

APPROACH® S40

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 view menu options.
- Press to return to the previous screen.
- Hold to view settings.

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.

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). 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.
- 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

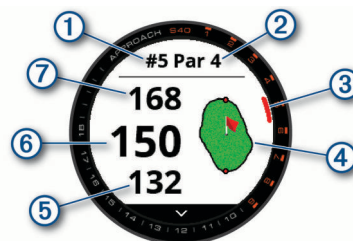
The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

- 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.

NOTE: By default, the device calculates the distance to the front, middle, and back of the green. If you know the location of the pin, you can set it more precisely (*Viewing the Green*, page 2).



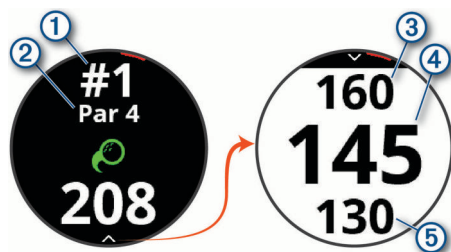
①	Current hole number
②	Par for the hole
③	Hole indicator
④	Green
⑤	Distance to the front of the green
⑥	Distance to the middle of the green
⑦	Distance to the back of the green

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	The current hole number
②	The par for the current hole
③	The distance to the back of the green
④	The distance to the middle of the green or selected pin position
⑤	The distance to the front of the green

Viewing the Green

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

- 1 Select 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 information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Changing Holes

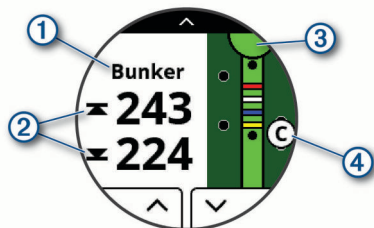
You can change holes manually from the hole view screen.

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

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.

- 1 Select an option:
 - From the hole view screen, select .
 - When using big numbers mode, press the button and select **Hazards and Layups**.



- The hazard type, layup and distance, or dogleg and distance ① is listed at the top of the page.
- The distances to the front and back ② of the nearest hazard, layup, or dogleg appear on the screen.
NOTE: If your hazard has a single point, the distance to the center appears on the screen.
- The green is represented as a half circle ③ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards, layups, and doglegs ④ are shown below the green in approximate locations relative to the fairway.

- 2 Select or to view other hazards, layups, or doglegs for the current hole.

Viewing the Golf Menu

During a round, you can view saved shots and locations, round information, sunrise, sunset, and twilight times, and the scorecard. You can also change holes and end a round.

During a round, press the button to view the golf menu.

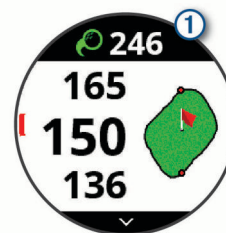
Measuring a Shot with the Garmin AutoShot™ Feature

Your Approach S40 device features automatic shot detection and recording. 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](#)).

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

- 1 Begin playing a round.

When the device detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.



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

- 2 Walk or drive to your ball.
- 3 Hit your next shot.

The device records the distance of your last 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 While playing golf, press the button.
- 2 Select **Last Shot > Add Shot**.
- 3 Follow the on-screen instructions.

Keeping Score

- 1 While playing golf, press the button.
- 2 Select **Scorecard**.
- 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 2](#)), 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




- 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 number of strokes taken, and select **Next**.
- 3 Set the number of putts taken, and select **Next**.
- 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 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 2](#)).
- 3 Select **View More** to view information about each shot for a hole.

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**.

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 S40 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 S40 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.

Pairing Your Smartphone

To use the connected features of the Approach S40 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 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 On your Approach S40 device, hold the button to view the main menu.
- 4 Select **Pair Phone**.
- 5 From the  or  menu in the app, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

Connecting to a Paired Smartphone

Before you can connect to your smartphone, you must pair your smartphone to your watch.

When you connect to your smartphone using Bluetooth technology, you can share scores and other data with the Garmin Golf app. You can also view phone notifications from your compatible iOS® or Android™ device.

- 1 On your smartphone, enable Bluetooth technology.
- 2 On your watch, hold the button and select **Phone** to enable Bluetooth technology.

Phone Notifications

Phone notifications require a compatible smartphone to be in range and paired with the device. When your phone receives messages, it sends notifications to your device.

Viewing Notifications

- 1 From the watch face, swipe up or down to view the **Notifications** widget.
- 2 Select a notification or select ••• to view a list of notifications.

TIP: You can select Clear to remove the notification from your device and the notification center on your phone.

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 4).

Calendar: Displays upcoming meetings from your smartphone calendar.

Golf: Displays golf information 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 4).

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.

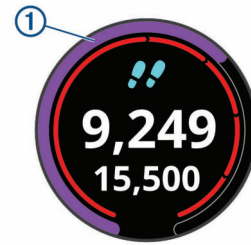
Activity Tracking

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.

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 ①.



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.

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 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.

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 Select an activity.
- 4 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 5 Press the button to start the timer.

NOTE: The device does not record your activity data until you start the timer.

Tips for Recording Activities

- Charge the device before starting an activity.
- Swipe up or down to view additional data pages.

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 S40 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 5*).

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.

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**.

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).

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.

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.

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.

Auto Pause: Allows your device to pause the timer automatically when you stop moving.

GPS: Allows you to enable GPS for an activity.

TruSwing™

The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to www.garmin.com/golf to purchase a TruSwing device.

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.

System Settings

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

Auto Lock: Allows you to customize when your device screen locks.

Backlight: Allows you to enable the backlight and adjust backlight brightness and timeout.

Activity Tracking: Allows you to enable activity tracking, move alerts, and goal alerts.

Manage Widgets: Allows you to enable preloaded widgets.

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).

Language: Sets the text language on the device.

Time: Sets the time format and source, and allows you to sync with GPS to set the time.


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 removes all saved user data and resets all settings on the device ([Deleting Data and Resetting Settings](#), page 6).

About: Displays device information, such as the unit ID, software version, regulatory information, and license agreement ([Viewing E-label Regulatory and Compliance Information](#), page 6).


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.


Deleting Data and Resetting Settings

You can remove all saved user data and reset all settings on the device to the factory default values.

- 1 Hold the button.
- 2 Select  > **Reset** > **Delete Data and Reset Settings**.
This removes your personal data, including activities and any scorecards from the device.

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.

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 ¹
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 nominal

¹ The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

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