

THE TOYOTA GAMING ENGINE PRESENTS TOUR DE VIRTUALE

THE HUNT FOR SOUTH AFRICA'S HIDDEN ECYCLING TALENT.

Follow this setup guide to ensure you're properly geared up for success.







WHAT YOU NEED

- 1. The right device to run Zwift (see supported devices)
- 2. A Zwift account
- 3. A bicycle (see supported bikes)
- 4. One of the following (see supported trainers)
 - 1. Classic trainer/rollers AND a speed sensor
 - 2. Smart trainer/rollers
 - 3. Power meter AND any trainer/rollers

You also will need an <u>ANT+ USB dongle</u> if you are using a computer and connecting devices to Zwift that transmit an ANT+ wireless signal.







CREATING A ZWIFT ACCOUNT

On your internet browser, go to zwift.com/create_account.

After answering the required questions, you'll be redirected to your profile at myzwift.com. Once you're ready, you can click the "Download" button to go to the download page.

Here, you will find links to download the Zwift app on Windows, Mac, Apple, or Android.

If you download Zwift before signing up, the app will prompt you to sign up on the login screen. On Mac or Windows, click "Create an Account", on iOS, AppleTV, or Android, select "I'm New", answer the required questions and tap "Let's Go" to get started.

With a free subscription, you can cycle 25 kilometers every month. When you first sign up, you can also enjoy a 7-day free trial with unlimited kilometres. To keep the benefits of an unlimited membership, you pay a monthly fee of \$14.99/month.

You can pay for your Zwift subscription by:

- Going to the <u>membership page of your Zwift Profile</u>;
- Clicking "Join Now" at the bottom left of the starting screen on Zwift;
 OR
- Clicking "Join Now" in the Zwift app on an iPhone, iPad, or Apple TV and paying through your Apple/iTunes account.







SUPPORTED DEVICES:

Here is a summary of devices that can run the Zwift software and the wireless connections they allow:

Smartphones/Tablets: Bluetooth only

- iPhone
- iPad/iPod Touch
- AppleTV
- Android

Computers

- Windows 7 64bit or higher: ANT+ supported if you plug in an ANT+ dongle, Bluetooth supported on Windows 10 with Bluetooth 4. We recommend using ANT+ on Windows since Windows Bluetooth is still in beta on Zwift.
- macOS 10.9 or higher: ANT+ supported if you plug in an ANT+ dongle, Bluetooth also supported.

Note: if your smartphone/tablet/computer was made in the last few years, it should be able to run Zwift. But you may want to double-check by looking at Zwift's current device requirements.







PAIRING YOUR DEVICES

While Zwift does have device-specific pairing <u>articles</u>, the general pairing steps below should work for most hardware:

For more info on ANT+ and BLE configurations check out this article.

- 1. If any of these apps are open on the device that's running Zwift, start by closing them:
 - Any trainer apps (e.g., Rouvy, Trainer Road, Wahoo Fitness).
 - Any third-party apps that can connect to your hardware.

*If a third-party app is running in the background, it may prevent Zwift from detecting your device.

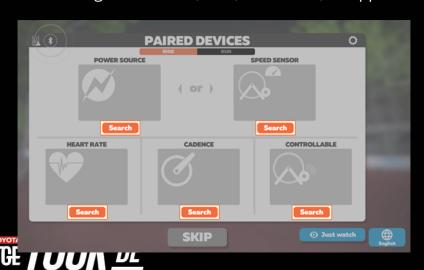
2. Open Zwift.

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*Make sure that your device isn't paired directly to your phone.

- 3. Log in to your Zwift account.
- 4. Select "Search" under the devices you would like to pair via BLE or ANT+.

*Devices that only broadcast in ANT+ will not be found by Zwift when running the game on a PC, Mac, iOS device, or AppleTV without using an ANT+ receiver.







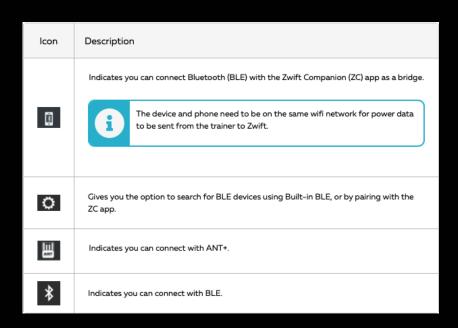
5. Once you are paired, select OK.



*If you want to use the Zwift Companion (ZC) as a bridge—or your computer doesn't have built-in BLE— check out this <u>article</u>.

*If you're still running into pairing issues, reach out to the Zwift team.

For a list of what the icons on the Pairing Devices screen represent, check out this table:



*The caution symbols indicate that the BLE receiver is off or the ANT+ dongle is unplugged and will not appear connected properly.







PAIRING MORE THAN TWO DEVICES ON APPLE TV

Apple TV allows a maximum of 3 different BLE devices (including the Apple TV's remote) to be paired at once. If you plan on pairing more than two BLE devices, complete these steps:

- 1. If you've already paired your devices, unpair them.
- 2. Using the ZC app, create a bridge.
 - *If you need help using ZC as a bridge— check out this article.
- 3. Pair your devices to your Apple TV.







SUPPORTED BIKES:

While many different bikes may work - Zwift recommends road bikes with 700c tires for the best experience. Here are a few examples of the most commonly used bikes on Zwift.

SUPPORTED TRAINERS:

The trainer is the device that holds your bike in place while you're using Zwift, and, with most setups, the trainer records all the necessary info for you to move in-game (but this isn't always the case). Some trainers also adjust your resistance according to the trail you're cycling, so you can really feel those hills!

Picking the right trainer for yourself can be overwhelming. Below, you can find a list of the different types of supported trainers to guide your decision:

- <u>Direct Drive Trainers</u>
- Wheel-on Trainers
- Indoor Bikes
- Rollers







PAIRING YOUR TRAINER

Before you can get racing, you must connect your smart trainer to the Zwift app.

- 1. Log on to Zwift.
- 2. Choose "Power Source" for smart trainers on the Pairing Screen.
- 3. Spin your pedals to wake up the sensors you can do that by hand or simply hop on the saddle and get a few pedal strokes in.
- 4. Look for the name of your trainer.
- 5. Click on the name of your smart trainer when you see it.
- 6. If the trainer includes an FE-C option, use that. For example SMART TRAINER 1 FE-C, is preferable to SMART TRAINER 1.

Do you notice how the names are very similar? That's because both connections are coming from the same trainer. FE-C stands for Fitness Equipment Control and without getting too specific, it just works better than the alternative because it's the standardised protocol. ANT+ is the receiver. FE-C is the signal.

7. Click "Ok".







CONNECTING TO ZWIFT POWER

Before you can connect to Zwift Power, you'll need to create a Zwift Power account. If you've already created a Zwift Power account, you're ready to connect your account to Zwift.

To create a new account, follow these steps:

- 1. Signin to zwift.com/settings/connections.
- 2. Locate the icon and select Opt-In directly underneath it.

*Selecting Opt-In means you consent to share your event results and Zwift profile on zwiftpower.com.

- 3. Go to zwiftpower.com.
- 4. Select the icon in the top right corner.
- 5. Select Register.
- After you read the ZwiftPower Registration terms, select I agree to these terms.
- 7. When the **SIGN IN** window loads, enter your Zwift Email and Password.
- 8. Select Sign In.







CONNECTING YOUR ZWIFT POWER ACCOUNT TO ZWIFT

To have your results and profile available on ZwiftPower, complete these easy steps to connect your accounts:

- 1. Sign in to zwift.com/settings/connections.
- 2. Locate the icon and select Opt-In directly underneath it.

*Selecting Opt-In means you consent to share your event results and Zwift profile on zwiftpower.com.

NOW. YOU'RE READY TO RACE.

IF YOU EXPERIENCE ANY FURTHER ISSUES, VISIT <u>ZWIFT.COM</u> OR FEEL FREE TO CONTACT THE <u>ZWIFT TEAM</u>.







