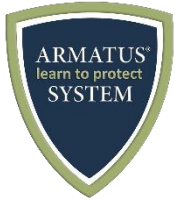


# PRAESIDIUM

## Armatus® Quick Start Guide



Welcome to Armatus! Below you will find instructions for enrolling and logging in to training as well as helpful hints to ensure you retain the information presented in the courses. If you have any questions along the way, contact your Program Administrator. You may also contact Praesidium technical support at [support@praesidiuminc.com](mailto:support@praesidiuminc.com) or 817-801-7773.

### To Enroll:

1. Go to <http://praesidiuminc.com/enroll>
2. Enter the registration code: **yusa\_swim**
3. Fill out the form and click the link to enroll.
4. Print the page or write down your user login and password for future reference.
5. To begin taking training immediately, click the link or follow the instructions to the right to login later.

### To Begin Training:

1. Go to <http://praesidiuminc.com/login>
2. Enter your user login and password. Then, click Login.
3. Click on the course image or title to begin.

## 1. Right Place, Right Time



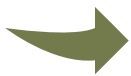
Set the right conditions for learning. Create an environment with no interruptions, no phone calls, and no distractions. Set aside 30-45 minutes for each course so you do not have to hurry.

## 2. Take Your Time



Have patience and take your time. Read carefully to make sure you fully understand the content. Rather than rushing through the training, plan to complete only one or two courses each time you login so you can really absorb what you've learned. If you need to pause and continue training later, the course will start again from the section where you left off.

## 3. Follow the Arrows



When it's time to move to the next page, an arrow will appear at the bottom right corner. When prompted, click the arrow to move forward.

## 4. Think About It



Finally, pause and think about what you are learning. Throughout the course, think about how you can apply what you are learning to your own position. We know that with proper concentration you can understand and apply what you learn. When you pass the quiz at the end of the course, you will earn credit.