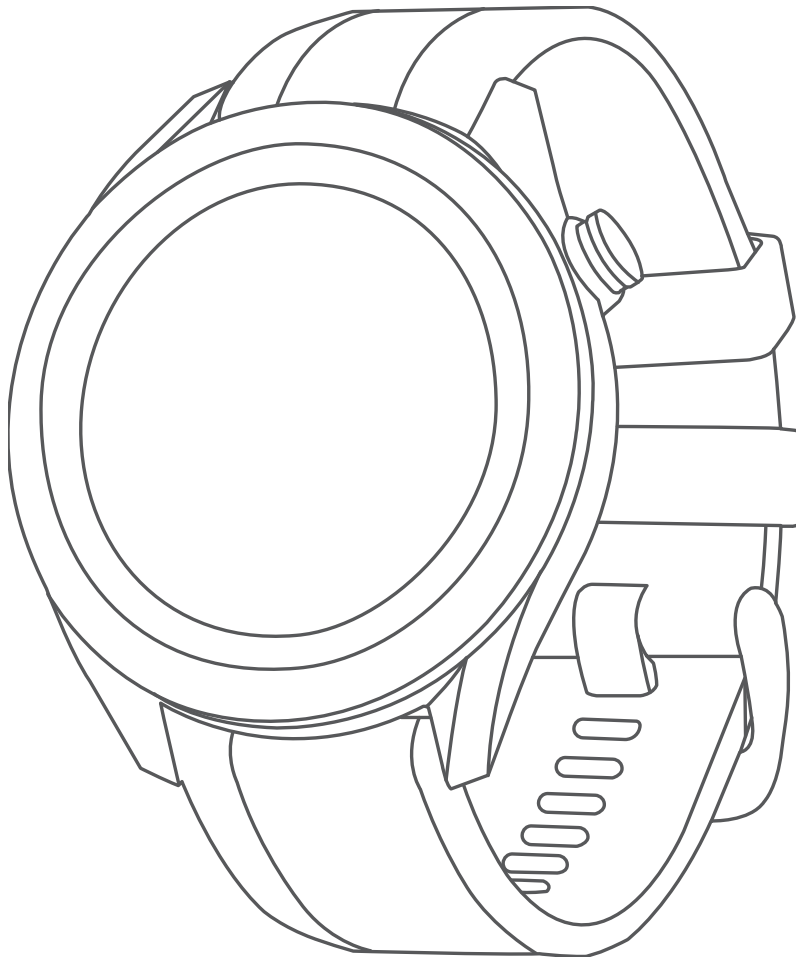


GARMIN®



# APPROACH® S40/S42

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Owner's Manual

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## Device Overview

### ⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.




- 1 Touchscreen:** Swipe to scroll through widgets, features, and menus.  
Tap to select.
- 2 Button:** Press to turn on the device.  
Press to start a round of golf.  
Press to return to the previous screen.  
Press and hold to view watch settings or turn the device off.

## Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Press the button to turn on the watch (*Turning On the Device, page 1*).
- 2 Tap the touchscreen to select your preferred language and answer the device prompts.
- 3 Pair your smartphone (*Pairing Your Smartphone, page 4*).  
Pairing your smartphone gives you access to scorecard syncing, current weather data, and more.
- 4 Charge the device completely so that you have enough charge for a round of golf (*Charging the Device, page 1*).

## Using the Watch Features

- From the watch face, swipe up to scroll through the widget loop.  
Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press the button, and select  to start an activity or open an app.
- Press and hold the button to adjust settings or customize the watch face.

## Turning On the Device

The first time you turn on the device, you are prompted to configure system settings.

- 1 Press the button.
- 2 Follow the on-screen instructions.

## Locking and Unlocking the Touchscreen

You can lock the touchscreen while playing a round to prevent inadvertent screen touches.

- 1 Hold the button.
- 2 Select **Lock Screen**.
- 3 Hold the button again to unlock the touchscreen.

## Charging the Device

### ⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

- 1 Plug the small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB charging port.
- 3 Charge the device completely.

## Product Updates


On your computer, install Garmin Express™ ([www.garmin.com/express](http://www.garmin.com/express)). On your smartphone, install the Garmin Golf™ app. This provides easy access to these services for Garmin® devices:

- Software updates
- Course updates
- Data uploads to Garmin Golf
- Product registration

## Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [garmin.com/express](http://garmin.com/express).
- 3 Follow the on-screen instructions.

## Playing Golf

- 1 Press the button.
- 2 Select **Play Golf**.  
The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
- 3 If the course list appears, select a course from the list.
- 4 Select  to keep score.

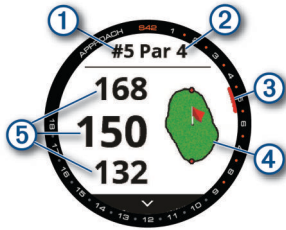
## Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

- 1 Go outdoors to an open area.  
The top of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.

## Hole View

The device shows the current hole you are playing, and automatically transitions when you move to a new hole. If you are not on a hole (for example, at the clubhouse), the device defaults to hole 1. You can manually change the hole ([Changing Holes](#), page 2).



- 1: Current hole number.
- 2: Par for the hole.
- 3: Hole indicator.
- 4: Map of the green.

You can tap to move the pin location ([Viewing the Green](#), page 2).

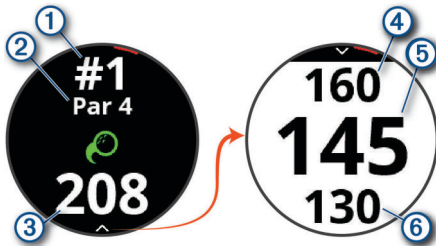
- 5: Distances to the front, middle, and back of the green.

## Big Numbers Mode

You can change the size of the numbers on the hole view screen.

Hold the button, and select **Golf Settings > Big Numbers**.

**TIP:** When using big numbers mode, you can press the button and select **Hazards and Layups** or **Move Flag**.



- 1: Current hole number.
- 2: Par for the hole.
- 3: Distance from the shot location.
- 4: Distance to the back of the green.
- 5: Distance to the middle of the green or selected pin position.
- 6: Distance to the front of the green.

## Golf Menu

During a round, you can press the button to access additional features in the golf menu.

**Move Flag:** Allows you to move the pin location to get a more precise distance measurement ([Viewing the Green](#), page 2). Appears when big numbers mode is enabled.

**Hazards and Layups:** Shows the hazards and layups for the current hole ([Viewing Hazards, Layups, and Doglegs](#), page 2). Appears when big numbers mode is enabled.

**Change Hole:** Allows you to manually change the hole ([Changing Holes](#), page 2).

**Change Green:** Allows you to change the green when more than one green is available for a hole ([Changing the Green](#), page 3).

**Scorecard:** Opens the scorecard for the round ([Keeping Score](#), page 3).

**Round Info:** Shows your score, statistics, and step information ([Viewing Round Information](#), page 3).

**Last Shot:** Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature ([Viewing Shot History](#), page 3). You can also manually record a shot ([Adding a Shot Manually](#), page 3).

**Club Stats:** Shows your statistics with each club ([Viewing Club Statistics](#), page 4). Appears when you pair Approach CT10 sensors or enable the Club Prompt setting.

**Save Location:** Allows you to save a location, such as an object or obstacle, for the current hole ([Saving a Location](#), page 4).

**Sunrise & Sunset:** Shows the sunrise, sunset, and twilight times for the current day.

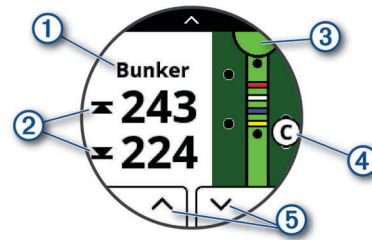
**End Round:** Ends the current round ([Ending a Round](#), page 4).

## Viewing Hazards, Layups, and Doglegs

You can view distances to hazards, layups, and doglegs along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

Select an option:

- From the hole view screen, select ∨.
- When using big numbers mode, press the button and select **Hazards and Layups**.



- 1: The hazard type, layup and distance, or dogleg and distance.
  - 2: The distance to the layup, dogleg, or front and back of the hazard.
- NOTE:** If your hazard has a single point, the distance to the center appears.
- 3: A half circle representing the green. The line below the green represents the center of the fairway.
  - 4: A letter signifying the order of the hazard, layup, or dogleg on the hole, shown below the green in an approximate location relative to the fairway.
  - 5: Arrows you can tap to view other hazards, layups, or doglegs for the hole.

## Viewing the Green

While playing a round, you can take a closer look at the green and move the pin location.

- 1 Tap the green.
- 2 Tap or drag to move the pin location.
- 3 Press the button to set the pin location.

The distances on the hole view screen are updated to reflect the new pin location. The pin location is saved for only the current round.

## Changing Holes

You can change holes manually from the hole view screen.

- 1 While playing golf, press the button.
- 2 Select **Change Hole**.
- 3 Select + or -.

## Changing the Green

If you are playing a hole with more than one green, you can change the green.

- 1 While playing golf, press the button.
- 2 Select **Change Green**.
- 3 Select a green.

## Keeping Score

- 1 While playing golf, press the button.
- 2 Select **Scorecard**.  
**NOTE:** If scoring is not enabled, you can select Start Scoring.
- 3 Select a hole.
- 4 Select — or + to set the score.

## Setting the Scoring Method

You can change the method the device uses to keep score.

- 1 Hold the button.
- 2 Select **Golf Settings > Scoring Method**.
- 3 Select a scoring method.

## About Stableford Scoring

When you select the Stableford scoring method ([Setting the Scoring Method, page 3](#)), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

## Setting Your Handicap

- 1 Hold the button.
- 2 Select **Golf Settings > Handicap Scoring**.
- 3 Select a handicap scoring option:
  - To enter the number of strokes that will be subtracted from your total score, select **Local Handicap**.
  - To enter the player's handicap index and the course slope rating to calculate your course handicap, select **Index/Slope**.
- 4 Set your handicap.

## Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round ([Viewing Round Information, page 3](#)). You can compare rounds and track improvements using the Garmin Golf app.




- 1 Hold the button.
- 2 Select **Golf Settings > Stat Tracking**.

## Recording Statistics

Before you can record statistics, you must enable statistics tracking ([Enabling Statistics Tracking, page 3](#)).

- 1 From the scorecard, select a hole.
- 2 Enter the total number of strokes taken, including putts, and select **Next**.
- 3 Set the number of putts taken, and select **Next**.

**NOTE:** The number of putts taken is used for statistics tracking only and does not increase your score.

- 4 If necessary, select an option:  
**NOTE:** If you are on a par 3 hole or using Approach CT10 sensors, fairway information does not appear.
  - If your ball hit the fairway, select .
  - If your ball missed the fairway, select  or .
- 5 If necessary, enter the number of penalty strokes.

## History

You can use your paired smartphone to upload scorecards to the Garmin Golf app. You can use the app to view saved rounds and player statistics.

## Viewing Round Information


During a round, you can view your score, statistics, and step information.

- 1 Press the button.
- 2 Select **Round Info**.
- 3 Swipe up.

## Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the device records your shot distance so you can view it later ([Viewing Shot History, page 3](#)). Putts are not detected.

- 1 While playing golf, wear the device on your leading wrist for better shot detection.

When the device detects a shot, your distance from the shot location appears in the banner  at the top of the screen.




**TIP:** You can tap the banner to hide it for 10 seconds.

- 2 Hit your next shot.  
The device records the distance of your last shot.
- ### Viewing Garmin AutoShot in Big Numbers Mode
- 1 While playing golf, wear the device on your leading wrist for better shot detection.  
When the device detects a shot, your distance from the shot location is recorded.
  - 2 Tap the arrow at the top of the screen to view the distance of your last shot.
  - 3 Hit your next shot.

## Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

- 1 Press the button.
- 2 Select **Last Shot > Add Shot**.
- 3 Select  to start a new shot from your current location.

## Viewing Shot History

- 1 After playing a hole, press the button.
- 2 Select **Last Shot** to view information for your last shot.  
**NOTE:** You can view distances for all shots detected during the current round. If needed, you can manually add a shot ([Adding a Shot Manually, page 3](#)).

- 3 Select **View More** to view information about each shot for a hole.

## Viewing Club Statistics

During a round, you can view your club statistics, such as distance and accuracy information.

- 1 Press the button.
- 2 Select **Club Stats**.
- 3 Select a club.
- 4 Swipe up.

## Saving a Location

While playing a round, you can save up to five locations on each hole. Saving a location is useful for recording objects or obstacles that are not shown on the map. You can view the distance to these locations from the layup and dogleg screen (*Viewing Hazards, Layups, and Doglegs, page 2*).

- 1 Stand in the location you want to save.  
**NOTE:** You cannot save a location that is far from the currently selected hole.
- 2 Press the button.
- 3 Select **Save Location**.
- 4 Select a label for the location.

## Ending a Round

- 1 Press the button.
- 2 Select **End Round**.
- 3 Select an option:
  - To view your statistics and round information, tap your score.
  - To save the round and return to watch mode, select **Save**.
  - To edit your scorecard, select **Edit Score**.
  - To discard the round and return to watch mode, select **Discard**.
  - To pause the round and resume it at a later time, select **Pause**.

## Connected Features

Connected features are available for your Approach device when you connect the device to a compatible smartphone using Bluetooth® technology. Some features require you to install the Garmin Connect™ app on the connected smartphone. Go to [www.garmin.com/apps](http://www.garmin.com/apps) for more information.

**Phone notifications:** Displays phone notifications and messages on your Approach device.

**Software Updates:** Allows you to update your device software.

**Weather:** Allows you to view current weather conditions and weather forecasts.

**Find my phone:** Locates your lost smartphone that is paired with your Approach device and currently within range.



**Find my device:** Locates your lost Approach device that is paired with your smartphone and currently within range.

## Pairing Your Smartphone

To use the connected features of the Approach device, it must be paired directly through the Garmin Golf app, instead of from the Bluetooth settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Golf app.
- 2 On your Approach device, hold the button to view the main menu.

- 3 Select **Pair Phone**.

- 4 From the  or  menu in the app, select **Garmin Devices > Add Device**, and follow the instructions in the app to complete the pairing process.

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair your smartphone to your watch (*Pairing Your Smartphone, page 4*).




- 1 Hold the button.
- 2 Select **Phone > Notifications**.
- 3 Select an option:
  - To set preferences for notifications that appear during an activity, select **During Activity**.
  - To set preferences for notifications that appear when in watch mode, select **Not During Activity**.
  - To set the amount of time the alert for a new notification appears on the screen, select **Timeout**.

## Viewing Notifications

- 1 From the watch face, swipe up to view the notifications widget.
- 2 Tap the widget to view more details.
- 3 Select a notification.  
You can tap the screen to view the full notification.
- 4 Swipe up to view the notification options.
- 5 Select an option:
  - To act on the notification, select an action, such as **Dismiss** or **Reply**.  
The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Approach device, it no longer appears in the widget.
  - To return to the notification list, press the button.

## Receiving an Incoming Phone Call

When you receive a phone call on your connected smartphone, the Approach device displays the name or phone number of the caller.

- To accept the call, select .  
**NOTE:** To talk to the caller, you must use your connected smartphone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.  
**NOTE:** This feature is available only if your device is connected to an Android™ smartphone.

## Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Approach device.

Select an option:

- If you are using an iPhone® device, go to the iOS® notifications settings to select the items to show on the device.
- If you are using an Android smartphone, from the Garmin Connect app, select **Settings > Notifications**.

## Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** You can set your normal sleep hours in the user settings on your Garmin Connect account.

- 1 Hold the button.
- 2 Select **Do Not Disturb**.

## Turning Off the Bluetooth Smartphone Connection

- 1 Hold the button.
- 2 Select the **Phone** toggle switch to turn off the Bluetooth smartphone connection on your Approach device.  
Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

## Turning On and Off Smartphone Connection Alerts

You can set the Approach device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

**NOTE:** Smartphone connection alerts are turned off by default.

- 1 Hold the button.
- 2 Select **Phone** > **Connected Alerts**.

## Locating a Lost Mobile Device

You can use this feature to help locate a lost mobile device that is paired using Bluetooth technology and currently within range.

- 1 Press the button.
- 2 Select  > **Find Phone**.

The Approach device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the Approach device screen. The Bluetooth signal strength increases as you move closer to your mobile device.

- 3 Press the button to stop searching.

## Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 41,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

### Automatic Shot Detection

Your Approach device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your location so you can view it later on the Garmin Connect app and the Garmin Golf app.

**TIP:** Automatic shot detection works best when you make good contact with the ball. Putts are not detected.

### Automatic Course Updates

Your Approach device features automatic course updates with the Garmin Golf app. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

## Garmin Connect

When you pair your device with your smartphone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your smartphone.

Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, rides, swims, and more.

**Store your activities:** After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

**Track your progress:** You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Share your activities:** You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

## Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone, page 4*), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

- 1 Open the Garmin Golf or Garmin Connect app on your smartphone.  
**TIP:** The app can be open or running in the background.
- 2 Bring your device within 10 m (30 ft.) of your smartphone.  
Your device automatically syncs your data with your account.

### Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone, page 4*), you can use the Garmin Golf and Garmin Connect apps to update your device software.

Sync your device with one of the apps.

When new software is available, the app automatically sends the update to your device.

## Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer.

- 1 Connect your Garmin golf watch to your computer using the USB cable.
- 2 Go to [garmin.com/express](http://garmin.com/express).
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

### Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Using Garmin Connect on Your Computer, page 5*).

- 1 Connect the device to your computer using the USB cable.  
When new software is available, the Garmin Express application sends it to your device.
- 2 After the Garmin Express application finishes sending the update, disconnect the device from your computer.  
Your device installs the update.

## Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually (*Customizing the Widget Loop, page 6*).

**Calendar:** Displays upcoming meetings from your smartphone calendar.

**Golf:** Displays golf scores and statistics for your last round.

**Notifications:** Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

**Steps:** Tracks your daily step count, step goal, and data for previous days.

**Sunrise and sunset:** Displays sunrise, sunset, and civil twilight times.

**Weather:** Displays the current temperature and weather forecast.

## Viewing Widgets


Your device comes preloaded with several widgets, and more features are available when you pair your watch with a smartphone.

**NOTE:** Widgets that are turned off by default require a smartphone connection and turn on automatically when you pair your watch with your smartphone.

- From the watch face, swipe up or down.
- Tap the touchscreen to view additional options and functions for a widget.

**TIP:** You can add or remove widgets from the widget loop ([Customizing the Widget Loop, page 6](#)).

## Customizing the Widget Loop

- 1 Hold the button.
- 2 Select  > **Manage Widgets**.
- 3 Select the toggle switch to add or remove a widget from the widget loop.

## Activity Tracking

You can view activity tracking data and recorded activities in the Garmin Connect app.

**NOTE:** Your Garmin Connect account login information is the same for your Garmin Connect app and Garmin Golf app.


## Enabling or Disabling Activity Tracking

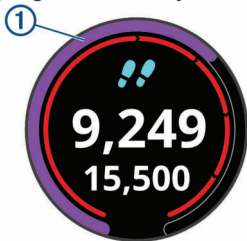
The activity tracking feature records your daily step count, step goal, distance traveled, and calories burned for each recorded day. Your calories burned includes your base metabolism plus activity calories.

You can enable or disable activity tracking at any time.

- 1 Hold the button.
- 2 Select  > **Activity Tracking**.

## Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal .




If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

## Viewing Step Totals

From the steps widget, tap the screen to view the step totals and goals for the previous week.

## Customizing Step Goal Alerts

You can customize step goal alerts to always display or to hide during an activity. You can also turn off alerts.

- 1 Hold the button.
- 2 Select  > **Activity Tracking** > **Goal Alerts**.
- 3 Select an option.

## Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar appear.

Go for a short walk (at least a couple of minutes) to reset the move alert.

## Turning on the Move Alert

- 1 Hold the button.
- 2 Select  > **Activity Tracking** > **Move Alert**.

## Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode, page 4](#)).

## Using Automated Sleep Tracking

- 1 Wear your device while sleeping.
- 2 Upload your sleep tracking data to the Garmin Connect site.  
You can view your sleep statistics on your Garmin Connect account.


# Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Starting an Activity

When you start an activity, GPS turns on automatically (if required). When you stop the activity, the device returns to watch mode.


- 1 From the watch face, press the button.
- 2 Select  > **Activity**.
- 3 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 4 Press the button to start the activity timer.

**NOTE:** The device records activity data only while the activity timer is running.

## Tips for Recording Activities

- Charge the device before starting an activity ([Charging the Device, page 1](#)).
- Swipe up or down to view additional data pages.

## Activity Settings

From the watch face, press the button and select  > **Activity** > **Settings**.

**Activity Type:** Allows you to change your activity type.

**Auto Lap:** Allows your device to mark laps automatically at a specified distance. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

**TIP:** You can tap Auto Lap to edit the distance.

**Auto Pause:** Allows your device to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you must stop.

**GPS:** Sets the activity to use GPS satellite signals. You can turn off GPS when you are training indoors or to save battery life.

## Stopping an Activity

- 1 Press the button.
- 2 Select **Done**.
- 3 Select an option:
  - To save the activity, select ✓.
  - To discard the activity, select ✕.

## Indoor Activities

The Approach device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities (*Activity Settings, page 6*).


When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

**TIP:** Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

## Using the Stopwatch


- 1 From the watch face, press the button.
- 2 Select  > **Stopwatch**.
- 3 Press the button to start the timer.
- 4 Press the button to stop the timer.
- 5 Select **Reset** to reset the timer.

## Using the Countdown Timer

- 1 From the watch face, press the button.
- 2 Select  > **Timer** > **Edit**.
- 3 Select + and - to set the timer.
- 4 Select ✓.
- 5 Press the button to start the timer.
- 6 Press the button to stop the timer.
- 7 Select **Reset** to reset the timer.

## Setting an Alarm

You can set up to eight separate alarms. You can set each alarm to occur once or to repeat regularly.


- 1 From the watch face, press the button.
- 2 Select  > **Alarm Clock** > **Add New** > **Time**.
- 3 Select + and - to set the time.
- 4 Select ✓.
- 5 Select **Repeat**, and select when the alarm should repeat (optional).
- 6 Select **Label**, and select a name for the alarm (optional).

# TruSwing™

Your device is compatible with the TruSwing sensor. You can use the TruSwing app on your watch to view swing metrics recorded from your TruSwing sensor. See the owner's manual for your TruSwing sensor for more information ([garmin.com/manuals/truswing](http://garmin.com/manuals/truswing)).

## Viewing TruSwing Metrics on Your Device

Before you can use the TruSwing feature on your Approach device, you must confirm your TruSwing device is securely mounted to your club. See the owner's manual for your TruSwing device for more information.

- 1 Turn on your TruSwing device.
- 2 On your Approach device, press the button.
- 3 Select  > **TruSwing** from the main menu.
- 4 Select a club.
- 5 Hit a shot.  
Swing measurements display on your Approach device after each swing.
- 6 Select ^ or v to move through the recorded swing metrics.

## Changing Clubs

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select **Change Club**.
- 3 Select a club.

## Changing Handedness

The TruSwing device uses your handedness to calculate the correct swing analysis data. You can use your Approach device to change your handedness at any time.

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select **Golf Swing**.
- 3 Select your handedness.

## Disconnecting Your TruSwing Device

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select **End TruSwing**.

# Customizing Your Device

## Golf Settings

From the watch face, hold the button and select **Golf Settings** to customize golf settings and features.

**Scoring:** Enables scoring.

**Stat Tracking:** Enables detailed statistics tracking while playing golf.

**Club Prompt:** Displays a prompt that enables you to enter which club you used after each detected shot.

**Scoring Method:** Sets the scoring method to stroke play or Stableford scoring.

**Handicap Scoring:** Enables handicap scoring. The Local Handicap option allows you to enter the number of strokes to be subtracted from your total score. The Index/Slope option allows you to enter your handicap and the course slope rating so that the device can calculate your course handicap. When you enable either handicap scoring option, you can adjust your handicap value.

**Driver Distance:** Sets the average distance the ball travels on your drive.

**Big Numbers:** Changes the size of the numbers on the hole view screen.

**Club Sensors:** Allows you to set up your Approach CT10 club sensors.

## Club Sensors


Your device is compatible with Approach CT10 golf club sensors. You can use paired club sensors to automatically track your golf shots, including location, distance, and club type. See the owner's manual for your club sensors for more information [garmin.com/manuals/ApproachCT10](http://garmin.com/manuals/ApproachCT10).

## Changing the Watch Face

Your device comes preloaded with several watch faces.

- 1 Hold the button.
- 2 Select **Watch Face**.
- 3 Swipe up or down to view the watch faces.
- 4 Tap the screen to select a watch face.

## System Settings

From the watch face, hold the button and select  to customize device settings and features.

**Auto Lock:** Allows you to lock the touchscreen automatically to prevent accidental touches. Use the During Activity option to lock the touchscreen during a timed activity or round of golf. Use the Not During Activity option to lock the touchscreen in watch mode.

**Backlight:** Allows you to enable the backlight and adjust the backlight settings ([Backlight Settings, page 8](#)).

**Activity Tracking:** Allows you to enable activity tracking, move alerts, and goal alerts ([Activity Tracking, page 6](#)).

**Manage Widgets:** Allows you to enable preloaded widgets ([Customizing the Widget Loop, page 6](#)).

**User Profile:** Sets the user profile for gender, birth year, height, and weight. You can also set which wrist your watch is worn on. The gender setting is used for gender-specific course ratings for select tees when calculating handicaps, and for gender-specific par values (where available) ([Setting Up Your User Profile, page 8](#)).

**Language:** Sets the text language on the device.


**Time:** Adjusts the time settings ([Time Settings, page 8](#)).

**Units:** Sets the units of measurement for activity distance, golf distance, pace/speed, elevation, weight, height, and temperature.

**Reset:** Allows you to reset the device to restore all default settings, or to remove all saved user data and reset all settings on the device ([Restoring All Default Settings, page 8](#)).

**About:** Displays device information, such as the unit ID, software version, regulatory information, and license agreement ([Viewing E-label Regulatory and Compliance Information, page 8](#)).

## Backlight Settings

Hold the button, and select  > **Backlight**.

**Toggle switch:** Allows you to turn the backlight on for interactions. Interactions include the buttons, touchscreen, and notifications.

**Brightness:** Sets the brightness level of the backlight.

**Timeout:** Sets the length of time before the backlight turns off.

## Time Settings

Hold the button, and select  > **Time**.



**Time Format:** Sets the device to show time in a 12-hour or 24-hour format.

**Time Source:** Sets the time source for the device. The Auto option sets the time automatically based on your GPS position. The Manual option allows you to adjust the time ([Setting the Time Manually, page 8](#)).

**Set Time with GPS:** Allows the device to set the time of day automatically based on your GPS position.


## Setting the Time Manually

By default, the time is set automatically when the device acquires satellite signals.

- 1 Hold the button.
- 2 Select  > **Time** > **Time Source** > **Manual** > **Time**.
- 3 Select + and - to set the hour, minutes, and AM or PM.
- 4 Select .

## Setting Up Your User Profile


You can update your gender, birth year, height, and weight settings. You can also specify which wrist you wear your watch on. The device uses this information to calculate accurate activity tracking settings.

- 1 Hold the button.
- 2 Select  > **User Profile**.
- 3 Select an option to adjust your profile settings.

## Restoring All Default Settings


Before you reset the device, you should sync it with the Garmin Golf app to upload your activity data and scorecards.

You can reset all of the device settings to the factory default values.

- 1 Hold the button.
- 2 Select  > **Reset**.
- 3 Select an option:
  - To reset all of the device settings to the factory default values and delete all user-entered information, scorecards, and activity history, select **Delete Data and Reset Settings**.
  - To reset all of the device settings to the factory default values and save all user-entered information, scorecards, and activity history, select **Reset Default Settings**.

## Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Hold the button.
- 2 Select .
- 3 Select **About**.

## Device Information

### Changing the Bands

The device is compatible with 20 mm wide, standard, quick-release bands.

- 1 Slide the quick-release pin on the spring bar to remove the band.



- 2 Insert one side of the spring bar for the new band into the device.
- 3 Slide the quick-release pin, and align the spring bar with the opposite side of the device.
- 4 Repeat steps 1 through 3 to change the other band.

## Device Care

### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

### Cleaning the Touchscreen

- 1 Use a soft, clean, lint-free cloth.
- 2 If necessary, lightly dampen the cloth with water.
- 3 If using a dampened cloth, turn off the device and disconnect the device from power.
- 4 Gently wipe the screen with the cloth.

### Cleaning the Device

#### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

After cleaning, allow the device to dry completely.

**TIP:** For more information, go to [www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

### Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

## Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 10 days in watch mode Up to 15 hr. in GPS mode
Water rating	5 ATM <sup>1</sup>
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency/protocol	2.4 GHz @ 3.13 dBm maximum

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Troubleshooting

### Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (*Backlight Settings*, page 8).
- Reduce the backlight brightness (*Backlight Settings*, page 8).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 5).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 4).

### My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

- 1 Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express*, page 5).
- 2 Safely disconnect your device.
- 3 Go outside, and start a test round of golf to verify the device finds nearby courses.



### Is my smartphone compatible with my device?

The Approach device is compatible with smartphones using Bluetooth technology.

Go to [garmin.com/ble](http://garmin.com/ble) for compatibility information.

### My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.


- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Golf app to the latest version.
- Remove your device from the Garmin Golf app and the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Golf app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Golf app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- Hold the button, and select **Pair Phone**.

### My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*System Settings*, page 8).
- Verify you selected the correct units of measure setting on your Garmin Connect account.

If the units of measure on the device do not match your Garmin Connect account, your device settings may be overwritten when you sync your device.

### My device is in the wrong language

- 1 Hold the button.
- 2 Select .
- 3 Scroll down to the sixth item in the list, and select it.

- 4 Select your language.

## Restarting Your Watch

- 1 Press and hold the button until the watch turns off.
- 2 Hold the button to turn on the watch.

## Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

**TIP:** For more information about GPS, go to [garmin.com/aboutGPS](http://garmin.com/aboutGPS).

- 1 Go outdoors to an open area.  
The front of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.

## Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Golf app using your Bluetooth enabled smartphone.While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## Getting More Information

You can find more information about this product on the Garmin website.

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.

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