen on it.

#### To stop a smartphone battery autonomy alert :

Press "Deactivate the alarm".

Please charge your smartphone quickly to ensure surveillance.



When autonomy becomes very low, your smartphone triggers again this alarm.

Obviously, if your smartphone turn off, all monitoring Beacons are disconnected and children are no longer under surveillance.

If several smartphones are connected in "replica" monitoring mode, stopping the "master" smartphone deletes the "replica" mode on the others. You must connect Beacons to another "master" smartphone before re-extending surveillance to replicas.

## Alerts

### No Stress ! It's simple !

#### Beacon battery autonomy alert

If a Beacon has a low battery level, its light flashes and an autonomy alert is triggered on the smartphone, the name associated with the Beacon being displayed.

#### To stop a Beacon battery autonomy alert :

Press "Deactivate the alarm".

A new alert is triggered under 5 minutes without changing the Beacon battery.



**Warning : quickly change the Beacon battery to avoid a complete shutdown and stop surveillance.**



**Warning : we advise you to disconnect a Beacon before changing its battery.**



At the end of its battery life, a Beacon disconnects from your smartphone which triggers an immersion alert 水 | 水.

To stop this alert and stop monitoring the Beacon, press "Deactivate the alarm" and disconnect the Beacon (see page 13). After changing its battery, shake it off a few seconds and press "Add a No Stress" to reconnect it with your smartphone.

\*autonomy is indicative and varies according to the number and frequency of triggered alerts, such as the quality and power of batteries being used.



*Thank you for using No Stress !*

For any question, thank you to contact us at  
**[contactnostress@piscine-nostress.fr](mailto:contactnostress@piscine-nostress.fr)**  
You can also see our FAQ "Your Questions"  
on **[www.piscine-nostress.fr/en/](http://www.piscine-nostress.fr/en/)**



*Be careful : Never leave your children  
unattended near a pool*