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EUROPEAN EDUCATION AND CULTURE EXECUTIVE AGENCY (EACEA)

# EDATS - European Digital Assisted Training in Team Sports

Project acronym:

**EDATS**

XXXXXXXXXX

Project number:

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UNIVERSITÀ DEGLI STUDI  
DI CAGLIARI

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## EDATS VERSION 1.0 – USER GUIDE

The guide explains the principal user flows for the first version of EDATS. All information and screenshots are to be considered valid for all user types (admin – coach – athlete) unless otherwise specified.



## 1. ACTIVATING YOUR ACCOUNT

2. In the inbox of your email account, you'll find an email from 'supporto@dauvea.it' with the object "Activate your EDATS account".

To: <user@guide.com>

[Activate your JADA account](#)

3. In the email, click the link to activate your account.

[Activate your account](#)

4. In the verification page, you can choose to register your account via email and a custom password that you choose, or verify your account via Microsoft SSO or Google.

You can access the app by creating a personalized password for your account or via the SSO of your associated email.

Log in with email and password

EMAIL & PASSWORD

Log in via SSO



Sign in with Google



MICROSOFT

BEWARE! To insert your custom password you can click the button "EMAIL & PASSWORD" to show the registration form.

Log in with email and password

EMAIL & PASSWORD

user@guide.com

Password

Confirm Password

Passwords must match

LOGIN

5. If you decide to verify your account via custom login, you will be required to add a second authentication via a 2FA app (e.g. Microsoft Authenticator or Google Authenticator).

#### Activate 2FA

For your account safety, we require you to link your account to a 2FA app. We recommend either Google Authenticator or Microsoft Authenticator

STEP 1: Scan code with your app



Can't scan the QR code? Copy this string in your app

6QSI32EFNPQP7AZ4

STEP 2: Insert below the code produced by your authenticator app

6. Once the verification process is completed with successful completion, you will be redirected to the login page to log into the application.

## 2. LOGGING IN



### Accedi

Accedi con email e password

EMAIL & PASSWORD

Email

Password

LOGIN

[RESET PASSWORD](#)

Accedi via SSO



Accedi con Google



MICROSOFT



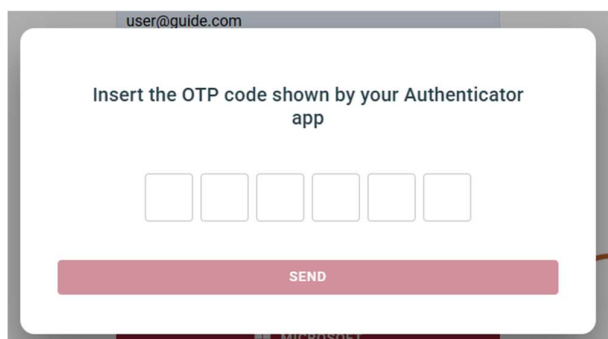
Compatibile con Google Chrome



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1. Log in at <https://edats-project.dauvea.it/> using the method you chose during the verification process.

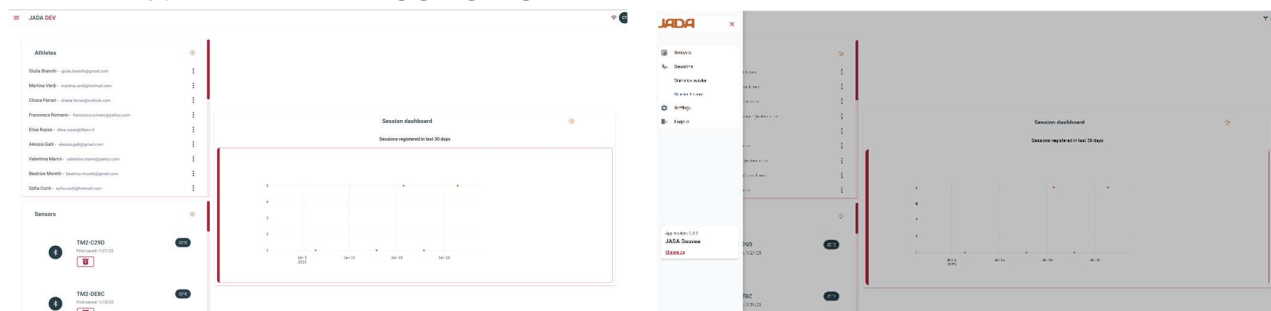
2. If you log in via custom login, you will be required to insert the OTP code from your authentication app.



The screenshot shows a web browser window with the address bar displaying 'user@guide.com'. The main content area has the heading 'Insert the OTP code shown by your Authenticator app'. Below this heading are six empty square boxes for entering the OTP code. At the bottom of the form is a pink button labeled 'SEND'.

## 3. HOME PAGE

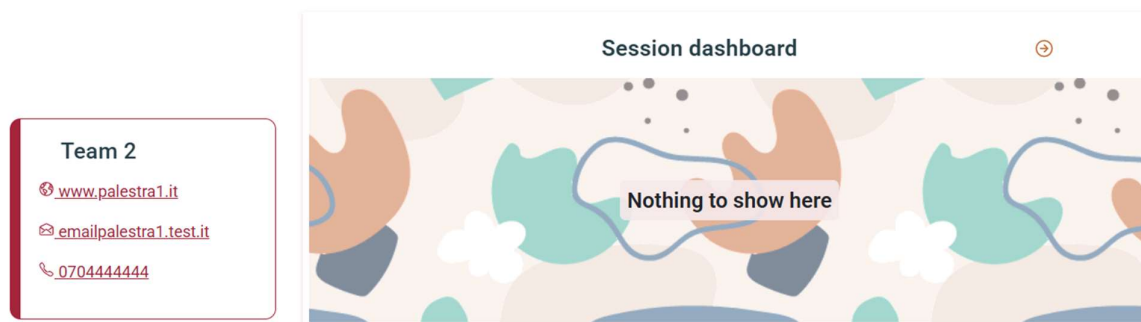
### a. ADMIN AND COACH ONLY



In the Home page you can find a synthetic review of all you app sections.

1. **ATHLETES SECTION:** here you can find a comprehensive list of all your athletes, either active or not. Clicking on the arrow next to the label will take you to the Team's settings (for details, see the dedicated section)
2. **SENSORS SECTION:** here you can see a list of the previously registered sensors. Clicking on the arrow next to the label will take you to the Sensors page (for details, see the dedicated section)
3. **SESSION SECTION:** the graph shows all sessions registered in the last 30 days. If you don't have registered any session yet, the graph will not be shown. As with the previous sections, clicking on the arrow next to the label will take you to the Session dashboard (for details, see the dedicated section)
4. **MENU BUTTON:** clicking on the hamburger button on the left of the header will open the side menu where you will find links to all key features of the application, a logout function and a link to the Changelog page, where you will find more information on the latest release of the EDATS app.

### b. ATHLETES





The athletes' home page is slightly different. It contains only the data pertaining to the athlete who logged in (team info and session registered by them)

## 4. WORKING WITH YOUR SENSORS (ADMIN AND COACH ONLY)



This is your sensors' home. From this page you can save new sensors, connect your existing ones or delete them.

Activate your browser flags for full functionalities. [HELP](#)



[REGISTER NEW SENSOR](#)

**TM2-C29D**  
First saved: 1/27/25  




221E

**TM2-DE8C**  
First saved: 1/10/25  


221E

**TM2-4B08**  
First saved: 1/10/25  


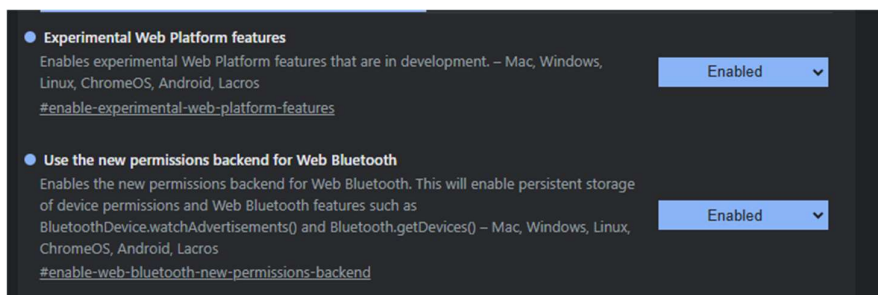
221E

**TM2-460D**  
First saved: 1/10/25  


221E

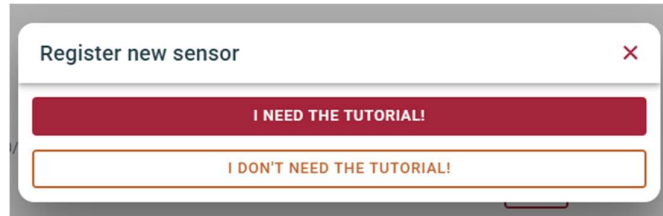
Before you start working with your devices, you need to activate some features in your browser. The process is quite simple and you will find a tutorial similar to this one from inside the application clicking on the **HELP** button on top of the page:

- From your Chrome browser, go to the page `chrome://flags/`
- In the page that opens, search and activate the following flags:
  - o `#enable-experimental-web-platform-features`
  - o `#enable-web-bluetooth-new-permissions-backend`: set it either to default

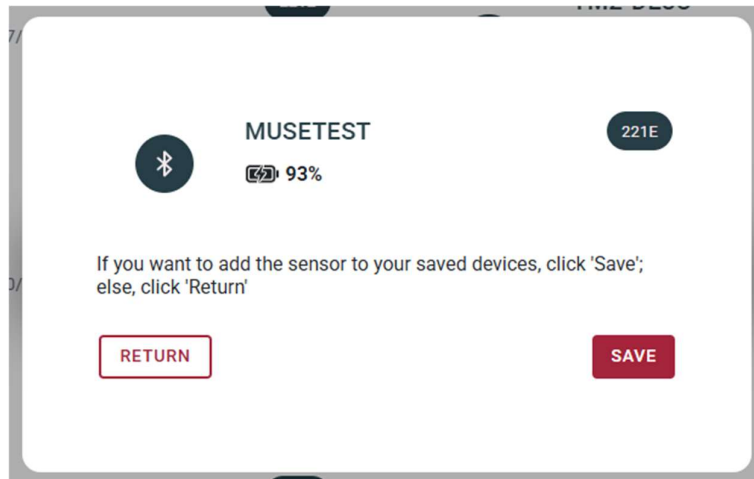


## a. SAVE A NEW SENSOR

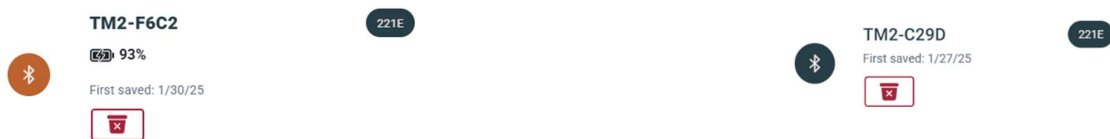
1. Click the button SAVE NEW SENSOR. A modal will appear where you can choose to go directly to the connection process or to see a brief tutorial that will guide you through the process.



2. Once the connection is established, you will see the sensor data and you can save the device in your sensor list by clicking the SAVE button.



3. Once the device is saved and renamed based on your team initials, you will see it connected in your list. You can identify the connected devices by the orange Bluetooth icon and the battery value indicator. When the sensor is disconnected instead, the icon is dark blue and no battery value is shown.



## b. CONNECT AND DISCONNECT AN EXISTING SENSOR

You can connect and disconnect a previously saved device by clicking the Bluetooth icon shown above.



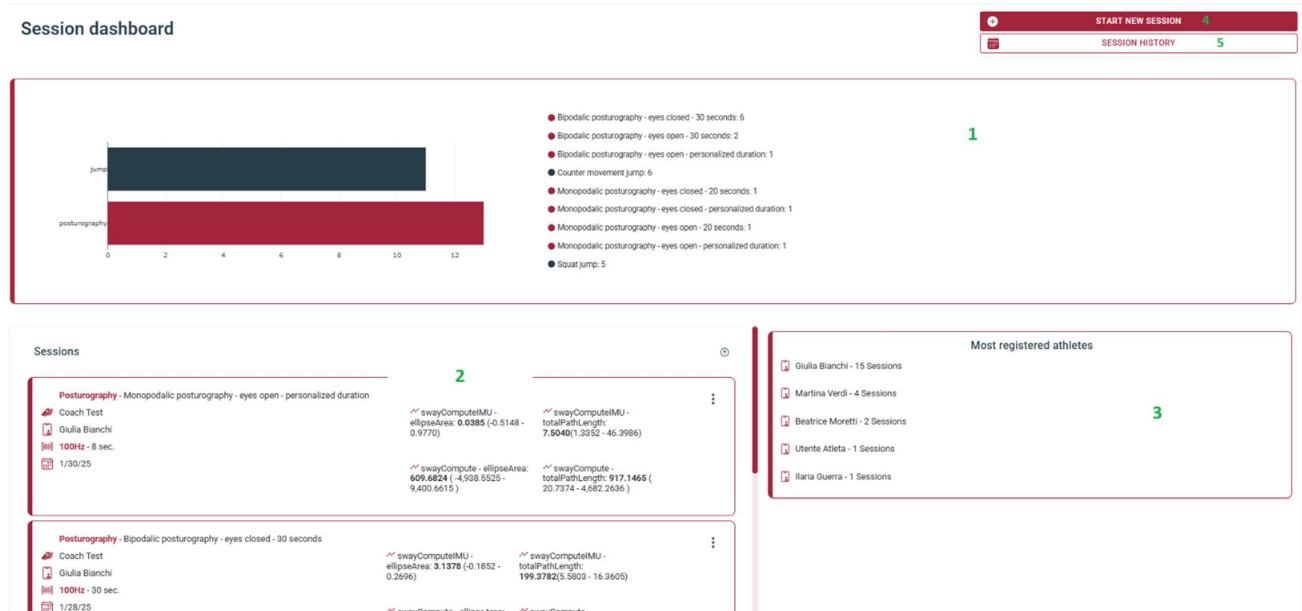
On mobile the Bluetooth button is a normal button with the same icon and underneath the sensor data, but the functioning is exactly the same.

## **c. DELETE A SENSOR**

You can delete a sensor by clicking on the trash can button. If you confirm the deletion, the sensor will be renamed to the factory name and deleted from your sensor list. If you want to add it again, you can follow the instructions to save a new sensor again.

## 5. SESSIONS

### a. SESSION DASHBOARD



- Sections 1 and 3: some statistics on the sessions you registered in the past. On 1 you can see your sessions divided by type, on 3 you can see the athletes with most sessions registered
- Section 2: last 5 sessions saved; to see and search among your other sessions, click on 5
- Section 4: START NEW SESSION button; click to start a new session
- Section 5: SESSION HISTORY button, where you can search among all your registered sessions

## b. REGISTER A NEW SESSION (ADMIN AND COACH ONLY)

The new session wizard is accessible via the session dashboard described above, or via the sidebar menu by clicking 'New session'.

The wizard will guide you through the process.


1. Select session type: the available sessions are Posturography (static) or Jumps. Training sessions are coming in a future release. The forward button will activate once you select your type.


Start new session


← Step 1 Step 2 Step 3 →

Step 1/3. Select session type

Available session types:

☐  Posturography

☐  Jump

☐  Training session

FORWARD

2. Select sub session type, based on the session type chosen before. The forward button will activate once you select your type.

Start new session

← Step 1 Step 2 Step 3 Step 4 →

Step 2/4. Select session type

Available session types:

☐ Bipodalic posturography - eyes closed - 30 seconds

☐ Bipodalic posturography - eyes open - 30 seconds

☐ Bipodalic posturography - eyes open - personalized duration

☐ Bipodalic posturography - eyes closed - personalized duration

☐ Monopodalic posturography - eyes closed - 20 seconds

☐ Monopodalic posturography - eyes open - 20 seconds

☐ Monopodalic posturography - eyes closed - personalized duration

☐ Monopodalic posturography - eyes open - personalized duration

FORWARD

3. In case you select a personalized duration, you will have to compile the time duration forms that appears underneath the list, and click the save button to save the personalized duration. Once you receive the correct saving message you can continue to the next step.

Start new session


← Step 1 **Step 2** Step 3 Step 4 →

Step 2/4. Select session type

Available session types:

<input type="radio"/> Bipodalic posturography - eyes closed - 30 seconds	<input type="radio"/> Bipodalic posturography - eyes open - 30 seconds
<input type="radio"/> Bipodalic posturography - eyes open - personalized duration	<input type="radio"/> Bipodalic posturography - eyes closed - personalized duration
<input type="radio"/> Monopodalic posturography - eyes closed - 20 seconds	<input type="radio"/> Monopodalic posturography - eyes open - 20 seconds
<input type="radio"/> Monopodalic posturography - eyes closed - personalized duration	<input checked="" type="radio"/> Monopodalic posturography - eyes open - personalized duration

Custom duration (mm:ss)

0 : 5 

FORWARD

✓ Custom duration saved correctly

4. Select your athlete. For now, you can select any athlete on your team, but in future releases you will be able to select your athlete only among those that activated their account.

## Start new session

← Step 1 Step 2 **Step 3** Step 4 →

Step 3/4. Select athlete to monitor

Athletes

<input checked="" type="radio"/> Giulia Bianchi ⓘ	<input type="radio"/> Martina Verdi ⓘ	<input type="radio"/> Chiara Ferrari ⓘ
<input type="radio"/> Francesca Romano ⓘ	<input type="radio"/> Alessia Galli ⓘ	<input type="radio"/> Beatrice Moretti ⓘ
<input type="radio"/> Sofia Conti ⓘ	<input type="radio"/> Ilaria Guerra ⓘ	<input type="radio"/> Sara De Luca ⓘ
<input type="radio"/> 1bl user ⓘ	<input type="radio"/> Utente Atleta ⓘ	

BACK FORWARD

5. Select your sensor. If it's disconnected, the browser's popup will allow you to connect it. Once your sensor has blinked in yellow and has made a sound, you can start registering your session.

← Step 1 Step 2 Step 3 **Step 4** →

Step 4/4. Select sensor to use for the session

Sensors

<input type="radio"/> TM2-C29D - 221e ⓘ	<input type="radio"/> TM2-DE8C - 221e ⓘ	<input checked="" type="radio"/> TM2-F6C2 - 221e ⓘ	<input type="radio"/> TM2-C29D - 221e ⓘ
<input type="radio"/> TM2-4B08 - 221e ⓘ	<input type="radio"/> TM2-460D - 221e ⓘ	<input type="radio"/> TM2-DE8C - 221e ⓘ	<input type="radio"/> TM2-4B08 - 221e ⓘ
<input type="radio"/> TM2-862F - 221e ⓘ	<input type="radio"/> TM2-4254 - 221e ⓘ	<input type="radio"/> TM2-460D - 221e ⓘ	<input type="radio"/> TM2-862F - 221e ⓘ
<input type="radio"/> TM2-9E30 - 221e ⓘ	<input type="radio"/> TM2-D388 - 221e ⓘ	<input type="radio"/> TM2-4254 - 221e ⓘ	<input type="radio"/> TM2-9E30 - 221e ⓘ
<input type="radio"/> TM2-3166 - 221e ⓘ	<input type="radio"/> TM2-47FE - 221e ⓘ	<input type="radio"/> TM2-D388 - 221e ⓘ	<input type="radio"/> TM2-3166 - 221e ⓘ
<input type="radio"/> TM2-2ACA - 221e ⓘ	<input type="radio"/> TM2-FA0E - 221e ⓘ	<input type="radio"/> TM2-47FE - 221e ⓘ	<input type="radio"/> TM2-2ACA - 221e ⓘ
<input type="radio"/> TM2-2979 - 221e ⓘ	<input type="radio"/> TM2-2B03 - 221e ⓘ	<input type="radio"/> TM2-FA0E - 221e ⓘ	<input type="radio"/> TM2-2979 - 221e ⓘ
<input type="radio"/> TM2-F6C2 - 221e ⓘ		<input type="radio"/> TM2-2B03 - 221e ⓘ	

BACK CONNECTING... BACK START NEW SESSION

Loading session

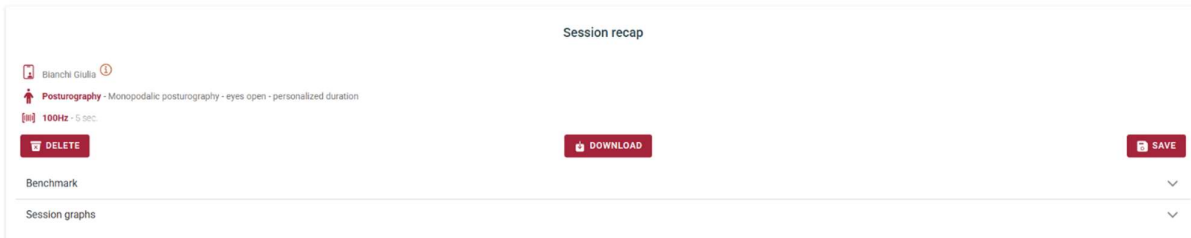


00:03:60

STOP SESSION

## c. YOUR SESSION'S RESULTS (ADMIN AND COACH ONLY)

At the end of the countdown, you will see a recap of the session you just registered.



The recap contains:

- Your athlete's data
- The session's info (type, frequency, duration)
- Your action buttons:
  - o DELETE deletes the session info and all sensor data registered during it
  - o DOWNLOAD exports a file with the raw sensor data, useful for debugging purpose
  - o SAVE saves your session and adds it to your session history to be accessed at a later date
- Benchmark drawer: opens to show your session data compared to a gold standard based on literature

Benchmark

Posturography - monopodal: posturography - eyes open - personalized duration

swayComputeIMU - ellipseArea: 0.0036



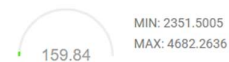
swayComputeIMU - totalPathLength: 1.4643



swayCompute - ellipseArea: 41.2461



swayCompute - totalPathLength: 159.8438



- Session graphs drawer: opens to show your session graphs

Session completed



Once you confirm or delete your session, you can start over by registering another one or going back to your dashboard.

START NEW SESSION

BACK TO SESSION DASHBOARD

## d. SEARCH IN YOUR SESSION HISTORY

You can access your sessions' history by the button on the session dashboard or from the side menu. The page presents at the top the available filters you can choose from by clicking on each one of them to expand it, a button to start your search and the result of your search at the bottom.

You can filter by:

- Date interval (if an end date is not specified, it filters to today's date)
- Your team's athletes
- Session types
- Coaches who registered the session

Filter

Date interval	Session types
Athletes	Coaches

Q START SEARCH

Nothing to show here

## Filter

### Date interval

From Jan 1, 2025

To Jan 31, 2025

### Session types

#### Jump

☒ Squat jump

☒ Counter movement jump


### Athletes

### Coaches

Q START SEARCH

## Sessions

**Posturography** - Monopodalic posturography  
- eyes open - personalized duration

 Coach Test

 Giulia Bianchi


✓ swayComputeIMU -  
ellipseArea: **0.0036**  
(-0.5148 - 0.9770)


✓ swayComputeIMU -  
totalPathLength:  
**1.4643**(1.3352 -  
46.3986)


## e. DELETING A SESSION (ADMIN AND COACH ONLY)


Other than during the registration process, you can also delete a session from your session history clicking on the three dots on the right of the session card and clicking on the DELETE button.

**Posturography** - Monopodalic posturography  
- eyes open - personalized duration

 Coach Test

 Giulia Bianchi

 **100Hz** - 5 sec.


 1/30/25

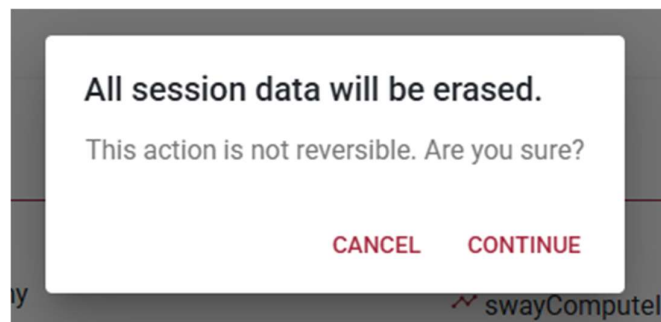
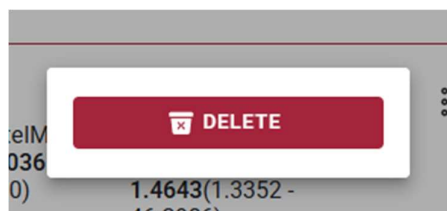
swayComputeIMU - ellipseArea: **0.0036** (-0.5148 - 0.9770)

swayComputeIMU - totalPathLength: **1.4643**(1.3352 - 46.3986)

swayCompute - ellipseArea: **41.2461** (-4,938.5525 - 9,400.6615)

swayCompute - totalPathLength: **159.8438** ( 20.7374 - 4,682.2636 )









## 6. YOUR SETTINGS

You can access your team data either from the Home page from the button on top of your athletes list (for coaches and admins only) or from the Settings in the sidebar menu that you access from the menu button on the left of your header bar.

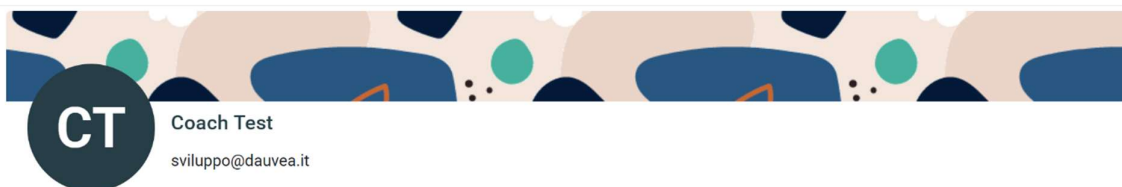
Athletes



-  Sensors
-  Sessions
- Start new session
- Session history
-  Settings
-  Logout

This is your settings area. From here you can access your account's data and a bird's eye view on all team members.

You can move between the different features by clicking on the tabs underneath your email address.



CT

Coach Test

sviluppo@dauvea.it

DETAILS

LOGIN & SECURITY

TEAM

TRAINING GROUP

## Team 2

www.palestra1.it  
emailpalestra1.test.it  
0704444444

Active users

48%

Admin

1

Coaches

4

Athletes

26

REGISTER NEW USER

Admin

Coach

Athletes

## a. YOUR DETAILS

Personal details

Coach

Test

Preferred language

☐ IT

☒ EN

SEND

Here you can change your personal data. Athletes can also set their height and weight in this page.

## b. YOUR SECURITY DETAILS

Authentication settings

Authentication type: Custom

MODIFY

RESET PASSWORD

DELETE ACCOUNT

Here you can see more information on your authentication method, reset your

password if you are logging in with a custom form, or delete your account. You can also change your authentication method by clicking the MODIFY button. If you choose to do so and change the authentication method to a custom one, you will receive an email notification to set your password.



## Set auth type

You can change your preferred type of authentication to log in, **but your email address will remain the same.**

 MICROSOFT

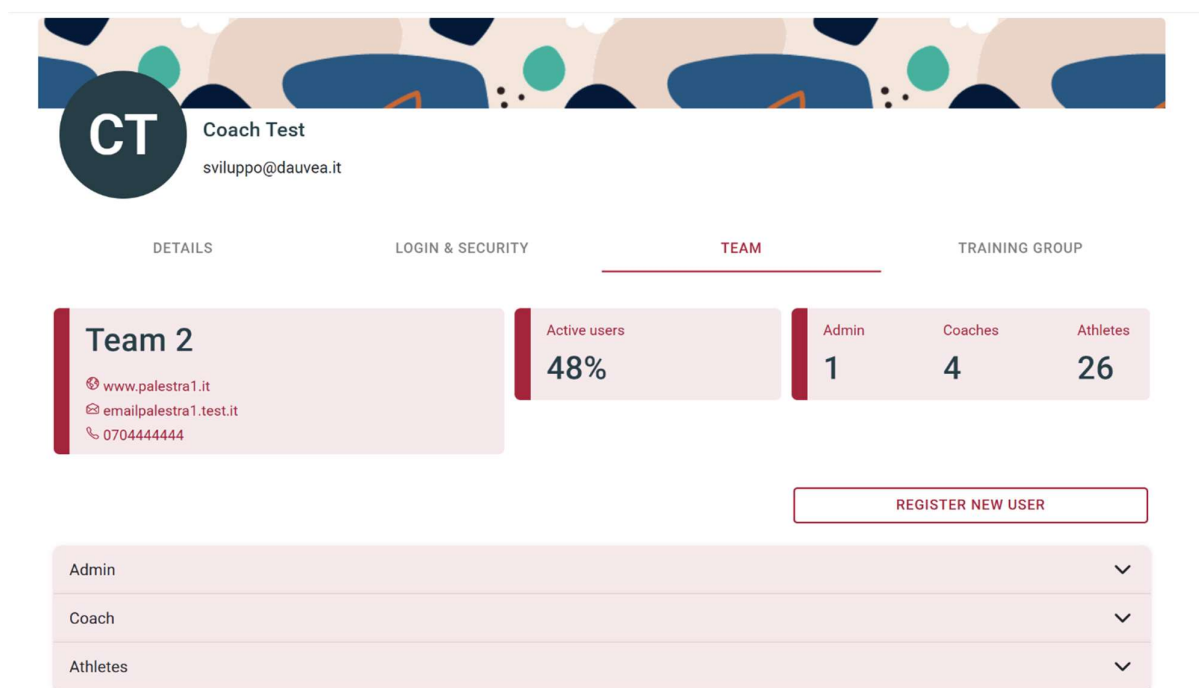
 GOOGLE

 CUSTOM



## c. YOUR TEAM PAGE

The team page contains all important info and statistics pertaining your team. By opening and closing the drawers underneath the team's statistics, you can see the list of team members divided by role.

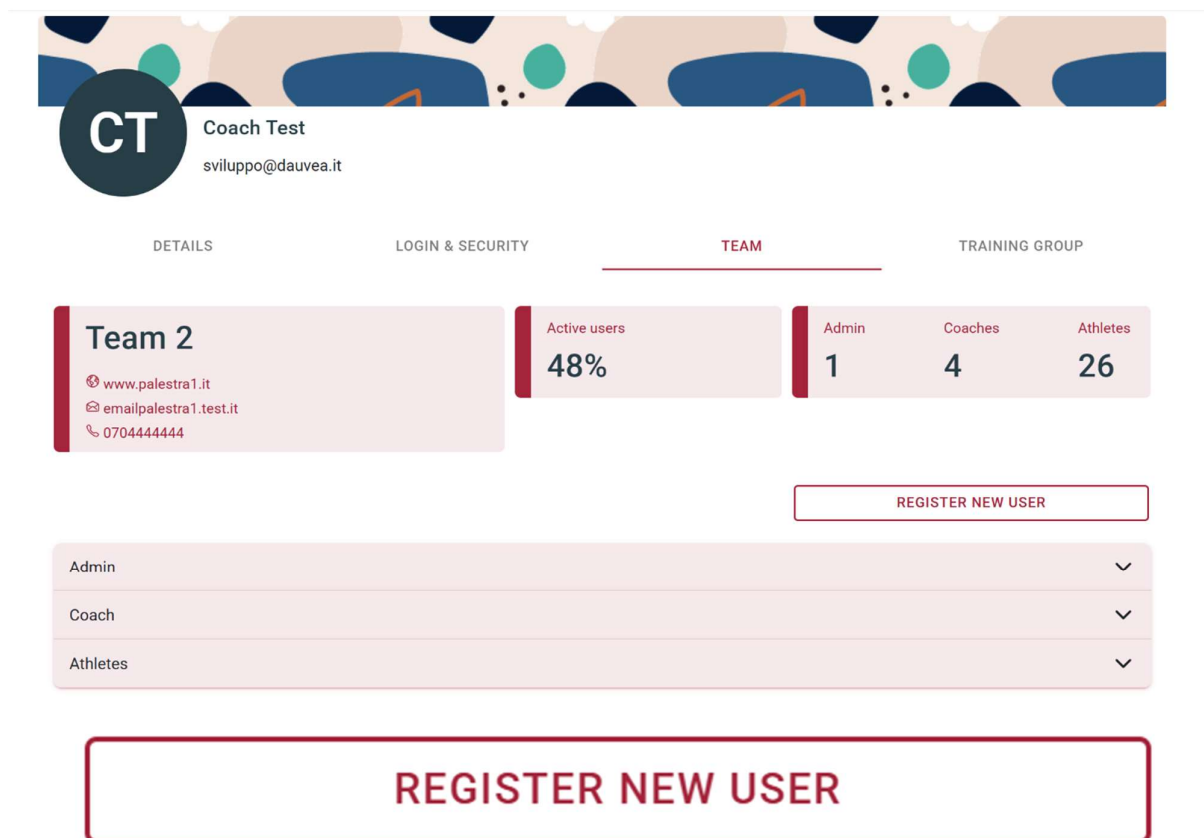


The screenshot displays the 'YOUR TEAM PAGE' for 'Team 2'. At the top, there is a header bar with a decorative pattern and a profile card for 'Coach Test' (sviluppo@dauvea.it). Below this, a navigation menu includes 'DETAILS', 'LOGIN & SECURITY', 'TEAM' (selected), and 'TRAINING GROUP'. The main content area shows team details for 'Team 2', including contact information (www.palestra1.it, emailpalestra1.test.it, 0704444444). To the right, a statistics section shows 'Active users' at 48%, and a breakdown of roles: Admin (1), Coaches (4), and Athletes (26). A 'REGISTER NEW USER' button is located below the statistics. At the bottom, a table lists the roles: Admin, Coach, and Athletes, each with a dropdown arrow.

Role	Count
Admin	1
Coaches	4
Athletes	26

## d. CREATE A NEW USER (COACH AND ADMIN ONLY)

1. From the team details section in your settings page, click on the “Register new user” button.



**CT** Coach Test  
sviluppo@dauvea.it

DETAILS LOGIN & SECURITY **TEAM** TRAINING GROUP

<b>Team 2</b> www.palestra1.it emailpalestra1.test.it 0704444444	Active users <b>48%</b>	Admin <b>1</b>	Coaches <b>4</b>	Athletes <b>26</b>
---	----------------------------	-------------------	---------------------	-----------------------

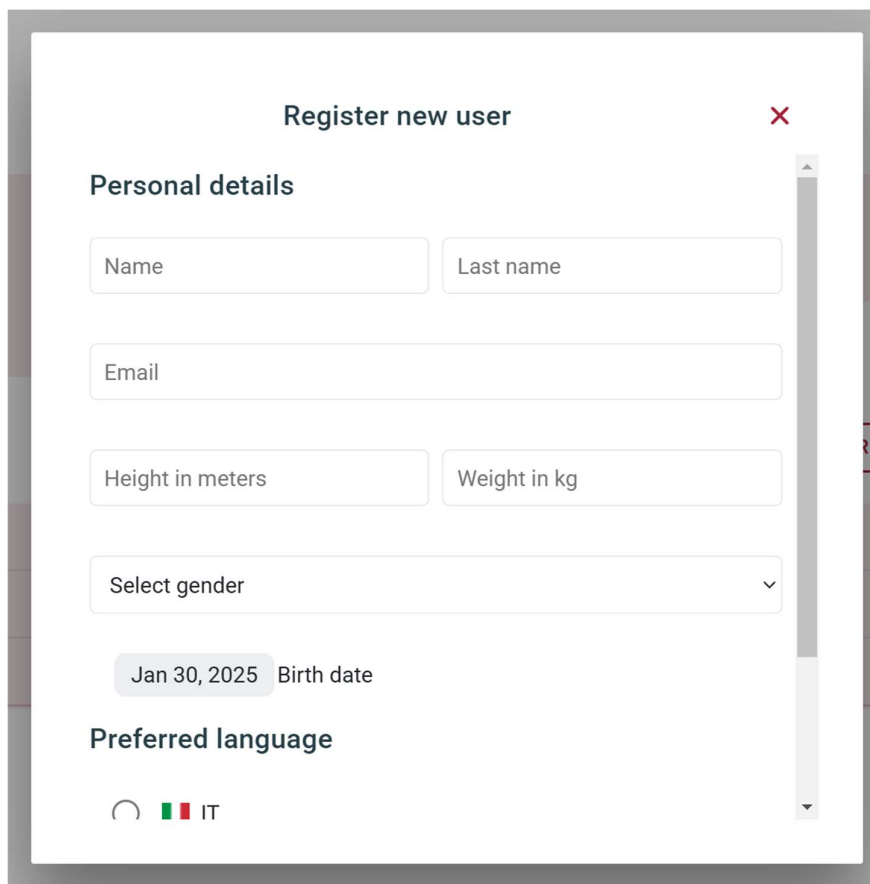
REGISTER NEW USER

Admin	✓
Coach	✓
Athletes	✓

**REGISTER NEW USER**

2. In the form that opens, insert the new user data. Keep in mind that the user will need a valid and unique email address to receive the email to activate their account.

**ONLY FOR ADMINS:** you can also register coaches using the same form and selecting “coach” as user role.

A screenshot of a web form titled "Register new user" with a red close button (X) in the top right corner. The form is divided into two main sections: "Personal details" and "Preferred language". Under "Personal details", there are input fields for "Name", "Last name", "Email", "Height in meters", and "Weight in kg". There is also a dropdown menu for "Select gender" and a date picker for "Birth date" showing "Jan 30, 2025". Under "Preferred language", there is a radio button and the text "IT" next to the Italian flag. A vertical scrollbar is visible on the right side of the form.

Register new user

Personal details

Name Last name

Email

Height in meters Weight in kg

Select gender

Jan 30, 2025 Birth date

Preferred language

IT

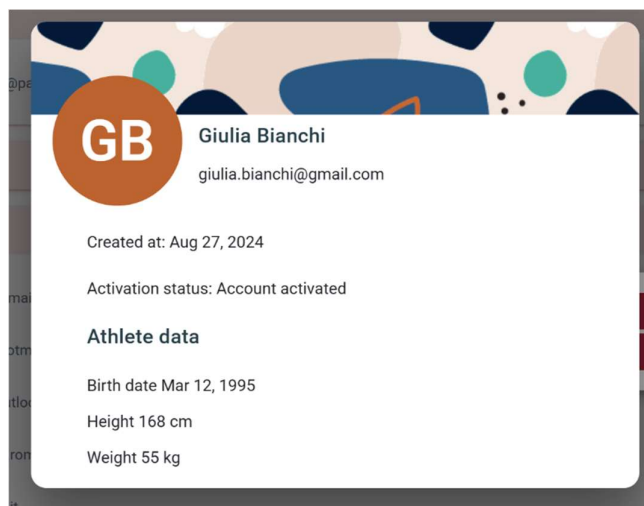
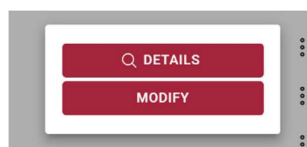
3. Once all data is correctly inserted, click on the SEND button.

SEND

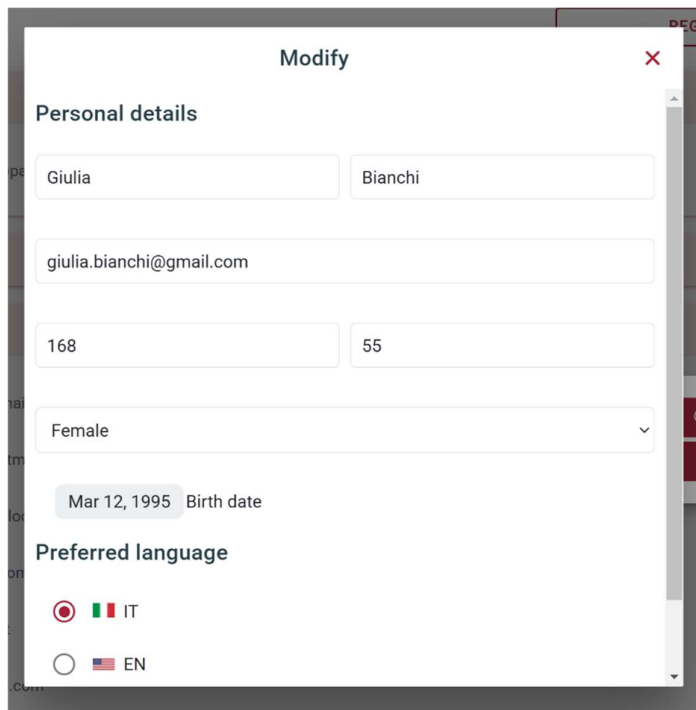
## e. MODIFYING AN EXISTING USER (COACH AND ADMIN ONLY)

1. You can access the form to modify a user from the Home page or the team settings page, clicking on the three dots next to the user name. From there you can see the user details or modify the user's data.

Giulia Bianchi - giulia.bianchi@gmail.com



2. Click on the MODIFY button. A form with the user's info will open. Modify all the necessary fields, then click SEND at the bottom of the form.

A screenshot of a web application showing a "Modify" modal window. The window has a title bar with "Modify" and a close button. It contains two sections: "Personal details" and "Preferred language".

**Personal details**

First name:  Last name:

Email:

Height:  Weight:

Gender:

Birth date:

**Preferred language**


☒ IT ☐ EN


## f. YOUR TRAINING GROUPS


Here you can access all training groups you created, delete them or create new ones.


Training groups will be available to use in future implementations, but you can already create them now.


Team's training groups


 trainingTest\_06 - 11/11/24

 trainingTest\_05 - 11/6/24

 trainingTest\_04 - 11/6/24

 trainingTest\_03 - 11/6/24

 trainingTest\_02 - 11/6/24

 trainingTest\_01 - 11/6/24

CREATE NEW GROUP

Training group name

Athletes

☐ Giulia Bianchi ⓘ

☐ Chiara Ferrari ⓘ

☐ Elisa Russo ⓘ

☐ Valentina Marini ⓘ

☐ Sofia Conti ⓘ

☐ Sara De Luca ⓘ

☐ Martina Verdi ⓘ

☐ Francesca Romano ⓘ

☐ Alessia Galli ⓘ

☐ Beatrice Moretti ⓘ

☐ Ilaria Guerra ⓘ

☐ Testmodifica rweASDA ⓘ

To create a new group, click on the CREATE NEW GROUP BUTTON and in the form that appears insert a name (mandatory), select your athletes and choose if you want the other team members to see your training group (yes by default).

Make group visible to the rest of the team ☒

SAVE

Once you click SAVE the training group will be available to use.