



D A M S T R A

Starting a Session

Solo Wearable



[DISCLAIMER]

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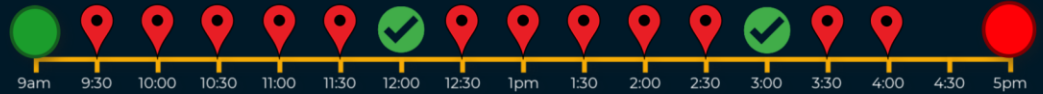
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Starting a Session

Introduction

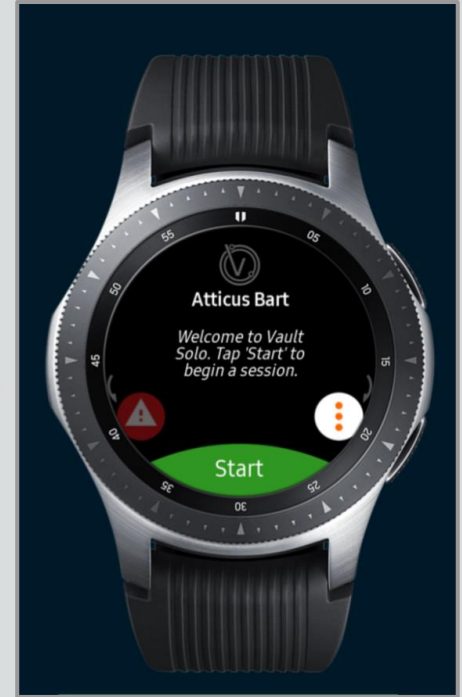
A Session is a period of time started and ended by you as the Solo Wearable user, during which Solo may share your location with your Organisation and prompt you to confirm that you're safe - that is, Check-in.

This guide shows how to start a Session.



Starting a Session Via the Solo App icon

From your wearable device, either **tap** the Solo app icon and **Tap Start Session...**



Starting a Session Via a Solo Watch face

OR, if using a Solo Watch face, **tap** *Start Session* icon.

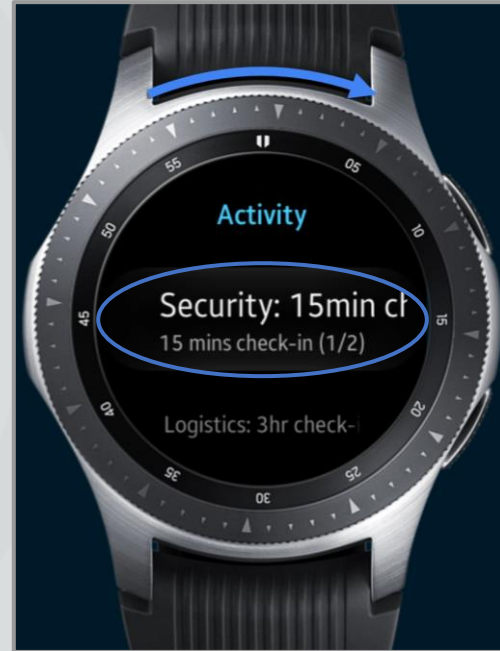


Starting a Session

Selecting a Profile

Scroll the session 'profile list' and **tap** the profile that you'd like to use.

Note: That your options will differ from the ones shown here.
Contact your system administrator if you're unsure which profile to select.

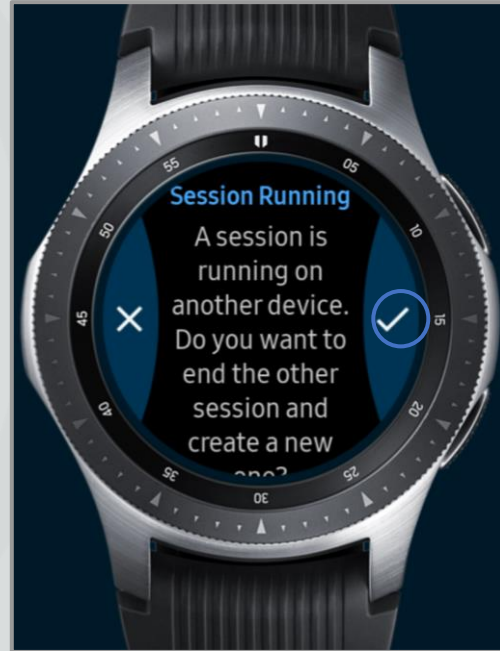


Starting a Session Override Message

Starting a Solo Wearable session will override a Solo Mobile session if one is active.

You will be advised of an active Mobile session by the following message

To continue with the override simply **tap** the 'tick' to confirm and the new wearable session will commence.



Starting a Session

Session Started

The session has now commenced and the Solo app will begin communicating your safety with your Organisation.

