



# Getting Started With Vantage

A comprehensive user guide



## Creating Your Account

Downloading the app and signing up for your coach/sailor account



## Logging Data

Choosing your instrument for data logging, and best practices for device setup



## Uploading Data

Learn about the different ways to upload data to Vantage



## Analyzing Your Performance

An overview of the in-app analysis possibilities and recommendations



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# Creating Your Account

## Downloading The App

Vantage Sailing is available on:



- iPhone
- iPad
- macOS\*



- Android
- Tablets

**DOWNLOAD**



\*the laptop wide screen UI is still in development

## Creating An Account

- With the app installed, sign up to create your account

### Sailor Account

The sailor account is the standard account type, letting you record and create activities for yourself. You can also 'connect' with other sailors, which allows you to easily manage data sharing.

### Coach Account

Coach accounts are created to let you easily analyze data from a larger group of sailors. When signing up, you will be prompted to create your first 'Team'. You can then invite sailors to your team. Sailors will need to accept the invite to join.



# Vantage Definitions

## ● **Connections**

A connection is a two-way 'friends' function in Vantage. When you request to connect with another sailor and they accept, it will enable data comparison between you. You can also view basic summaries of their activities in the main feed, even when you have not sailed together. Make sure to motivate them by liking their activities (double click!).

## ● **Teams**

Teams are created by coaches, and allow them to view the data of sailors in their team. Coaches may create multiple teams, and switch between them in the side bar. To join a team, the coach will first need to send an invite to the sailor through the search page (side bar). Keep in mind that teams are powerful, as it enables your coach almost complete control and access to your activities. They can also upload sessions for sailors in the team. You can leave a team at any time through the team page.

## ● **Stealth Mode**

Stealth mode is for when you have been doing some secret testing, and you want to keep this from your connections. Whenever you upload a new activity, you will see the option to switch on stealth mode to hide the activity from your connections. Keep in mind that when stealth mode is enabled, you will not be able to compare data to any of your connections! Only you and your coach can view activities when stealth mode is enabled.

## **FAQ**

Can coaches upload activities for themselves?

- No, the coach account is only made to coach other sailors. However, if you do some sailing yourself there is a simple way to overcome this. Create a sailor account, and then in your coach account invite your sailor account to your team. You can now upload sessions for yourself from your coach account.

What is a boat profile?

- When sailors create a boat profile, this essentially groups all data uploaded to the boat profile together. When viewing stats or performance trends, this depends on the selected boat profile. It does not refer to a hull/sail number, which can be added as equipment to a boat profile.



## Logging Data

### Choosing Your Device

Vantage currently supports:



Garmin



Vakaros



Sailmon

Additionally, we are currently developing an in-app recording feature, in which you can simply use your phone to log sessions. More to come on this soon!

### Setting Up Your Device

#### Data Logging Frequency:

- Garmin
  - The device must be set to "Every Second Recording", rather than the standard "Smart Recording". Activities without Every Second Recording will not be processed. This sets the recording frequency to 1Hz.
- Vakaros
  - Vakaros Atlas units are highly capable and can be set up to record at up to 10Hz. The standard setting is 2Hz. For the highest accuracy, we recommend 5Hz, but note that this can make data export slower.
- Sailmon
  - Sailmon Max and Mini devices record data at 1Hz

#### Calibration

- For the best accuracy and insights, we recommend that you calibrate your device regularly. Ensure that the device is mounted in the same position as when sailing, and use your phone or an inclinometer for calibration.
  - If you are unsure about how to calibrate your device, check the user manual of your device.

## To log, or not to log?

Vantage relies on automated algorithms that analyze the data to identify insights. For this to function properly, it is advised to avoid logging when you are towing out to the race course (or driving your car). If you do record towing or driving, you can easily remove these segments in activity settings, using "Cut Activity".



# Uploading Data

We are working hard to ensure that uploading your data to Vantage is as easy and quick as possible. After all, we want you to experience the benefits of Vantage every day. The current approach of uploading data differs between devices and instruments.

## iOS

### **Garmin\***

To export Garmin data, it needs to be done on the web (yeah, we don't know why either...). We recommend that you export the ".fit" file. Once you have the file on your iPhone, you can share it directly to the Vantage App.

### **Vakaros**

To export Vakaros data, find your activity in the Vakaros App, click on the share icon, and then "Export Data". Choose the VKX file, and then simply share the file to the Vantage App.

### **Sailmon**

In the Sailmon App, export your file, and press "Save to Files" in the share menu. In the Vantage App, navigate to the new activity page, and then press on the file upload icon. Then, select your file and follow the steps.

\*We are currently working on automatic uploads from Garmin Connect

## Android

### **Garmin\***

To export Garmin data, it needs to be done on the web (yeah, we don't know why either...). We recommend that you export the ".fit" file. Once you have the file on your Android phone, save it to your files. In the Vantage App, navigate to the new activity page, and then press on the file upload icon. Then, select your file and follow the steps.

### **Vakaros**

To export Vakaros data, find your activity in the Vakaros App, click on the share icon, and then "Export Data". Save the file to your phone. In the Vantage App, navigate to the new activity page, and then press on the file upload icon. Then, select your file and follow the steps.

### **Sailmon**

In the Sailmon App, export your file, and save the file to your phone. In the Vantage App, navigate to the new activity page, and then press on the file upload icon. Then, select your file and follow the steps.

\*We are currently working on automatic uploads from Garmin Connect



# Analyzing Your Performance

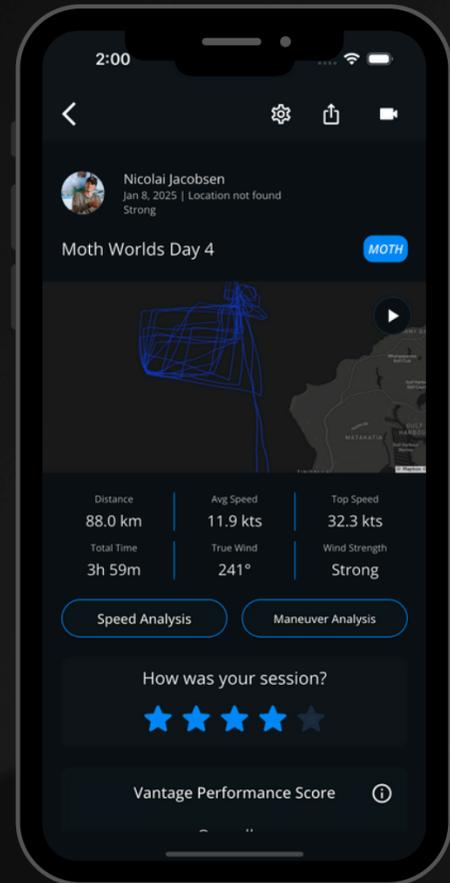
## The Activity Page

### Your Digital Training Diary

Rather than just logging performance numbers, Vantage makes it easy to log equipment, trim, and notes along with your sessions. When you first enter an activity, you will automatically be prompted to log equipment and additional info about your activity. Rate your activity to look back at how you interpreted your performance that day.

### Vantage Performance Score

The VPS is a simple metric that rates your VMG and maneuver performance relative to other activities in the boat class in the same wind strength. It is on a scale from 0-100.



## Tip!

Always check the detected wind direction when you first view a new activity. While the algorithms are generally consistent, they sometimes need correcting. To change the wind direction, simply click on the True Wind!

## Your Activity Settings

### Edit Activity

Change the name, wind strength, boat, activity type, or activate stealth mode

### Set Wind Direction

Update the general wind direction of your activity. The activity will be reprocessed and wind shifts calculated based on this.

### Offset Activity Time

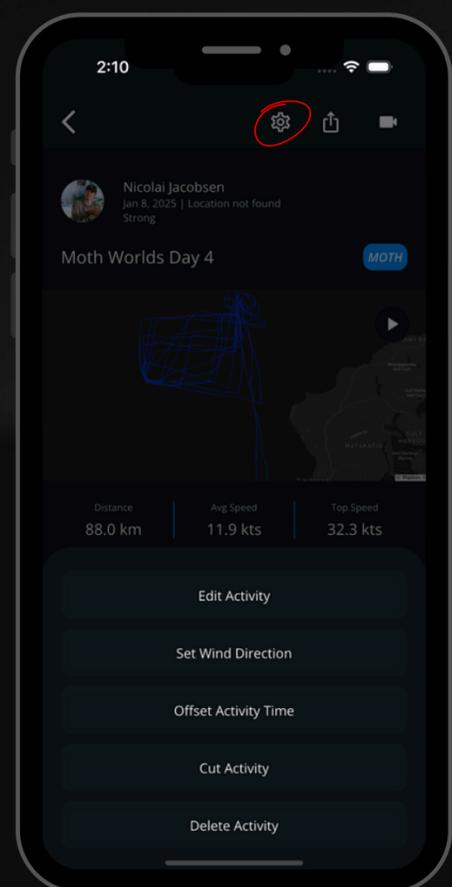
Some instruments may not always have the right timestamp (not synced to your location). If you experience this, correct it here.

### Cut Activity

Cut down the start and end of your activity to remove towing or excessively long activities

### Delete Activity

Deletes your activity and related data.



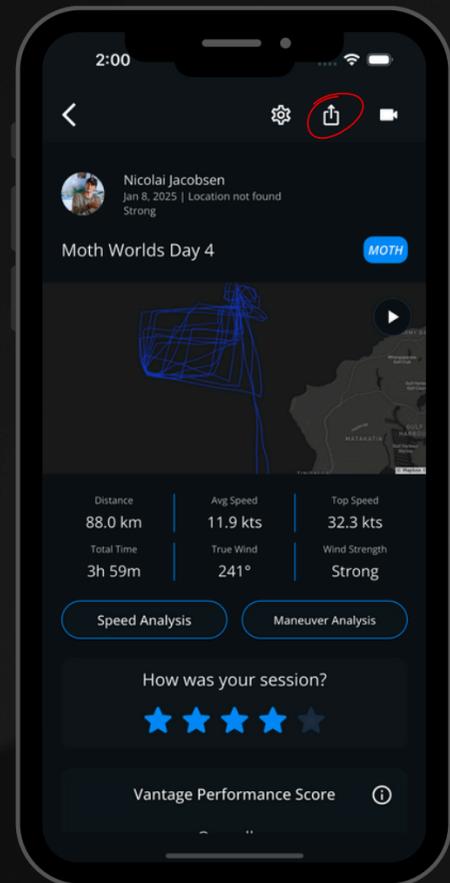


# Analyzing Your Performance

## Activity Sharing

### Share Your Activity to Socials!

Here, you can upload a photo and overlay some of your session stats. Share the photo to social media, we will make sure to repost! We are working to expand the functionality here further!



## Video Telemetry Overlay

### What Formats are Supported?

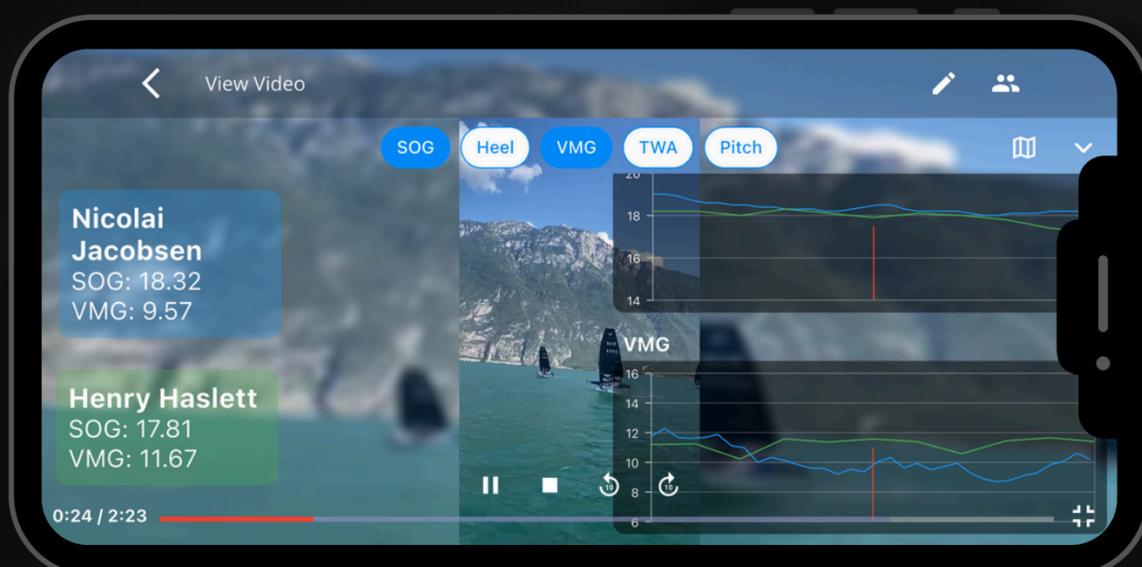
At the moment, we primarily support anything that is stored in your phone's camera roll. Hence, if you have GoPro videos or drone videos stored in your camera roll, you can easily upload them to Vantage.

### Local Player vs Cloud Player

Since Vantage 1.2.2, you can upload at to 10 videos at once, and play them instantly using local play. If the videos are less than 100MB in size, they will be uploaded to a cloud in the background, which allows you to view the videos on multiple devices. For example, if you upload videos (< 100MB) as a coach, your sailors will be able to view the videos on their devices.

### Time Synchronization

In Vantage 1.2.2, we introduced a brand new video time synchronization tool. Press the edit icon on the video player page, and you will see a line chart with speed data as well as the video. By dragging horizontally on the chart, you can move the video time to match an easily identifiable point in the video. For example, if you see a tack in the video, match the lowest speed on the graph to the lowest speed in the video.



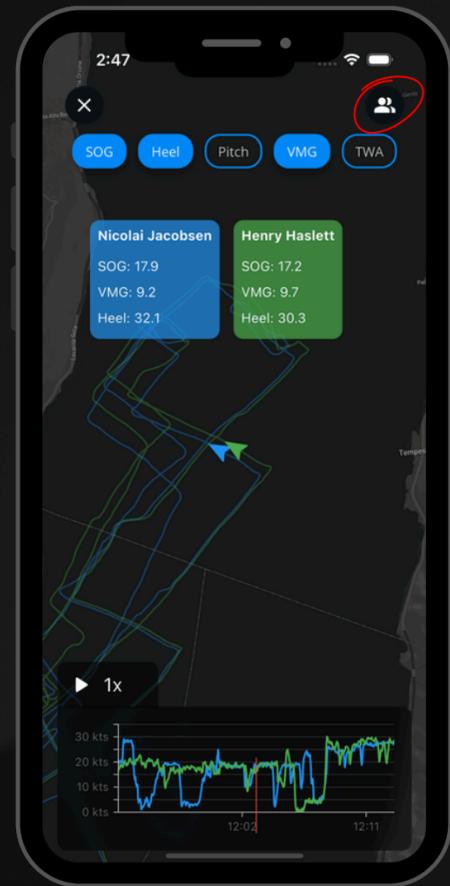


# Analyzing Your Performance

## Activity Replay

### Replay Your Activities

To navigate to activity replay, simply click the map or the play button in the upper right corner of the map. This allows you to replay the activity with selected telemetry overlay. If you have sailed with any of your connections, you can compare data by clicking on the circled icon.



## Speed Analysis

### Simplified Speed Analysis

To navigate to speed analysis, click on "Speed Analysis" from the activity page. This page gives you a comprehensive view of your straight line performance in the session.

### Bar Chart

The data displayed in the bar chart is an average based on your 50% highest performing segments in the activity.

### Violin Plot

The violin plot displays the distribution of the selected metric, split on each side by starboard and port. If you have a high consistency in your sailing technique, it will show here!

### Tack Bias

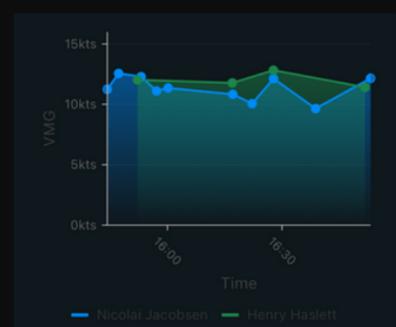
The tack bias plot shows the difference between port and starboard for the selected metric. The % difference is displayed below the chart.

### Leg Performance

The leg performance scatter plot shows the trend in performance metrics throughout the day, displaying the average of the selected metric for each leg, with time on the x-axis.

### Data Comparison

To compare data to your connections, simply click on the compare icon on the upper right!





# Analyzing Your Performance

## Maneuver Analysis

### Individual Maneuver Analysis

Your tacks/gybes are listed chronologically, with a color indicating the performance. The performance is calculated based on average VMG through the maneuver. Green maneuvers are the highest performing, whereas red are the worst. See stats from your selected maneuver, or scroll down to see a line chart showing the telemetry from start to finish. Hover on the line chart to see the data at each point.

### Multiple Maneuver Selection

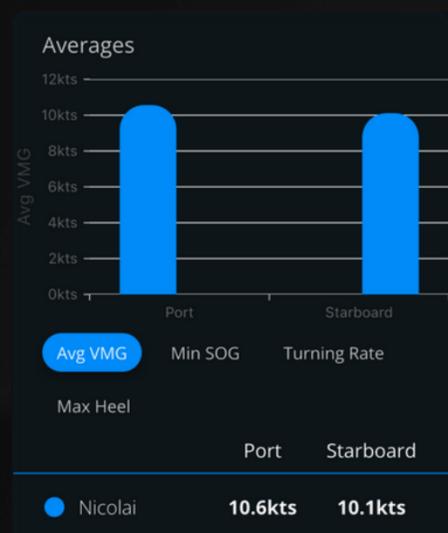
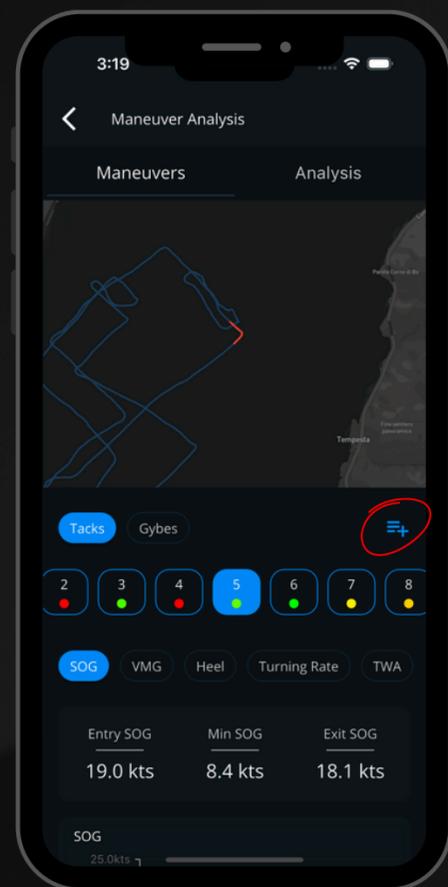
Click on the circled icon to select multiple maneuvers at once. This will display all the maneuvers on the map and on the line chart. For example, if you are comparing different tacking techniques, you can make a selection of the tacks in each technique to compare the performance.

### Overall Stats & Analysis

On the tab selection on the top of the page, you can switch to the analysis page. Here, you will see general stats on your maneuvers from the day, based on your 50% highest performing maneuvers. Similarly to speed analysis, you will see bar charts and tack bias charts to compare your performance and see the difference between tacks. On the bottom of the page, you will see the "Average Maneuver Data" plot. This line chart shows the average metrics for starboard-port and port-starboard maneuvers. When comparing to others, only the average line (both tacks) will be displayed) for each sailor.

### Comparing to Connections

Similarly to speed analysis, you can compare data to your connections on the maneuver analysis page (not available for individual maneuvers). Look out for the comparison icon!





# Analyzing Your Performance

## Leg Analysis

### Replay and analyze each upwind/downwind leg

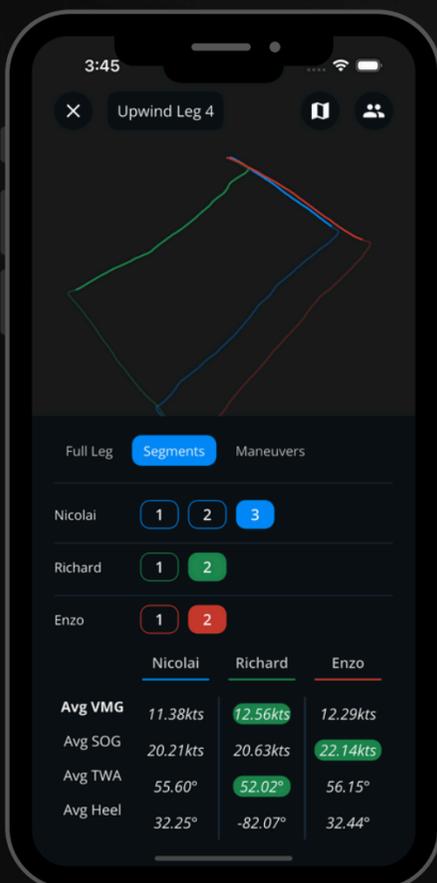
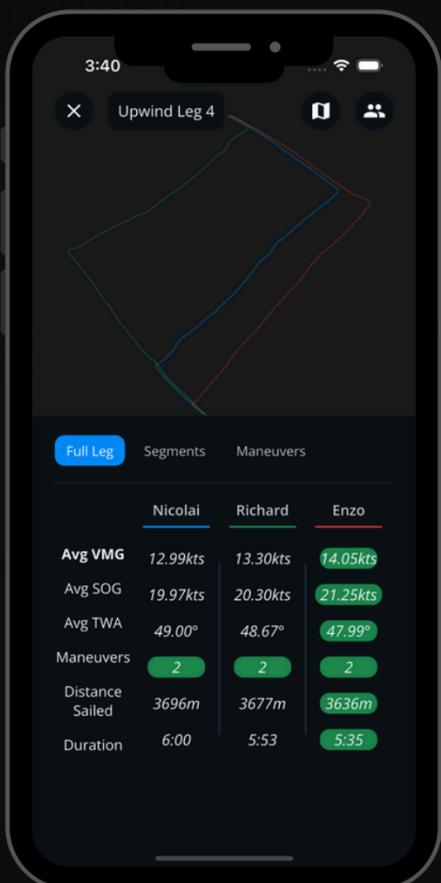
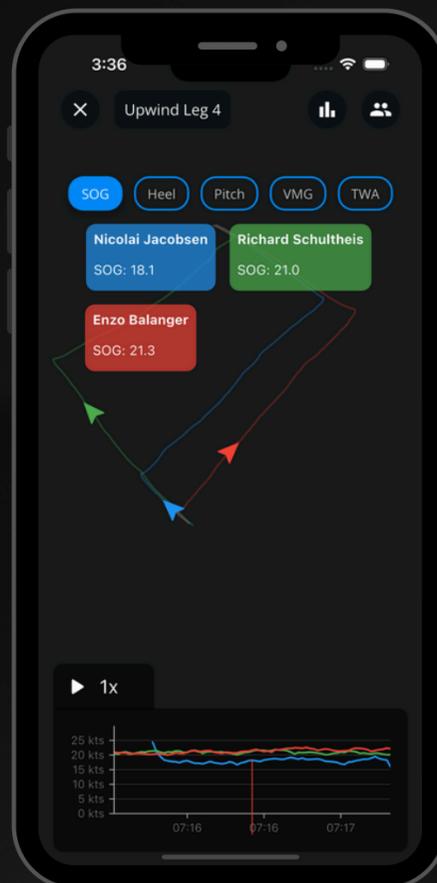
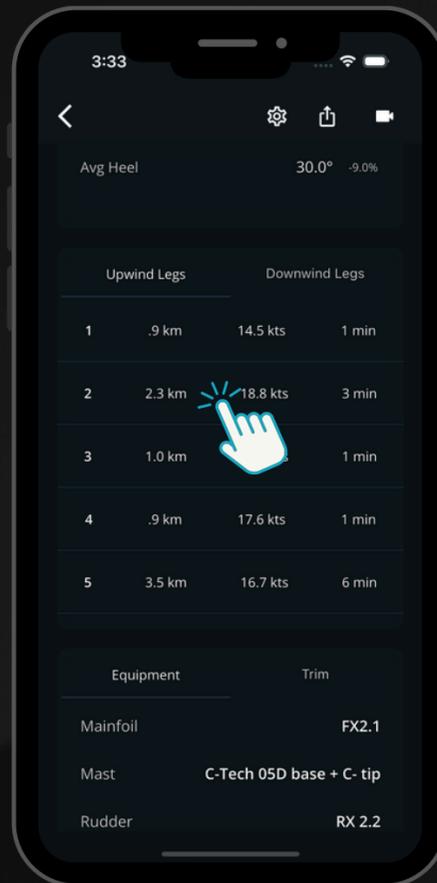
To access leg analysis, simply click on any of the legs identified on the activity page. This will bring you to the leg replay. This works similarly to activity replay, but with only the leg selected. Similarly to activity replay, you can compare data to your connections if you sailed with them.

### How are legs detected?

Legs are classified as consecutive segments of upwind/downwind sailing. Legs are only detected if they are at least 500m in distance sailed. If there is a break with no sailing for over 30s, the leg will be ended. Thus, if you are doing line-ups with longer breaks, these will be split into different legs.

### Leg Stats

To access leg stats, click on the chart icon on the upper right of the map. Here, you will see a leg summary, including data on average VMG, speed, TWA, and distance sailed. When comparing data, the best stats will be marked green. Select the 'Segments' tab to review and select straight line segments within the leg, or on 'Maneuvers' to view and compare maneuvers. To navigate back to replay, click the map icon in the same place as the chart icon.





# Analyzing Your Performance

## Stats Page

### Looking back, to understand what's ahead

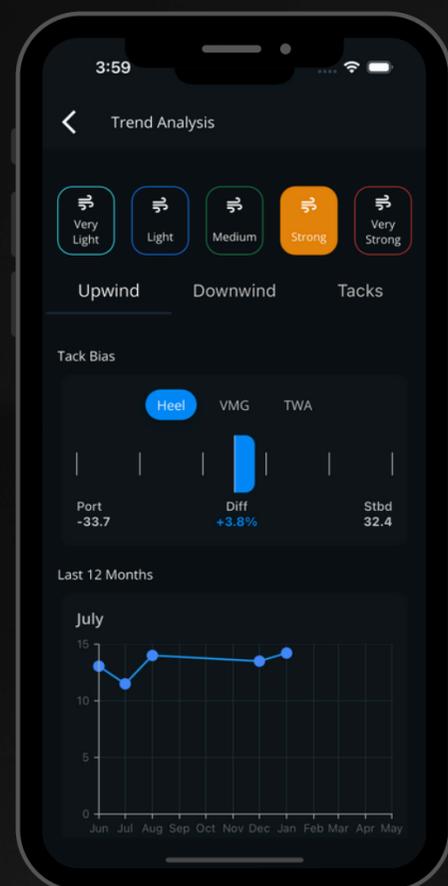
The stats page can be accessed from the bottom bar, which gives you a holistic view on the way you train and performance trends. On the main page, you can see a bar graph showing the time spent in each wind strength/focus/activity type.

### Activity Search

Navigate to activity search to filter and search through your past activities. You can filter by wind strength, location, wave state, and training focus.

### Trend Analysis

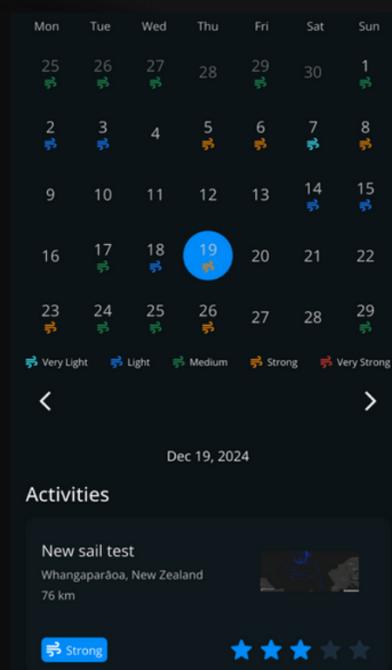
Trend analysis is a feature we are still working to expand further on, but the idea is to give you an understanding of how your sailing style and performance develops over time. Select a wind strength, and then assess monthly performance trends, such changes in upwind heel, VMG, and speed. Additionally, you can use tack bias to understand whether you have a tendency to heel more, sail faster, or perform better on either tack. These are differences that are hard to spot yourself, but data makes it possible!



## Calendar

### An organized view of your activities

The calendar can be accessed from the side bar. In the calendar, each session will be marked with a 'wind' icon, colored by the wind strength of the activity. This makes it easy to go back and find older activities. To navigate to the activity page, simply click on the activity that you would like to view!





## FAQ

### Some questions we often get

#### **How does Vantage calculate the wind direction?**

What makes Vantage truly unique is the accuracy of our wind algorithms. In contrast to most other sailing analytics tools, Vantage does not just use a fixed wind direction for an activity, but uses a revolutionary approach to adjust for even the smallest shifts. The approach relies on polars generated using machine learning, and efficient computation that uses the polar as a guide to understand what's a shift, and what's pressure.

#### **Does it matter which boat class I upload to?**

Yes! Make sure to always use the right boat class for the session you are uploading. Some classes, including all Olympic classes and a few others, have pre-defined class polars that affect the way the wind detection functions. If you have made an error here, you can always switch the selected boat from the activity settings!

#### **My analysis looks off, what should I do?**

If it looks significantly off, it is very likely to be caused by an error in the wind detection. For example, if the algorithm fails to identify a good general wind direction as a starting point, the rest of the analysis will struggle to catch up. Thus, my main recommendation here is to always check the True Wind as shown on the activity page. If it is off, simply click on it and choose a general wind direction that matches your activity. Additionally, check for whether you have towing included in your session or motorized segments. This should always be excluded for the analysis to work appropriately.

#### **I can't see my connections for data comparison, what should I do?**

If you are connected, and have sailed at the same time and location, Vantage will automatically identify the matching activities and allow you to compare data. However, sometimes, you may experience not being able to see your connections under data comparison. Most of the time, this is caused by an issue in the device timestamps (wrong time zone) in one of the activities. To fix this, make sure to double check the activity start and end time under Activity Settings → Offset Activity Time. Here, you can easily adjust the start and end time.

#### **I uploaded a video, but I can't see any telemetry**

This is generally caused by a time zone issue on either the instrument's time stamps, or the video timestamp, which causes the telemetry to not match up with the video time. To fix this, assess whether your activity time or video time is wrong. An easy way to do this is through the video synchronization page (upper right on the video player). Here, you can shift the video time by hours in each direction, until you can see it match up with the instrument telemetry.

#### **My activity failed to upload :(**

Firstly, check that your device meets the requirements listed on the device setup page. If it still fails, send us an email on [info@vantage-sailing.com](mailto:info@vantage-sailing.com) with the file attached. Then, we will review the data and get back to you once the issue is fixed. If you have a capable sailing instrument / GPS that is not supported yet, also feel free to send us an email!