**Basic Use Instructions for FD Trainer iOS Application**

Login:

Register and login using the information you provided. Enter a valid email address or just login using Facebook, Twitter or Google+.

*Main Menu*

* ***Create New Drill***
* ***Load Saved/Previous Drill***
* ***Compare Completed Drills***
* ***Settings***
* ***Summary***
* ***Help***

**Create New Drill:**

This is where you will create a drill for training.

* Enter a title for your drill
* Select a Category
* Enter a name for your crew (ex: Engine 52, E71, etc)
* Select whether you want your location noted or not.
* Add any important notes or objectives for the drill
* Add the names of each crew member that will be training
* Tap Next

**Add Benchmarks:**

* Add the important benchmarks to hit during training

Add as many or as little as you need

**Start Training or Save?**

If you will be starting the drill immediately, tap “Start Training”. This will take you to the Benchmark Timer so that you can start your drill. If you want to save your created drill for later, simply tap “Save”

**Start Training:**

To start your drill hit “Start”. The timer will begin and your benchmarks will be listed in the order they were added marked in RED. As the benchmarks are completed, tap the appropriate benchmark and it will turn Green, which will also record the time it was completed. This can be done in any order. If a benchmark is missed, don’t tap it. Once the drill is completed, tap “Stop”. “Pause” is available anytime during the drill, if needed. To continue just tap “Resume”.

Once you “Stop” the drill, you will be notified that it has been completed and this action will open “Drill Summary”.

**Drill Summary:**

Here you can see your info. and results including the total time and benchmark times in the order they were completed. You can share via email or facebook.

**Load Saved/Previous Drill:**

Here you can access drills you have previous saved, completed or FD Trainer’s pre-loaded drills. Once you find the drill, tapping on it will ask whether you want to Edit or not before you start training.

* Edit: You can edit the pre-filled information on any part of the drill info before starting.

If you choose not to edit, you will go straight to the training timer so begin your training.

**Compare Completed Drills:**

In this section, you can access previously completed drills and compare your total times. You are comparing the same drill that you have repeated at least once.

* Select the drill to compare: This will open a list of all the times you have completed this drill.
* Tap on each drill to compare (at least 2), then tap “Compare”. A graph will show the selected drills compared to each other in a bar graph.

**Settings:**

* Select to auto “Remember Me” for your login settings
* “Tell a Friend” – Send friends an email letting them know about FD Trainer. This will link to FD Trainer in the App StoreSM

**Summary:**

Access any drill you have completed and view the Drill Summary for each of those drills.

Option to share via email or facebook.

**Help:**

* Privacy/Terms of Use Link
* FAQ
* About
* Support
* User Guide