

How to check out lab equipment

Force plates, timing gates, NordBords, ForceFrames, GymAware, the 1080 Motion, iPads, and the small stuff all go in and out through one website now. It takes about 20 seconds at the lab iPad, and it works on your phone too.

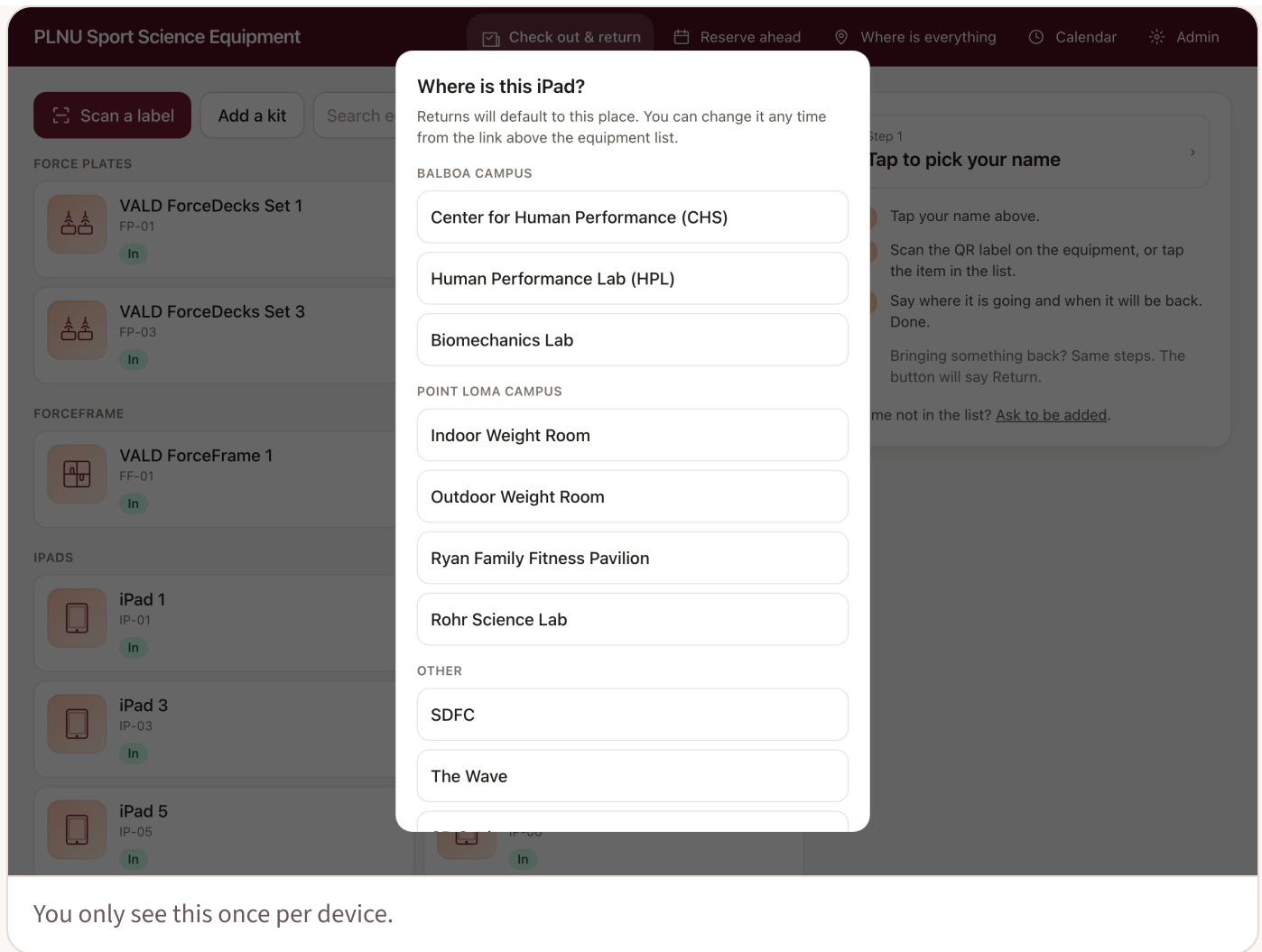
The site sportscience.drjacobgoodin.com

Add it to your phone's home screen and it behaves like an app.

Before you start

You need to be on the lab list. MS-KIN faculty and students, and the S&C staff, are already on it. If your name is not there, tap **Ask to be added** at the bottom of the screen, and a lab admin will approve you and email you.

Each lab iPad knows where it lives. The first time it opens it asks which room it is in. Pick the room once and it remembers. If you see this screen on your own phone, pick the room you are standing in.



Checking equipment out

1 Tap your name.

Tap the box at the top right that says *Tap to pick your name*, then start typing. The iPad remembers the last person, so check it is really you.

2 Scan the label, or tap the item.

Every item has a QR sticker. Tap *Scan a label* and point the camera at it, or just tap the item in the list. Add as many items as you are taking. *Add a kit* grabs a whole set at once, like the jump testing kit.

3 Say where it is going and when it will be back.

Pick the room or venue. Classrooms ask for a room number. The due date defaults to tomorrow at 5 pm, or three days for off-campus trips. Then tap

Check out.

PLNU Sport Science Equipment

Check out & return

Reserve ahead

Where is everything

Calendar

Admin

Scan a label

Add a kit

Search equipment or a person

This iPad is at: HPL

FORCE PLATES

VALD ForceDecks Set 1

FP-01

In

VALD ForceDecks Set 2

FP-02

In

VALD ForceDecks Set 3

FP-03

In

FORCEFRAME

VALD ForceFrame 1

FF-01

In

IPADS

iPad 1

IP-01

In

iPad 2

IP-02

In

iPad 3

IP-03

In

iPad 4

IP-04

In

iPad 5

IP-05

In

iPad 6

IP-06

In

Step 1

Tap to pick your name

1 Tap your name above.

2 Scan the QR label on the equipment, or tap the item in the list.

Tap where it is going and when it will be back.

one.

ing something back? Same steps. The

utton will say Return.

ot in the list? [Ask to be added.](#)

Who are you?

Close

Kar

Karina Squilanti

Student · Biomechanics

Karissa Yee

Student · Sports Science

Karol Zak

Staff

Step 1. Start typing and tap your name.



VALD NordBord 1
NB-01
In



VALD NordBord 2
NB-02
In

RESISTANCE ROBOTICS



1080 Motion
KM-01
In

SMALL ITEMS



Tripod
SM-01
In



Tape measure (30 m)
SM-02
In



Cones set
SM-03
In



Extension cord / power strip
SM-04
In

TIMING GATES



VALD SmartSpeed Timing Gates Set 1
TG-01
In



VALD SmartSpeed Timing Gates Set 2
TG-02
In

VELOCITY TRACKING



GymAware Unit 1
GA-01
In



GymAware Unit 2
GA-02
In

Balboa classroom

Point Loma Campus

Indoor WR

Outdoor WR

Ryan Pavilion

Rohr

Point Loma classroom

Other

SDFC

The Wave

SD Seals

Somewhere else

When will it be back?

Today, 5 pm

Tomorrow, 5 pm

In 3 days

Pick a time

Due back Sun, Sep 20, 5:00 PM. You will get a reminder by email.

What is it for? (optional)

e.g. Women's soccer jump testing

Check out as Jacob

Start over

Name not in the list? [Ask to be added.](#)

Steps 2 and 3. The selected item is outlined, and the panel on the right asks where and when.

You get an email confirming what you took and when it is due. The check-out also lands on the Human Performance Testing & Research calendar, so nobody double-books the gear.

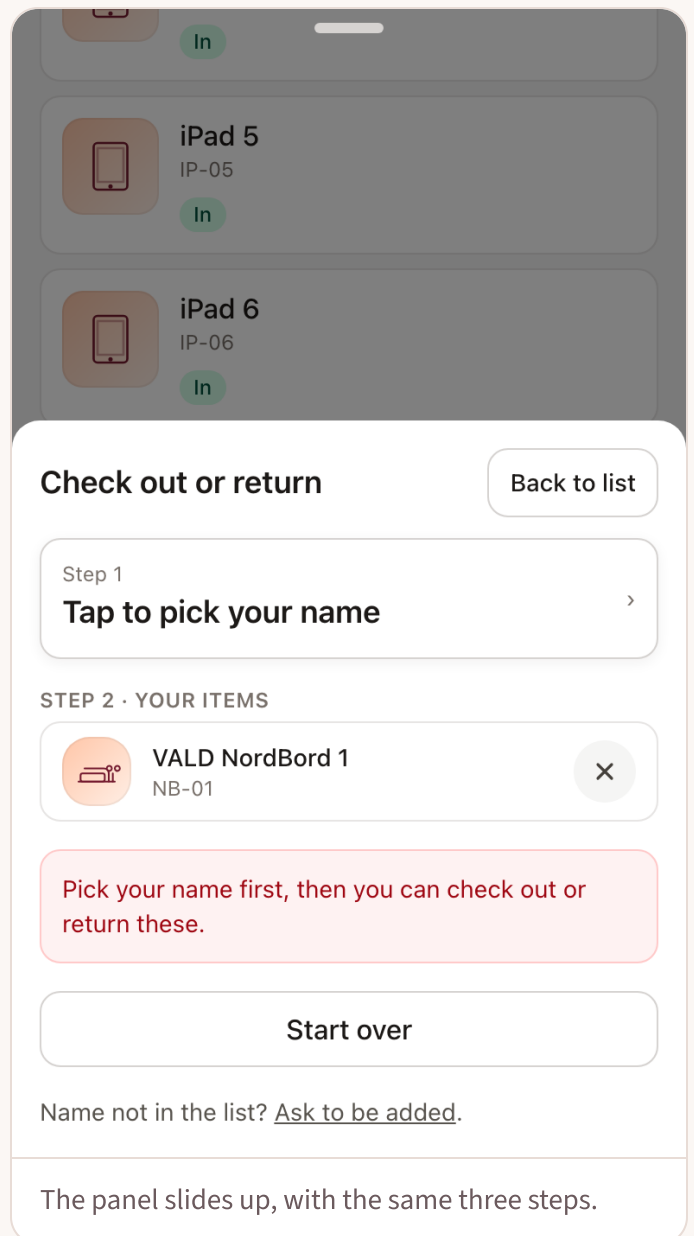
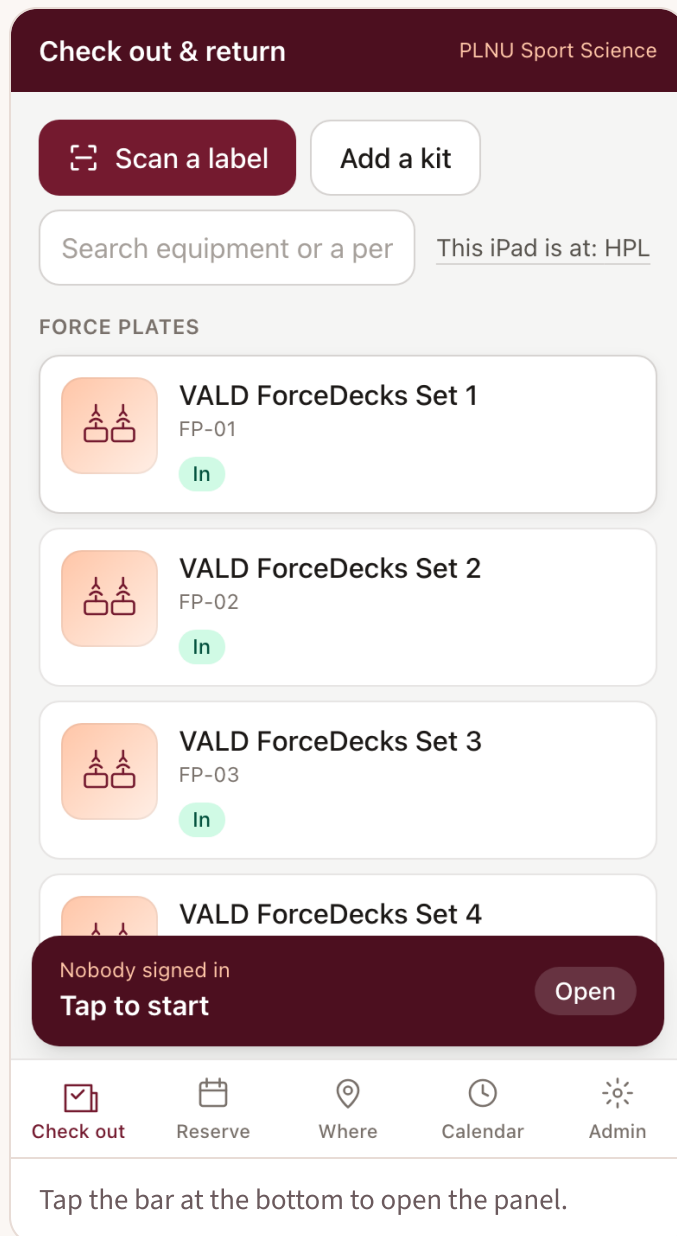
Bringing it back

Same three steps. Pick your name, scan or tap the item, and the button says **Return** instead of **Check out**. Say which room you put it in. If you have several things out, there is a **Return all of them** button as soon as you pick your name.

If something is broken or acting up, tap **Problem?** next to the item when you return it and describe it in a sentence. The lab gets an email, and anything marked as unusable is pulled from the list until it is fixed.

On your phone

The site works on any phone. The equipment list fills the screen, and the dark bar at the bottom opens the same check-out panel as the iPad. Scanning uses your phone camera. You can also just point your regular camera app at a label and it opens the site on that item.



Reserving ahead

Testing a team next Tuesday? Go to **Reserve ahead**, pick the items and the time window, and say where you will use them. The site checks whether anything is already booked or out for that window before it lets you confirm.

On the day, tap your name at the iPad and your booking is waiting at the top of the screen. One tap checks everything out. If nobody picks it up within two hours of the start time, the booking is released so others can use the gear.

PLNU Sport Science Equipment

Check out & returnReserve aheadWhere is everythingCalendarAdmin

Reserve equipment ahead of time

Pick what you need and when. On the day, tap your name at the lab iPad and the booking is one tap to check out. If nobody picks it up within two hours of the start time, the booking is released so others can use the gear.

+ CMJ testing kit

+ ForceFrame kit

+ Nordic kit

+ Sprint kit

Search equipment

FORCE PLATES

 VALD ForceDecks Set 1
FP-01

 VALD ForceDecks Set 2
FP-02

 VALD ForceDecks Set 3
FP-03

 VALD ForceDecks Set 4
FP-04

FORCEFRAME

 VALD ForceFrame 1
FF-01

 VALD ForceFrame 2
FF-02

IPADS

 iPad 1
IP-01

 iPad 2
IP-02

 iPad 3
IP-03

 iPad 4
IP-04

 iPad 5
IP-05

 iPad 6
IP-06

NORDBORD

 VALD NordBord 1
NB-01

 VALD NordBord 2
NB-02

RESISTANCE ROBOTICS

Who is booking?

Start typing your name

From

09/20/2026, 01

Until

09/20/2026, 03

Where will you use it?

Balboa Campus

CHS

HPL

Biomech Lab

Balboa classroom

Point Loma Campus

Indoor WR

Outdoor WR

Ryan Pavilion

Rohr

Point Loma classroom

Other

SDFC

The Wave

SD Seals

Somewhere else

What is it for? (optional)

e.g. Baseball preseason testing

Reserve ahead on a laptop. The same page works on the iPad and your phone.

Finding where something is

Where is everything shows every item and where it is right now. Switch between the map and a list grouped by campus: Balboa, Point Loma, and everywhere else. Items that are out show who has them and when they are due. Search by item or by person.

Where everything is

Map

By location

Balboa 23

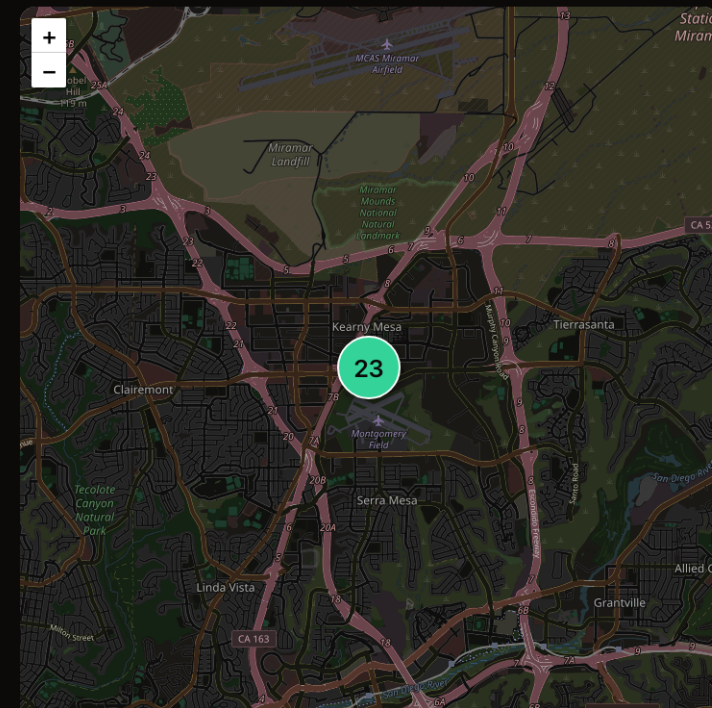
Point Loma 0

Other 0

Out with people 0

Find an item or a person

Updated 1:39 AM. Refreshes every minute.



BALBOA CAMPUS 23

HUMAN PERFORMANCE LAB (HPL) 23



VALD ForceDecks Set 1 FP-01

In



VALD ForceDecks Set 2 FP-02

In



VALD ForceDecks Set 3 FP-03

In



VALD ForceDecks Set 4 FP-04

In



VALD ForceFrame 1 FF-01

In



VALD ForceFrame 2 FF-02

In



iPad 1 IP-01

In



iPad 2 IP-02

In



iPad 3 IP-03

In



iPad 4 IP-04

In



iPad 5 IP-05

In



iPad 6 IP-06

In

The map view. Pins are sized by how many items are there.

Where everything is

Map

By location

Balboa 23

Point Loma 0

Other 0

Out with people 0

Find an item or a person

Updated 1:39 AM. Refreshes every minute.

Balboa Campus 23 items

CENTER FOR HUMAN PERFORMANCE (CHS) 0

Nothing here right now.

HUMAN PERFORMANCE LAB (HPL) 23



VALD ForceDecks Set 1 FP-01

In



VALD ForceDecks Set 2 FP-02

In



VALD ForceDecks Set 3 FP-03

In



VALD ForceDecks Set 4 FP-04

In



VALD ForceFrame 1 FF-01

In



VALD ForceFrame 2 FF-02

In



iPad 1 IP-01

In



iPad 2 IP-02

In



iPad 3 IP-03

In



iPad 4 IP-04

In



iPad 5 IP-05

In

Point Loma Campus 0 items

INDOOR WEIGHT ROOM 0

Nothing here right now.

OUTDOOR WEIGHT ROOM 0

Nothing here right now.

RYAN FAMILY FITNESS PAVILION 0

Nothing here right now.

ROHR SCIENCE LAB 0

Nothing here right now.

CLASSROOM (POINT LOMA) 0

Nothing here right now.

Other 0 items

SDFC 0

Nothing here right now.

THE WAVE 0

Nothing here right now.

SD SEALS 0

Nothing here right now.

The by-location view, one column per campus.

For lab admins

Admin is PIN-protected. Jacob, Karol and Garrett have the PIN. It covers the log of every check-out and return, the equipment list, people and access requests, kits, places, usage reports, and the email and calendar status. If someone brought an item back without checking it in, mark it returned from the Admin overview.

PLNU Sport Science Equipment

Check out & return

Reserve ahead

Where is everything

Calendar

Admin

Admin sign-in

For lab staff. Your email is recorded next to any change you make.

Your PLNU email

you@pointloma.edu

Admin PIN

Sign in

Your email is recorded next to any change you make.

The labels

Each item has a 2-inch QR sticker. Admin, Equipment, **Print all labels** prints the full sheet. Scanning a label with any camera opens the site on that item, and the check-out panel opens on the iPad when you scan it there.

PLNU Sport Science Equipment

Check out & return

Reserve ahead

Where is everything

Calendar

Admin

QR labels

Print on 2-inch square labels (Avery 22806 or similar), then stick one on each item. Scanning a label with any phone camera opens that item in the checkout screen.

Print



VALD ForceDecks Set 1
FP-01 · PLNU Sport Science



iPad 1
IP-01 · PLNU Sport Science



VALD NordBord 1
NB-01 · PLNU Sport Science



VALD SmartSpeed Timing Gates Set 1
TG-01 · PLNU Sport Science

Labels print with the item name and tag. Serial numbers appear once they are entered.

What is left to do

- **Serial numbers.** Jacob will add them from the lab. Once they are in, the labels get reprinted with the serial on them.
- **Stick the labels on.** The sheet is ready to print from Admin, Equipment. Put one on each item where it is easy to scan.
- **Tell us what is wrong.** If a name is missing, a room is missing, or a step is confusing, email Jacob and it gets fixed.

Quick reference

I WANT TO

DO THIS

Take something	Name, scan or tap, where and when, Check out
Bring it back	Name, scan or tap, which room, Return
Book it for later	Reserve ahead
Find something	Where is everything
Report a problem	Problem? next to the item when returning
Get on the list	Ask to be added, at the bottom of the screen