

# PlateMate User's Manual

This guide pertains to CC Athletics products. All information within is owned by CC Athletics and is intended solely for the operation of CC Athletics equipment and software. Please note that this manual may be updated. The most recent version can be found at [www.ccathletics.dk](http://www.ccathletics.dk).

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<b>Introduction.....</b>	<b>3</b>
About us.....	3
IMPORTANT SAFETY NOTICE.....	3
Photosensitive Seizure Warning.....	3
Residual Hazards.....	4
Do not use in the following conditions.....	4
WARNINGS AND PRECAUTIONS.....	5
General Operating Conditions.....	6
Operating Environment.....	6
Storage, Packaging and Transportation.....	6
Maintenance.....	6
Calibration.....	6
<b>PlateMate.....</b>	<b>7</b>
Original instructions.....	7
Usage.....	7
Package contents.....	7
Technical Features.....	8
Electronic Specifications.....	8
Get started.....	9
Troubleshooting.....	9
Warning.....	9
<b>Legal information.....</b>	<b>10</b>
Warranty Terms.....	10
European Union.....	11
Other countries.....	11
Are considered signs of material degradation.....	11
Service policy.....	11
RoHS Compliance.....	11

# Introduction

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Thank you for purchasing a CC Athletics product.

**Minimum Requirements:** A computer with either macOS or Windows 10

## About us

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We are helping sports clubs and physiotherapists achieve fewer injuries and better performance with objective strength measurement technology.

We believe that strength measurements are most effective when they are done frequently and easily. That's why we strive to develop products that are quick and simple to use, so you can test a large team of players without losing interest. To achieve fewer injuries, strength tests should be done on a regular basis.

## IMPORTANT SAFETY NOTICE

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### Photosensitive Seizure Warning

A small percentage of individuals may experience seizures when exposed to specific visual stimuli, such as flashing lights or patterns commonly found in video games. Even those without a prior history of seizures or epilepsy may have an undiagnosed condition that can trigger "photosensitive epileptic seizures" during gameplay. Symptoms can include changes in vision, eye or facial twitching, jerking or shaking of the limbs, disorientation, confusion, or brief loss of awareness. Seizures may also result in loss of consciousness or convulsions, which could lead to injury.

If you or someone else experiences any of these symptoms, stop playing immediately and consult a doctor. Parents should monitor their children for these symptoms and inquire whether they occur.

## Residual Hazards

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Even when used as intended, some hazards cannot be fully eliminated. These are called residual hazards.

### Examples of residual hazards for PlateMate:

- **Toppling:** Plates may tip if placed on an uneven surface, resulting in potential injury.
- **Slipping:** If users wear slippery footwear/clothing/barefoot, the user may slip during testing, leading to falls and injury. Plates can also slip if not placed on a non-slippery surface.
- **Structural Integrity:** Dropping the plates or applying excessive force could damage internal components, leading to equipment failure or injury.
- **Skin Damage:** Direct contact with metal edges or sudden movements during testing can cause abrasions or other injuries.

## Do not use in the following conditions

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Do not use under the following conditions:

- Patients having severe osteoporosis
- Patients with fractures
- Do not use around slippery floor
- Do not use outside when raining
- Not to be used for any purpose other than indicated

## WARNINGS AND PRECAUTIONS

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- This device should only be operated by trained professionals who understand its usage and limitations.
- Users with physical or cognitive impairments should not use PlateMate unless supervised by a trained professional.
- The devices and their accessories are provided in a non-sterile state and cannot be sterilised using an autoclave or other sterilisation methods. Do not attempt to autoclave.
- Devices are not waterproof. Keep them dry and do not submerge devices or accessories in water. Water can also degrade the surface aesthetics.
- The measurement devices are sensitive instruments. Avoid dropping, striking, or subjecting it to any impact. Handle with care. Drops or sudden impacts can cause the required recalibration.
- Do not use the devices in extreme temperatures or high humidity conditions.
- Do not use incineration to dispose of the devices.
- The device is not known to contain any hazardous materials. For proper disposal instructions, consult your local waste management facility. Recycling should be used where available.
- Disassembling or modifying the device with unauthorised accessories may void any warranty.
- Do not place devices on unstable or vibrating surfaces.
- Do not move the equipment while testing.
- Install and operate CC Athletics devices as per the instructions provided in this manual.

## General Operating Conditions

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### Operating Environment

CC Athletics devices can be used indoors and outdoors but only in dry conditions with levelled and solid support. Make sure you have plenty of space around you when you use it.

Adjust the feet in height to level the device. Having the device on a non level surface can produce faulty results, and in worst case injuries.

### Storage, Packaging and Transportation

Temperature: -10 °C to 40 °C

Air Humidity: 30 % to 75 %

### Maintenance

PlateMate has no planned maintenance or servicing requirements.

### Calibration

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CC Athletics devices are sold already calibrated. If calibration is needed please contact [info@ccathletics.dk](mailto:info@ccathletics.dk) for more information.

# PlateMate

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## Original instructions

The PlateMate are dual force platforms for assessing lower limb muscular symmetry, strength and power. It enables professionals to conduct objective strength measurements.

This product is intended for use by trained professionals, including physiotherapists, sports trainers, and healthcare practitioners. It should not be used by untrained individuals or those with cognitive disabilities without supervision.

Recommended for adults aged 18 and above. It is not advised for children, individuals lacking the necessary physical abilities, or those unable to comprehend instructions.

Each plate is equipped with 4 electronic force transducers with output that can be captured on your computer through our ForceMate software.

## Usage

Download our software ForceMate from our [website](#), to capture and visualise data from the plates. On the website you can also find video tutorials and guides.

The plates can be used individually or together. Connect the connector-cable between the plates to use in dual mode. Note that when switching between single & dual-plate modes, the USB-B cable must be reinserted in order to reset the plates and let them recognise whether another plate is connected.

## Package contents

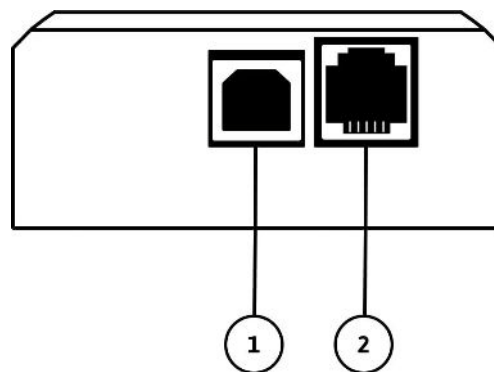
- 2 pcs Force Plates
- 1 USB-B cable
- 1 plate connector cable
- 1 Flight Case (may be sold separately)

## Technical Features

<b>Minimum requirements</b>	<b>macOS 11 or Windows 10</b>
<b>Dimensions</b>	<b>35x50x7,2 cm</b>
<b>Max load</b>	<b>1,000 kg per plate</b>
<b>Safe overload</b>	<b>1,500 kg per plate</b>
<b>Sample Rate</b>	<b>960 Hz (max)</b>
<b>Weight</b>	<b>10 kg per plate</b>
<b>Precision</b>	<b>0.15 Newton</b>

## Electronic Specifications

<b>Input voltage</b>	<b>5V</b>
<b>Current</b>	<b>~ 400 mA</b>
<b>Connection type 1</b>	<b>USB-B</b>
<b>Connection type 2</b>	<b>RJ11</b>
<b>Temperature range</b>	<b>0 - 50 celcius</b>





## Get started

Before each use:

- Ensure that the device is placed on a stable and level surface.
- Ensure that the feet are adjusted to level the force plates.
- Ensure that the area around the device is clear to avoid accidents.

Each device is fitted with a USB port (1) for connecting to your computer. (PlateMate has a connection port (2) for connecting to the other plate, with the connector cable)

The plates are powered purely through the USB cable. Once connected, the device will start up within 10 sec.

Each device is equipped with a USB port for connecting to your computer.

Similarly, each device has a connector port for connecting another device (dual force plates).

The devices are powered solely through the USB cable. Once connected, the device will start up within 10 seconds. The device that is connected to the computer will always be the left device in the software program.

It is important to stand still for at least 2-5 seconds before jumping and also between jumps. Failure to comply may result in inaccurate data.

**Warning:** While your device is connecting, do not load the device, do not step on the device, do not move the device, and do not put force on the device.

## Troubleshooting

If any difficulties occur while using the system, visit CC Athletics' website for further information or contact CC Athletics.

## Warning

PlateMate must be used according to the present User's Manual and its recommendations. Failure to do so may result in personal injury.

Users are responsible for their exercise manner and the manner in which they use The PlateMate. Movements promoted by CC Athletics can be associated with risks of injury.

Consult on a regular basis CC Athletics' website for available information on contraindications, risks or side effects concerning the PlateMate. CC Athletics doesn't offer treatment advice or any medical diagnosis.

In case you are currently under medication, injured or in a delicate medical condition, consult a qualified professional prior to the use of any CC Athletics product.

CC Athletics doesn't guarantee any therapeutic result when using the PlateMate.

# Legal information

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## Warranty Terms

**(We refer to the "Purchase Agreement" issued on the date of purchase, which describes the specific terms of the warranty)**

This warranty shall not apply if the product

- is used with non-compatible products
- is used for commercial purposes, including but not limited to rental
- is modified
- is damaged by accident, misuse, wear or any other cause not related to defectiveness of materials or fabrication.

A valid proof of purchase in the form of a bill of sale or receipt must be provided to obtain warranty services.

CC Athletics excludes all liability for any data loss, loss of profit or any other loss or damage suffered by the end customer.

## **European Union**

CC Athletics is warranted for its electronics and all mechanical components for a period of 1 year from the purchase date when used in accordance with the present manual. CC Athletics can proceed to replace a CC Athletics device covered by the warranty free of charge. The warranty is invalid in case of modification or replacement of any component in a CC Athletics device, made without CC Athletics' authorisation. CC Athletics doesn't guarantee any therapeutic result when using a CC Athletics product. You must contact CC Athletics or your authorised dealer to receive a return authorisation and shipping instructions.

## **Other countries**

CC Athletics is warranted for its electronics and all mechanical components for a period of 1 year from the purchase date when used in accordance with the present user's manual. CC Athletics can proceed to replace a CC Athletics device covered by the warranty free of charge. The warranty is invalid in case of modification or replacement of any component in a CC Athletics device, made without the authorisation of CC Athletics. CC Athletics does not guarantee any therapeutic result when using a CC Athletics product. You must contact CC Athletics or your authorised dealer to receive a return authorisation and shipping instructions.

## **Are considered signs of material degradation**

- Scratches
- Broken parts due to drops or inappropriate uses
- Modification or replacement of any component
- Wet environment exposition
- Underwater immersion
- Extreme temperature exposition

## **Service policy**

You acknowledge that any time your CC Athletics product is serviced, this service may change your settings or cause loss of data or some functionalities. Backup your data (stored on your computer or cloud) on a regular basis.

## **RoHS Compliance**

The PlateMate force plates and associated electronics comply with the RoHS Directive 2011/65/EU. This ensures that the product does not contain hazardous materials such as lead (Pb), mercury (Hg), cadmium (Cd), hexavalent chromium (Cr6+), polybrominated biphenyls (PBBs), or polybrominated diphenyl ethers (PBDEs) beyond acceptable limits. All components have been assessed for compliance, and no restricted substances are used in concentrations exceeding the thresholds set by the directive.

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For any information or Assistance, please contact:

[www.ccathletics.dk](http://www.ccathletics.dk)

[info@ccathletics.dk](mailto:info@ccathletics.dk)

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