**Garmin Solar Instinct SOP**

**Watch Functions**

1. **CTRL** (top left): press for backlight; press & hold for quick access controls
2. **MENU** (left center): press to scroll up; press & hold to access the main menu (settings, etc.)
3. **ABC** (bottom left): press to scroll down; press & hold to view altitude/barometric pressure/compass
4. **GPS** (top right): press to select option or start activity (from main screen); press & hold to sync GPS
5. **SET** (bottom left): press to go back; press & hold to access alarms/timer/stopwatch/etc.
6. Power Watch On: Press **CTRL** (wait a bit for start screen to appear)
7. Power Watch Off: From main screen, press & hold **CTRL** ® **Power Off**
8. Unlock Keys: Press & hold any key until unlock symbol appears in top right corner

**Charging**

1. Connect USB charging cable to back of watch & connect to power source
   1. Watch face shows charge (%) OR check mark in top left of main screen when fully charged
   2. Time to full charge (0-100%): ~2 hrs

**Garmin Set-Up (Subjects)**

1. Label watch with ID (tape)
2. Reset device: From watch main screen, press & hold **MENU** (middle left) ® **Settings** ® **System** ® **Reset** ® **Delete Data and Reset Settings** ® **Continue** ® **Yes**
3. Once reset (watch powers on), choose settings:
   1. Language
   2. Pair with Phone: **Yes/No**
   3. Distance: **Miles/Kilometers**
   4. Time Format: **12-Hr/24-Hr/Military**
   5. Demographics (Gender, Birth Year, Height, Weight): use default or input participant information (if known)
   6. Set Time: **GPS/Manual**
4. Update Additional Settings: From main screen, press & hold **MENU** (middle left) ® **Settings**
   1. **Activities & Apps**: Scroll through to select & favorite activities. Can also reorder the activity list.
      1. Preloaded Activities: Navigate, Expedition, Track Me, Project Wpt, Area Calc, Trail Run, Run, Treadmill, Indoor Track, Walk, Hike, Climb, Bike, Bike Indoor, MTB, Pool Swim, Open Water, Ski, Snowboard, XC Ski, Kayak, SUP, Row, Row Indoor, Strength, Cardio, Yoga, Elliptical, Stair Stepper, Floor Climb, Tactical, Boat, Fish, Hunt
   2. **Widgets**: Customize/Choose the “at-a-glance” screens
      1. Available Widgets: Altimeter/Barometer/Compass, Alt Time Zones, Body Battery, Calendar, Calories, Dog Tracking, Floors Climbed, HR, Intensity Min, inReach Controls, Last Activity, Last Sport, Moon Phase, Music Controls, My Day, Notifications, Pulse Oximeter, Solar Intensity, Steps, Stress, Sunrise/Sunset, VIRB Controls, Weather, Xero Device
   3. **Controls**: Customize the controls (shortcuts) menu
      1. Available Controls: Power Off, Battery Saver, Backlight, Do Not Disturb, Lock/Unlock Keys, Sunrise/Sunset, Alt Time Zones, Find My Phone, Music Controls, VIRB, Save Location, Sync, Phone, Set Time With GPS, Stopwatch, Timers, Altimeter, Barometer, Compass, Flashlight, Alarm, Clock, Moon Phase, inReach, Broadcast HR
   4. **Watch Face**: Customize the look of the main watch screen
   5. **Sensors & Accessories**
   6. **Map**
   7. **Pair Phone**
   8. **User Profile**
   9. **Activity Tracking**
   10. **Navigation**
   11. **Power Management**
   12. **System**
   13. **About**
5. Create Garmin Connect account & add to Garmin Express
   1. Connect watch to laptop via USB cable & open Garmin Express app
   2. Click “Add a Device” > Add Device (verify correct serial number) > Create Account
      1. Name:
      2. Input Username and Password
      3. Check boxes:
         1. I have read and agree to the Terms of Use.
         2. I am at least 13 years old.
      4. Click Create Account
      5. It will ask to replace a similar device > Do Not Replace
      6. Nickname:
      7. Click Next
   3. Once device has been set-up, install updates (if necessary)
   4. Once updates are installed, disconnect device from laptop (Safely Remove Hardware) & install updates on watch
6. Update Settings
   1. From main screen, press & hold “MENU” (middle left) > Settings
      1. Widgets: can add or remove widgets (ex. HR, Solar Intensity)
      2. Controls: can add or remove icons from controls menu (ex. Battery Saver, Pairing Mode)
      3. Activity Tracking: change settings related to activity monitoring (ex. Move IQ, Goal Alerts)
      4. Smart Tracking
      5. System
         1. Backlight: adjust backlight settings (reduce light to save battery)
         2. Sounds: change/mute alert tones
         3. Do Not Disturb: turn on to prevent notifications
         4. Auto Lock: change how often watch screen locks

**Data Upload**

Can upload participant data via Garmin Express or Bluetooth with Garmin Connect

1. Open Garmin Express app (desktop)
2. Connect watches to laptop via USB cable
   1. If uploading from multiple devices, connect via USB hub
3. If watches were previously added to Garmin Express, they will automatically sync; If not, follow above steps to add accounts
4. Once syncing is complete, check that data have been uploaded to Garmin Connect
   1. Click on a device to go to the individual profile
   2. Select “Garmin Connect” & verify there is recent data (steps, HR, etc.)
      1. If this brings you to the login screen, exit out of window and select “Garmin Connect” again.
5. Disconnect watches (Safely Remove Hardware)
6. If the watch face displays “Install Updates” select “Install Now”

**Removing Device**

1. Garmin Connect Account
   1. Login to account
   2. Select watch icon (top right) > Device Settings
   3. Select gear icon (top right) > Remove
2. Garmin Express
   1. Select device from main screen > Tools & Content > Remove Device

**Reset Watch**

1. From main screen, press & hold “Menu” (middle left) > Settings > System > Reset > Delete Data and Reset Settings > Continue > Yes
2. Once reset (watch powers on):
   1. Language: English
   2. Pair with Phone: No
   3. Distance: Kilometers
   4. Time Format: Military
   5. Use defaults for user profile info (Gender, Birth Year, Height, Weight)
   6. Set Time: Manual
3. Power watch off
   1. From main screen, press & hold “CTRL” > Power Off

**Cleaning**

1. Rinse with water to remove dirt
   1. Use a cleaning brush to scrub stubborn dirt and clean out charging port
   2. Avoid using the brush around the altimeter/barometric sensor!
2. Wipe with 70% IPA and lint-free cloth
3. Rinse with water again and towel dry

**Troubleshooting**

1. Watch not connecting to Express
   * Perform a soft reset ([Instinct> Solar – Standard Edition | Garmin Customer Support)](https://support.garmin.com/en-US/?faq=wxPmdnWsev1xGRUf58oDC8&productID=679335&searchQuery=master%20reset&tab=topics); this does not delete any data