Janus: Efficient and Accurate Dual-radio Social Contact Detection

Timofei Istomin, Elia Leoni, Davide Molteni, Amy L. Murphy, Gian Pietro Picco, Maurizio Griva

Abstract—Determining when two individuals are within close distance is key to contain a pandemic, e.g., to alert individuals in real-time and trace their social contacts. Common approaches rely on either Bluetooth Low Energy (BLE) or ultra-wideband (UWB) radios, that nonetheless strike opposite tradeoffs for energy efficiency vs. accuracy of distance estimates.

Janus reconciles these dimensions with a dual-radio protocol enabling efficient and accurate social contact detection. Measurements show that Janus achieves weeks to months of autonomous operation, depending on the configuration. Several large-scale campaigns in real-world contexts confirm its reliability and practical usefulness in enabling insightful analysis of contact data.

I. SOCIAL CONTACT DETECTION

Social distancing is one of the key instruments available to society for the containment of dangerous viruses like COVID-19. In this context, the use of radio-enabled devices, e.g., smartphones, or dedicated “proximity tags”, are advocated by many as a formidable tool to support contact detection: determining when two individuals come within close distance.

Contact detection supports social distancing along several dimensions, including: i) real-time enforcement of social distancing, e.g., automatically alerting people upon contact detection, ii) monitoring and recording of the distance and duration of a contact, enabling offline analysis, e.g., to trace the spread of infection from a diagnosed individual.

II. REQUIREMENTS

Achieving these goals poses multiple technical challenges. An effective contact detection solution should be reliable, a notion with several facets in this context. Obviously, false negatives (contacts occurring and going undetected) should be minimized. However, a contact between two individuals is associated with a distance and a duration, together discriminating the danger of contagion; therefore, for detection to be reliable it must be accurate and timely. Minimizing false positives (safe contacts detected as occurring at unsafe distance) is key, as they may generate unnecessary alarms, undermining user confidence in the tool, or bias data interpretation and contact tracing. Moreover, detection must occur within well-defined time bounds, to ensure prompt user alerting or correctly capture the effective contact duration.

On the other hand, by their nature, these systems must rely on devices carried by users, thus battery-powered. Therefore, contact detection must also be energy-efficient; an accurate and timely system is not very useful if its battery depletes in a few hours. The shorter the lifetime, the higher the maintenance overhead for the user and therefore the barrier to adoption. This is exacerbated in the common use case where tags are owned and managed by an organization to ensure safe working conditions; the cost of frequently recharging hundreds or even thousands of devices cannot be neglected.

Unfortunately, these system requirements are at odds: an always-on radio fosters timely detection but also quickly depletes the battery. Further, they need to be reconciled with specific contact definitions, which may change depending on country regulations (e.g., stipulating different safe distances) or use cases (e.g., factory floor vs. office buildings). Navigating and optimizing these constraints demand a system that is easily configurable.

III. STATE OF THE ART AND CONTRIBUTION

These ideas recently led to a flurry of systems by private companies and national public entities.

Smartphone-based apps and GAEN. Among these, arguably the most prominent is the Google-Apple Exposure Notification (GAEN), an OS-level mechanism exploiting Bluetooth Low Energy (BLE) for contact detection on mobile phones, at the core of “COVID apps” in many nations. This concerted effort by two major players offers a formidable penetration in the smartphone user base, but suffers from several problems.

First, its detection operation is fixed: each phone emits a BLE advertisement every ~250ms and scans for those from other phones every 4 minutes. This is an understandable compromise, given the inherent need to provide a one-size-fits-all solution across the entire installed base and various use cases. Nevertheless, it prevents alternate configurations striking different tradeoffs between timeliness and energy consumption.

A more disruptive limitation concerns accuracy. GAEN relies on the radio signal strength indicator (RSSI) reported upon reception of BLE advertisements to estimate distance via its relation with signal attenuation. However, this technique is notoriously affected by environmental conditions, also contributing to attenuation. This yields significant estimation errors and ultimately invalidates the data collected, as recently assessed empirically in real environments [1].

Finally, several privacy concerns have arisen, stimulating a technical debate about centralized vs. decentralized architec-
tures for sharing contact data, but also arguably hampering a larger adoption of these smartphone applications [2].

**Proximity tags.** Albeit pervasive, smartphones are not the only (or the best) devices enabling contact detection. Not everyone owns a smartphone (e.g., many children and elders) and those who do may be reluctant to give partial access to such an integral part of their digital life, due to the privacy concerns above. Finally, the decision whether to participate in contact detection rests solely with the user, who must explicitly install and correctly use the corresponding app.

These considerations fueled a market surge of “proximity tags”, geared both towards real-time alarms and offline analysis. Unlike smartphone applications, which target global use, these devices target situations where the use of tags can be controlled and enforced. For instance, the Bump [3] alerting system recently made the news as its use was required by all athletes and staff participating in the London marathon. More menial applications of wider relevance include monitoring of children (e.g., at school or summer camps) and elders (e.g., in retirement homes), and ensuring workplace safety.

**BLE or UWB?** Several tags on the market are based on BLE, whose pervasiveness and low energy consumption enable cheap, long-lasting devices at the price of poor accuracy, as already outlined for GAEN-based apps. However, once the leap from a smartphone to a custom tag is made, alternate designs offering better performance are possible.

This is the case of tags exploiting ultra-wideband (UWB) radios. These operate on fundamentally different PHY-level principles that enable distance estimates with an error <10 cm, i.e., 1–2 orders of magnitude less than narrowband radios like WiFi and BLE, significantly enhancing contact accuracy. UWB localization systems are rapidly gaining traction and, by yielding accurate and timestamped positions, indirectly enable contact detection. Nevertheless, they also require an infrastructure of fixed reference nodes (anchors), implicitly delimiting the area where detection can occur, with conflicting tradeoffs of scale vs. effectiveness vs. cost. Therefore, although hybrid solutions exist [4], [5], UWB-based proximity tags typically measure directly the distance between two devices via standard [6] or custom-designed [7] ranging schemes.

Unfortunately, UWB energy consumption is roughly an order of magnitude higher than BLE, significantly affecting device lifetime. For instance, the aforementioned Bump system claims only 12 hours of operation [3]; others fail to report lifetime altogether [7].

**Janus: A dual-radio approach.** Named after the god with two faces in Roman mythology, Janus takes the best of BLE and UWB: the low-power consumption of the former and the high accuracy of the latter.

BLE retains the central role of discovering devices (i.e., users) in range germane to the aforementioned approaches. This continuous neighbor discovery is expensive in terms of energy. Imagine an individual alone in the office for most of the day, obeying social distancing rules and only seldom interacting with co-workers. Although there is no one to discover, the channel must be scanned to ensure timely detection in case a colleague appears. A tag based solely on UWB would rapidly deplete the battery in this wasteful task, due to high energy consumption. This does not occur in our dual-radio architecture, where continuous neighbor discovery is performed by the lower-energy BLE radio, while the higher-energy UWB radio is triggered on-demand solely when contact detection occurs and distance estimates are required. Moreover, UWB approaches must avoid collisions among ranging exchanges; for instance, the scheme in [7] reports that only 65% of them are executed successfully. Janus achieves a near-perfect success rate by piggybacking on the out-of-band BLE channel information to coordinate UWB ranging exchanges.

This dual-radio approach is largely novel among both research and commercial devices; only few exist, w.r.t. which Janus enables significant advantages. The work in [8] exploits BLE only for neighbor discovery; coordination of ranging exchanges is performed via UWB in a centralized fashion. This not only yields significantly higher consumption, but also severely limits the applicability in the highly dynamic scenarios of practical interest. Among commercial tags, a few [9], [10] use BLE only as an out-of-band channel to collect data and set configurations. Wipelot [5] exploits instead a combination of UWB and IEEE 802.15.4. However, the latter radio has higher energy consumption w.r.t. BLE, enabling smaller savings; a 3-day lifetime is claimed, in unspecified conditions, while Janus achieves up to 3 weeks with a short, 2-second detection.

**IV. Dual-radio Discovery and Ranging**

We summarize the two enabling techniques of UWB-based ranging and BLE-based neighbor discovery, then illustrate how we exploit them in synergy in our Janus protocol.

**A. Building Blocks**

**UWB: Ranging.** Ultra-wideband has returned to the forefront of research and market interest after a decade of oblivion, thanks to small, cheap, and energy-savvy new UWB impulse radio chips, spearheaded by the DecaWave DW1000 we use here. The use of very short pulses (≤ 2ns) reduces power spectral density and interference from other radios while improving propagation through obstacles. The large bandwidth yields superior ranging accuracy via excellent time (hence distance) resolution, enabling receivers to precisely timestamp the signal time of arrival and discriminate it from multipath.

Two-way ranging (TWR) is commonly used to estimate distance between two UWB nodes. The simplest variant, single-sided TWR (SS-TWR) is part of the IEEE 802.15.4 standard [6] and requires a 2-packet exchange between an initiator and a responder. The initiator transmits a POLL packet to the responder, which replies with a RESPONSE after a known delay. This packet includes the timestamps marking the reception of POLL and transmission of RESPONSE that, along with the TX/RX timestamps at the initiator, enable it to compute the time-of-flight and estimate distance multiplying by the speed of light in air.

**BLE: Neighbor discovery.** We exploit BLEEnd [11], a state-of-the-art neighbor discovery protocol developed in our group.
In any BLE-based discovery protocol, a node must transmit advertisements to announce itself and scan (listen) for those from other nodes. BLEnd provides the schedules for these two operations, taking into consideration the expected density of the neighborhood, as this affects the collisions among advertisements, leading to missed contacts. The result is an energy-efficient protocol with well-defined discovery guarantees. A companion optimizer tool simplifies the task of configuring protocol parameters towards a given detection latency or energy target while achieving predictable performance.

B. Exploiting BLE and UWB in Synergy

Janus merges BLE-based neighbor discovery and UWB ranging into a single energy-efficient protocol (Figure 1).

BLE scans and advertisements are executed periodically according to the BLEnd protocol. The discovery period $E$ (epoch, in BLEnd) and the scan duration $L$ (which also determines the interval between two advertisements) are determined by the BLEnd optimizer to meet a discovery latency while maximizing lifetime; the advertisement duration $b$ is instead fixed by the BLE radio.

UWB ranging also repeats periodically. Once a node has discovered at least one neighbor, it schedules its own ranging window with a period $U$, randomized by a small jitter to avoid long-lasting overlaps with those of other nodes. Each window contains one slot of size $R$ per discovered neighbor, resulting in a dynamic window duration. To inform neighbors when to initiate ranging, a node adds in the payload of BLEnd advertisements:

- its node index, unique in the neighborhood;
- the time $v$ to the beginning of the next ranging window, updated for each advertisement;
- a bitmap indicating the slot allocation for ranging.

When this information arrives at a node $N2$ in the BLE advertisement from $N1$, $N2$ performs ranging in its slot allocated in $N1$’s window, obtaining the distance between the two nodes. Thanks to the bidirectional discovery enabled by BLEnd, the dual process occurs at $N1$ and for all neighbors (not shown in Figure 1).

Slots are allocated for neighbors at the end of each ranging window and de-allocated only after a given number of advertisements are no longer received, indicating the neighbor has moved away.

Synchronizing with BLE advertisements. Each BLE advertisement consists of 3 identical packets sent sequentially on different channels (37→38→39). As each scan occurs on a single channel, changed after each scan, the scanning node receives only one of the packets at a fixed time offset depending on the position in the sequence. However, since the channel sequence is invariant and the RX channel and inter-packet interval in an advertisement are known, the node computes the time the first packet was sent and uses it as reference to schedule ranging.

Node index. The ranging window must schedule a slot for each neighbor; depending on the deployment, there may be tens of them. As the schedule must fit into a single BLE advertisement payload (at most 24B), identifying nodes by their 6B address is unfeasible. Instead, we identify nodes with a 1-byte index and advertise bitmaps where a 1 in the bitmap. The figure shows a 9-neighbor schedule, specifying that nodes with index 2 and 6 are expected to range in the first and second slot, respectively.

This bitmap must accommodate the maximum expected number of neighbors and minimize conflict among indexes, discussed next. Therefore, we use all remaining 104 bits (13B) in the advertisement payload.

Resolving node index conflicts. The nodes in a deployment
may be many more than the available node indexes, which therefore cannot be globally unique. Still, indexes must be locally unique, otherwise multiple nodes would share the same slots and their ranging packets would collide. We developed a conflict resolution strategy that reassigned indexes upon detecting conflicts.

At bootstrap, nodes select their index randomly. As advertisements include the sender index, receivers can detect conflicts with their index; the node with the lower BLE address changes its index randomly, avoiding those already in use. In case two non-neighboring nodes with the same index share a neighbor, the latter indicates the conflict in the advertisement payload, forcing both neighbors to select a different index.

To help select available indexes, each node caches the bitmaps of all neighbors; their bit-wise OR with its own schedule yields a zero for all unused index values.

V. FROM A PROTOTYPE TO A FULL-Fledged SYSTEM

Janus started as a research prototype that we progressively refined to industry-grade level; it is currently integrated in a commercial offer targeting workplace safety.

A versatile firmware. Janus is designed as a stand-alone, reusable firmware module, whose API sharply separates the core functionality of reporting neighbors and their distance from the application use. Therefore, it can be exploited towards very different notions of contact detection, e.g., supporting detection of crowds, and beyond the context of social distancing, e.g., to enable proxemics studies or proximity warning systems.

Janus runs atop ContikiOS on the popular DWM1001C module by Decawave, combining a Nordic nRF52832 SoC for MCU and BLE and a DW1000 UWB radio. We place the latter in deep sleep mode whenever possible to exploit its very low-power operation (~5nA), a task complicated by the long delay (~5.5ms) to resume operation.

A custom tag. We tested Janus on the Decawave MDEK1001 evaluation kits. These boards are equipped with USB ports and a nice packaging, ideal for development and experimentation. Nevertheless, their hardware is constrained; the integrated, energy-hungry Segger debugger cannot be easily disabled, and LEDs provide only the form of user feedback. These aspects, along with considerations about user comfort when wearing the tag for prolonged periods, motivated the design of a custom tag.

The current version has a badge form factor (106 × 64 × 13mm) and weighs 62g. Inside the enclosure, the hardware board includes the DWM1001C, a buzzer providing audible and vibration user feedback, 2 LEDs, a multi-functional on/off controller, and an 8Mbit Flash memory. A rechargeable 950mAh Lithium-Polymer battery powers the tag.

A complete solution. In typical target domains like large factories and offices, where tags enable both real-time alerting and offline analysis, the core enabling functionality of Janus must be supplemented by less innovative elements.

For instance, a gateway enables data collection from the tags via the UWB link and upload to the cloud, where data is persistently stored and can be queried and visualized via a graphical dashboard. From a hardware standpoint, the gateway is simply a modified tag integrated with an embedded Linux-based system providing Internet connectivity. The fixed gateways also provide coarse localization near points of interest (e.g., a coffee machine), as they can implicitly situate contacts in their neighborhood. A crowd detection feature is also built atop the Janus API, raising an alarm when the number of neighbors is higher than a configured threshold.

Finally, an effective and simple solution requiring no technical knowledge is provided for situations where nodes are not used continuously (e.g., only during work hours) and are amassed together (e.g., at the concierge). Contact detection would be useless, wasting energy; however, nodes detecting a special inhibitor node automatically enter a stand-by state for a predefined time (e.g., 5'), after which only BLE is activated, to scan again; normal operation is resumed only when the inhibitor is no longer found.

VI. WHAT ABOUT ENERGY CONSUMPTION?

Janus is designed with energy efficiency in mind. Battery replacement or frequent recharging is a burden for personal use but becomes unacceptable in companies, where hundreds or thousands of devices carried by employees must be managed.

We investigated the lifetime of Janus by acquiring current measurements with a Keithley SourceMeter 2450. Real-world scenarios are a mix of periods where the user is alone and others where is in contact; however, the exact proportions of the mix are obviously unknown. To represent this, we use three measurement scenarios: when a tag is alone and when in contact with exactly 1 and 9 others. The first scenario serves as an upper bound for lifetime and as a building block for the other two, for which we investigate different proportions of alone vs. in-contact times, spanning several operational conditions at once.

Moreover, we also examined different configurations representative of typical use cases. Real-time alerting requires a configuration ensuring a short contact detection latency; we set it to 2s as in the industrial in-field deployments reported later. In many situations, however, alerting is unnecessary or even distracting, e.g., when worn by children at school. In these cases, only the monitoring and recording of contacts matters and, given that typical recommendations focus on relatively long contacts (e.g., 15’ within 2m), higher latencies are applicable; we study the values of 15s and 30s used in our other in-field experiences.

Figure 2 shows the results, based on averages over several 15-minute traces. When a tag is alone, only BLE is active, scanning for neighbors; the average current draw ranges from 1.88mA (2s) to 0.95mA (30s), yielding a lifetime from 21 to 41 days. When neighbors are present, the triggering of UWB increases consumption, with a significantly different impact in the two use cases. With a 30s latency, the current increases only to 0.985mA for 1 neighbor and 1.2mA for 9 neighbors; instead, the more reactive configuration with 2s increases currents to 2.33mA and 5.28mA, respectively. These trends are reflected in the slopes of lifetime curves (Figure 2), that nonetheless confirm the energy-efficiency of Janus; even with
9 neighbors continuously in contact, our tag lasts 7.5 days with 2s latency and 33 days with 30s. Note that this scenario is arguably an extreme one; in real situations i) a user is rarely always in contact with a given number of users, and ii) this number is usually much lower than 9, precisely due to the regulations about social distancing the tag is expected to support. Therefore, in practice, the lifetime in each configuration is likely somewhere between the 1- and 9-neighbor curves, and for an in-contact time <100%.

Interestingly, these values can be further improved, as the current draw with both radios deactivated is relatively high, 0.72mA. This can be reduced by fine-tuning the interaction with peripherals and other low-level aspects we did not address, as we focused on fully optimizing the radio behavior. Still, even with this energy burden, significant in relative terms, the lifetime reported is remarkably higher than other research prototypes and market products.

Finally, these estimates assume 24-hour operation. When tags are worn only during working hours and switched off otherwise, a significant lifetime increase can be achieved, e.g., threefold for an 8-hour workday.

VII. JANUS IN ACTION

We benchmarked Janus extensively against the requirements outlined earlier in controlled, laboratory conditions; the same has been done by independent evaluators in the context of a funded project. Results confirmed the expected behavior w.r.t. accurate and timely contact detection, and are omitted due to space constraints.

Here, we report on data gathered in several real-world contexts, offering findings and insights about the practical application of Janus. Data was collected during the COVID-19 pandemic, with social distancing and other safety measures in place. Proper procedures were followed to recruit participants, compliant with GDPR and host organization regulations.

Cafeteria: Comparing BLE vs. UWB raw data. We begin with a campaign in a company cafeteria where, over a 2-hour period, we handed 90 workers a tag to carry during lunch. The dense setting is challenging both to discovery and ranging; however, the inherent flexibility of Janus allowed us to select an appropriate configuration. In the end, 148,768 samples (userID, RSSI, distance, timestamp) were collected with a 30s latency, i.e., focusing on data collection rather than real-time alerting. Figure 3 shows the raw data of a single node; each point denotes a measurement with a nearby device, itself distinguished by color.

The UWB data (top) clearly shows three phases: when the node is ready to be handed to the volunteer (Pre), when the latter is waiting to be served (In Line), and when the volunteer is eating (Seated). The distances between seated users are easily discerned. This is not the case with BLE (bottom), even when zoomed in to reveal detail. Additional processing of RSSI values could improve matters, as done by many BLE-based approaches; however, this emphasizes that the raw data provided by UWB is immediately useful.

Same-office co-workers: Exploiting raw data. We report data gathered with 15s latency from a typical office area where the 7 members of a research group are physically co-located. Figure 4 shows the cumulative time one member spent near others during one day, and highlights a potential problematic situation: a significant amount of time (> 45°) was spent very near (< 2m) two other members, and only slightly less (30°–45°) very near two others. These times are derived straight from raw data, by simply summing the 15s periods where a detection occurred. As such, they do not necessarily represent a (dangerous) continuous contact, whose definition we explore next. Nevertheless, this further emphasizes that the accurate raw data provided by Janus already offers actionable insights.

Company-wide: Using a higher-level contact definition. We
now show results from an aggregation of the raw Janus data into a higher-level notion of continuous contact, often used to characterize the risk of infection. We use the common definition of risky contact as one occurring for at least 15' between individuals within 2m. We process raw data sequentially, looking at all distance measurements between two individuals, regardless of direction. We open a contact when we first find a value within threshold, plus a small tolerance (20cm) accounting for measurement inaccuracies. We close the contact when this condition becomes continuously false for a given time period (90s); the last value within threshold remains part of the contact. The overall duration and average distance of the contact is then computed, enabling a classification of contacts into:

- **High** risk: below 2m for > 15’;
- **Medium** risk: < 4m for 5’ to 15’ or between 2m and 4m for > 15’;
- **Low** risk: otherwise.

Although somewhat arbitrary, this classification is a realistic example of how contact data could help prioritize actions.

To illustrate its power, enabled by Janus, we report 3 days of data at 15s latency from 90 workers in a large company building. Figure 5 shows the duration vs. distance of contacts, color-coded according to risk, providing a highly informative bird’s-eye view.

Overall, a total of 5,899 minutes were recorded in high-risk contacts over the 3 days. Although this seems large in absolute, on average it is only 21.8’ per person per day—about the same time users in the above cafeteria scenario spent seated at lunch, potentially at risk. Longer accrued times were recorded at medium (14,936’) and low (77,659’) risk.

One can easily imagine follow-up analysis of this data, e.g., identifying the high-risk individuals, or analyzing the trends of risky contacts throughout the day. Fixed nodes throughout the building (e.g., at coffee machines) could also provide approximate locations for some contacts.

**Factory floor: Real-time alerting and contact tracing.** We conclude by presenting data from 30 tags used on a factory floor. The focus here was real-time alerting; tags are configured with 2s latency. Further, data is gathered by a full-fledged product (integrating Janus) at a customer site using tags to record only high-risk contacts, offloaded via gateways and available in cloud storage.

We focus our attention on pairs (dyads) of individuals, and their total contact time in a day (Figure 6). If tags A and B were within 2m for 6’ in the morning and 9’ in the afternoon, the chart shows a point for dyad A–B at 15’, with the corresponding histogram showing the average distance of the dyad. For 30 individuals, there are 435 possible dyads; however, only 92 (21%) were reported in contact. Of these, only 9 dyads exceed 15’ of total contact time. Further, these involve only 13 distinct nodes, suggesting that long contacts are concentrated in few individuals; this may be expected based on their duties, e.g., cooperatively moving heavy objects.

**Summary.** The data we reported does not consider safety measures mitigating risk, e.g., plexiglass dividers or masks; accounting for them is an issue common to all contact detection approaches, and outside the scope of this paper. Instead, our data and analysis in various real-world scenarios confirm that the energy-efficient protocol of Janus enables the reliable and flexible collection of a wealth of accurate contact data, empowering individuals and organizations with powerful and novel insights.

**VIII. CONCLUSIONS AND OUTLOOK**

We presented Janus, a novel dual-radio network protocol enabling energy-efficient, timely, and accurate social contact detection among devices equipped with both BLE and UWB.

Janus does not require an infrastructure and is highly and easily configurable towards different application needs. These include contact tracing analysis in the COVID-19 emergency, but are not limited to it. A prominent alternate use case are proximity warning systems in industrial environments where workers must be alerted of potential danger, e.g., operating machinery such as forklifts and excavators in construction sites, or containers of hazardous material. In the context of social contact detection, Janus can also be configured to interoperate with BLE-only approaches, e.g., GAEN-based ones, enabling tags to record BLE advertisements from smartphones and vice versa, with accurate ranging nonetheless limited to UWB-enabled tags.

Nevertheless, the market penetration of UWB is rapidly increasing, as witnessed by many smartphones from multiple vendors equipped with it. As Janus does not rely on hardware-specific features of the radio chips, we argue that the contribution described here is applicable to existing and upcoming UWB devices, extending the applicability of our solution to the wider user base and use cases enabled by smartphones.

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**Fig. 5.** Company-wide: Contacts of 90 individuals over 3 days.

**Fig. 6.** Factory floor: average distance and total time in contact over a 24-hour period for each reported contact dyad.
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