HELP

Record an outing with the Apple Watch

Start an outing from the watch, read the screens while immersed, understand the 6 m limit and find the session on the iPhone.

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Written with the help of an AI

What it is for

The Reefwise app on the Apple Watch records your outings in the water: depth, duration, temperature, heart rate and surface GPS point. The session then joins your logbook on the iPhone.

> The watch only measures depth down to about 6 m. Beyond that, the recording is incomplete and the stop calculations are not reliable. Reefwise on Apple Watch suits freediving, snorkeling, pool swimming and very shallow immersions. It is not a dive computer: when scuba diving, always use a certified dive computer.

Before you start

- An Apple Watch with a depth sensor, running watchOS 11 or later. On another model, the watch shows “Water submersion sensors are unavailable on this watch.”.
- The Reefwise app installed on the paired iPhone (iOS 17 or later).
- At first launch, allow access to Apple Health, to location and to the submersion sensors.

Start an outing

1. Open Reefwise on the watch.
2. In **Activity mode**, choose **Freediving**, **Snorkeling**, **Pool swimming** or **Scuba diving**.
3. Tap the start button (**Start apnea session**, **Start snorkeling**, **Start swim** or **Start dive**).

The outing can also start by itself when the watch is immersed. This is chosen on the iPhone, in **Settings**, section **Apple Watch**, **Automatic start**: **On immersion** (default), **After 1 m** or **Never**.

While immersed

Turn the crown to move from one screen to the next: **Activity**, **Depth**, **Duration**, **Temperature**, **Heart rate** and **Navigation** (compass and return bearing to the entry point). In scuba diving mode, **Stops & Deco** and Nitrox are added.

The watch shows a full-screen alert in two cases worth knowing:

Alert	Meaning
“DEPTH LIMIT” then “ASCEND NOW”	You are close to the maximum depth the watch can measure. The watch vibrates (vibration still to be checked in a pool).
“RAPID ASCENT” then “SLOW DOWN” (scuba diving mode)	Your ascent rate exceeds the value set (10 m/min by default). The watch vibrates.

End the outing

1. Go to the **Navigation** screen and tap **End activity** (or **End dive**).
2. With the Action button set to stop, press twice within 4 seconds (“Press again to end”).

In freediving, snorkeling and pool swimming, the outing never stops by itself: remember to end it. In scuba diving mode, it ends by itself after 3 minutes at the surface.

Find the session on the iPhone

1. The session is sent to the iPhone as soon as it is in range. You have nothing to do.
2. On the iPhone, open **Session History**: it has a watch icon and the title “Dive session (watch)”.
3. Sync it to send it to your online logbook (see “Add a dive session”).

If the iPhone is far away, the session stays on the watch and is sent again later by itself. In **Activities**, the sessions marked **To sync** can be sent again with **Send** or **Send all**.

The outing is also saved in Apple Health, with the depth and the water temperature.

Good to know

- Stop and MN90 information is provided for guidance only. It does not replace training, dive planning, or a certified dive computer.
- On the stops screen, “Group A” is the MN90 successive-dive group, not the position.
- The position is only read at the surface: underwater, the watch shows “No fix”.
- With **After 1 m** or **Never**, the “Immersion detected” screen offers a **Start recording** button.
- The watch settings (automatic start, **Ascent rate**, Action button, heart rate collection) are made on the iPhone, then **Sync Watch settings**. The Action button can also be set on the watch: the latest choice, on either device, is kept.
- Once the iPhone has received the session, the watch menu shows “Last session synced”.
- After a scuba dive, the watch reminds you for 12 hours that freediving is not recommended.

Going further

Once the session is in your logbook, share it with your club: see “Share a dive”.