

Manual

ROWonAIR® Rowing Systems

RowVista® | RowMotion®

Installation and
operating instructions



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1 Introduction and important information

This manual is designed to help you get to know your ROWonAIR® rowing system and use your rowing boat safely. It includes a description of the RowVista® forward rowing system, the RowMotion® rowing system and what they require by way of installation, dismantling, care, and transport, etc.

Please keep this manual in a safe place and hand it over to the next owner if you sell the rowing system.

1.1 ROWonAIR® rowing systems

ROWonAIR® rowing systems enable you to row on mobile, inflatable boats and SUP boards. If you are travelling by air or by car, you can simply take a mobile ROWonAIR® rowing boat with you in two practical holdalls. Now there is nothing to stop you putting in some rowing training whenever you want, wherever you want.

Choose from two unique rowing systems:

RowVista®, the innovative forward rowing system with blade feathering for beginners and professionals, where you row in the direction you are facing.

RowMotion®, the classic reverse style system, just like conventional rowing and sculling.

1.2 Safety instructions

Please read the following safety instructions and all the warnings and cautions in this manual carefully before using your ROWonAIR® rowing boat.

WARNING

Rowing can be dangerous and physically demanding. It can lead to dangerous situations developing that result in serious injury. The user of this product should have a basic understanding of the risks involved when rowing and be aware of consequences. Please observe the following safety standards when using this product.

Find out about the legal regulations that apply in the country or region in which you intend to use the rowing boat.

Make sure that the expected wind and water conditions are suitable for rowing and that you, and if applicable also your rowing partner, are able to handle the rowing boat in these conditions. Every boat, regardless of how strongly it is built, can sustain serious damage if it is subjected to improper handling. Take weather forecasts seriously and watch out for the wind conditions, local currents, and tides. Take responsibility for your actions. Do not underestimate your skills on the water. Do not neglect any safety instructions. You, and if applicable also your passengers, must never use the rowing boat under the influence of alcohol, drugs, or medication. Use suitable protection against hot weather and the sun and take sufficient drinking water with you.

Check all the components on your rowing boat for possible damage each time before you use it. Make sure no ropes or other objects are hanging off the boat while it is in use – there is a risk of them snagging on bushes or stones. Avoid unnecessary contact with the ground. Never drag the rowing boat over stones.

Avoid risk of injury by making sure that all passengers keep their legs and arms on the boat when coming ashore or casting off. Learn how to handle the rowing boat in different situations. Instruct your passengers on how to handle the boat so that they are able to steer or row the boat in an emergency. Inform a contact person on land about your destination and when you plan to return.

Do not exceed the maximum recommended payload of 160–250 kg (depending on ROWonAIR® rowing board or boat) and the recommended maximum number of 1–3 persons (depending on ROWonAIR® rowing board or boat). Regardless of the number of people on-board, the total weight of people plus equipment must never exceed the maximum recommended payload. The load must be placed carefully to distribute the load evenly to ensure the designed trim is maintained.

Make sure you, and if applicable your rowing partner or passengers, wear suitable life jackets, buoyancy aids and clothing to keep warm. Please note that in some countries there are legal requirements specifying that life jackets are to be worn all times in compliance with national legislation. If you use your rowing boat alone and unsupervised further away than swimming distance from the shore, you should attach yourself to the boat using a suitable elastic line (e.g. 6 m long and 5 mm diameter). Wear suitable clothing to keep warm if you are rowing in water that is below 10 °C. Do not use a non-elastic line to attach yourself to the boat. If the boat capsizes, there is a DANGER TO LIFE.

Make sure you understand the collision regulations. Even if you are using your rowing boat for leisure purposes, you are still taking active part in the water traffic. Water traffic is governed by regulations that are different depending on the situations. Machine-powered vessels (motorboats, jet skis, etc.) must give way to muscle-powered vessels (SUP boards, pedal boats, rowing boats, etc.) that do not have any other power source. Muscle-powered vessels must give way to vessels that are under sail. This means that in each situation you have to check who has right of way. It is illegal to ignore the collision regulations. Make sure you steer clear in good time to void last minute manoeuvres. Commercial traffic always has right of way. In inland and coastal areas, it is generally the rule that commercial vessels have the right of way. This includes in particular ferries, support vessels, police and rescue services and fishing vessels with nets in the water. It is important that you keep your distance and steer clear.

1.3 Important notes on transport and storage

Always use the bags provided when transporting your rowing system and inflatable rowing boat. Place the different parts of the rowing system into their individual bags to prevent damage during transport.

Clean the rowing system and the boat after each use. Remove any salt residues or stones to prevent possible damage.

Always rinse all parts with fresh water after using in salt water.

Store the rowing system dismantled in the bags supplied.

You can store the inflatable rowing board or boat rolled up in its bag, or inflated, or rolled up lightly. Reduce the pressure slightly if you do not intend to be going rowing for some time but want to store the boat inflated. To avoid wrinkles and wear it is recommended that you roll up the boards/boats with as little residual air as possible. Use a pump with suction function.



Do not store the rowing system and inflatable rowing boat in direct sunlight for extended periods. Avoid direct sunlight when the rowing boat is not in use.

Make sure that your rowing boat is always properly maintained and check for wear that can take place over time, as a result of frequent use or incorrect operation.

The Row&Sail GmbH cannot assume responsibility for changes that have been made to the boat without their permission.

1.4 Instruction style guide

This manual uses different style elements to convey different types of information.

Style element	Meaning
Bold	Information that needs to stand out
1) ... 2) ...	Instructions that you need to follow step by step in the given sequence.
<u>Info:</u>	The keyword Info indicates information that requires your special attention.
<u>Note:</u>	The keyword Note indicates information on how to prevent damage to property.
 CAUTION	The keyword CAUTION indicates dangerous situations that can result in injuries.
 WARNING	The keyword WARNING indicates generally dangerous situations that could result in death or serious injury.

1.5 Further information

For more information on all ROWonAIR® products please visit www.rowonair.com.

2 RowVista® forward rowing system

The RowVista® forward rowing system lets you row in the direction you are facing. The innovative RowVista® mechanism allows the oar blade to be rotated up and down, as in traditional sculling. This avoids damage to the boat and oars.

- It is easy to stabilize the boat while looking forward > you can constantly adjust your course.
- It is a huge advantage to be able to see the oar blade in motion if there are waves. You can see the wave troughs → perfect for coastal rowing and crossing the bow wave of larger boats.
- Thanks to the ball bearings, no power is lost in the mechanism.

Each component in the rowing system is engineered so that you never need to use tools for assembly or dismantling.



RowVista® Rowing Skid with Yoke-Outrigger Medium



RowVista® Rowing Skid with Yoke-Outrigger Deep

2.1 Components of the RowVista® forward rowing system



- RowVista® carbon fiber Flat-Outrigger (1a), Yoke-Outrigger Medium (1b) or Yoke-Outrigger Deep (1c)
- Aluminum roller rail with mounting hooks (2)
- Foot stretcher incl. front rail support (3)
- Sliding seat with six ball bearings (4)
- Rear rail support (5)
- 1 pair RowVista® forward rowing oars (6)



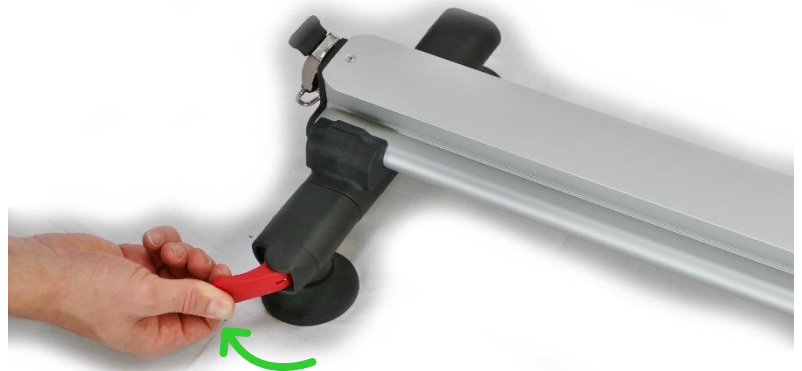
- 2 bags for RowVista® (7)
- Bag for foot stretcher (8)
- Bag for sliding seat (9)
- Bag for monorail ROWonAIR® (10)
- Bag for carbon outrigger (11)
- ROWonAIR® travel bag (12)

2.2 Setting up the RowVista® Rowing Skid

1) Open the clamping lever on the rear rail support, slide the support onto the roller rail and position it at the end of the roller rail.



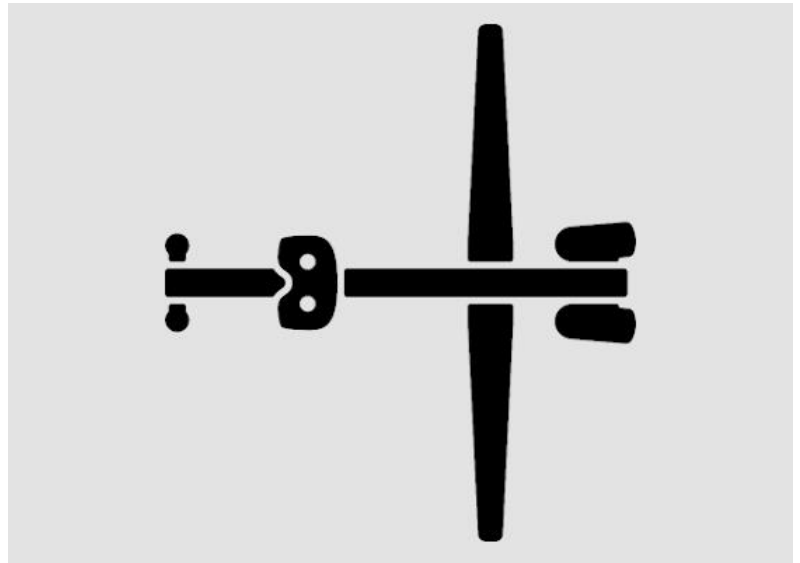
2) Close the clamping lever to secure the rear rail support in place.



3) Push the sliding seat onto the roller rail from the front.



Note: the cutout on the sliding seat should face backwards, as shown on the roller rail.



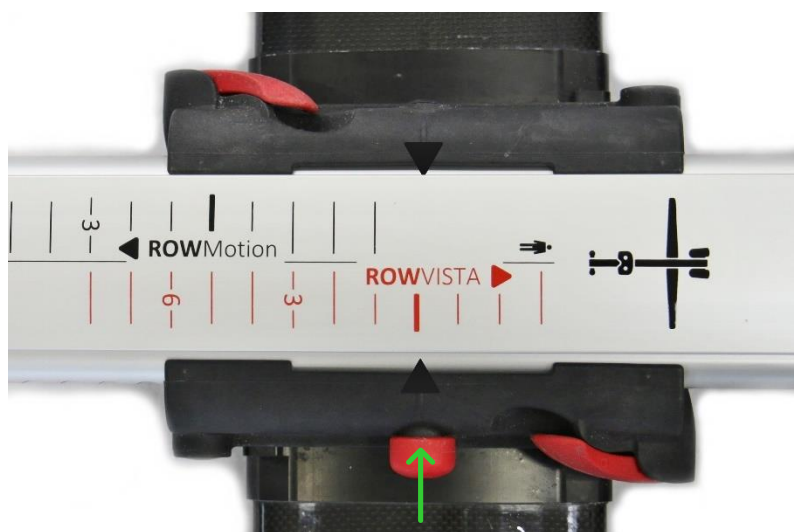
- 4) Open both clamping levers on the outrigger. Slide the outrigger onto the roller rail while holding the locking bolt in the extended position.

Note: the locking bolt must be on the same side as the hole matrix on the roller rail.



- 5) Slide the outrigger to the correct position and check that the bolt is properly engaged. Close both clamping levers.

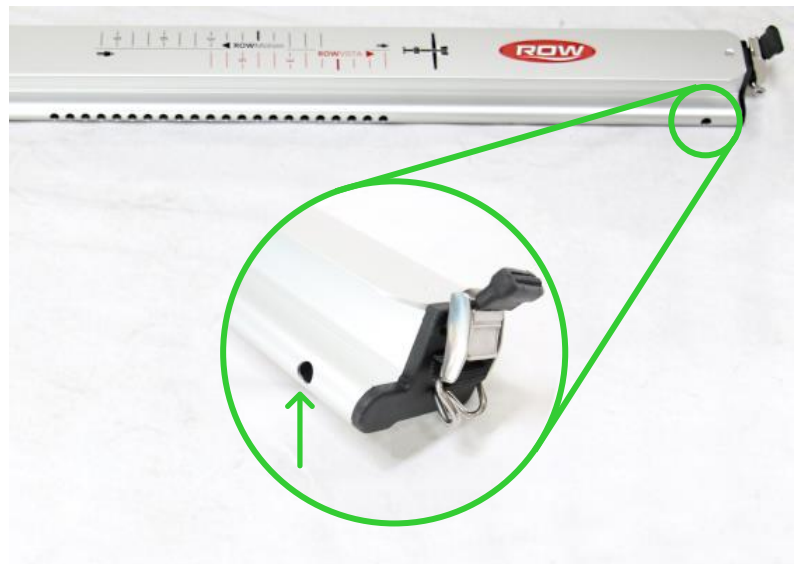
Info: for more detailed information on the correct positioning of the outrigger, refer to [page 28/29](#)



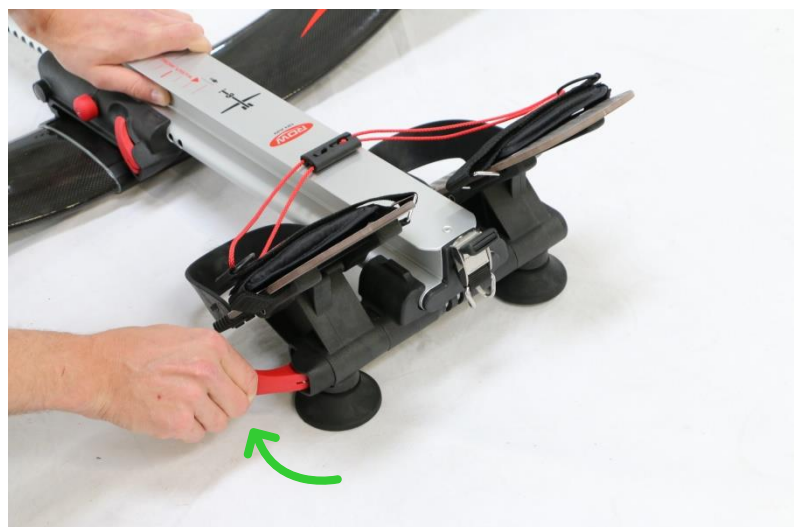
- 6) Open the red clamping lever on the foot stretcher and slide the foot stretcher onto the roller rail.



Note: both clamping pins on the foot stretcher must be inserted into the holes on either side at the end of the roller rail before the clamping lever can be closed.



- 7) Close the clamping lever on the foot stretcher to secure it in place.



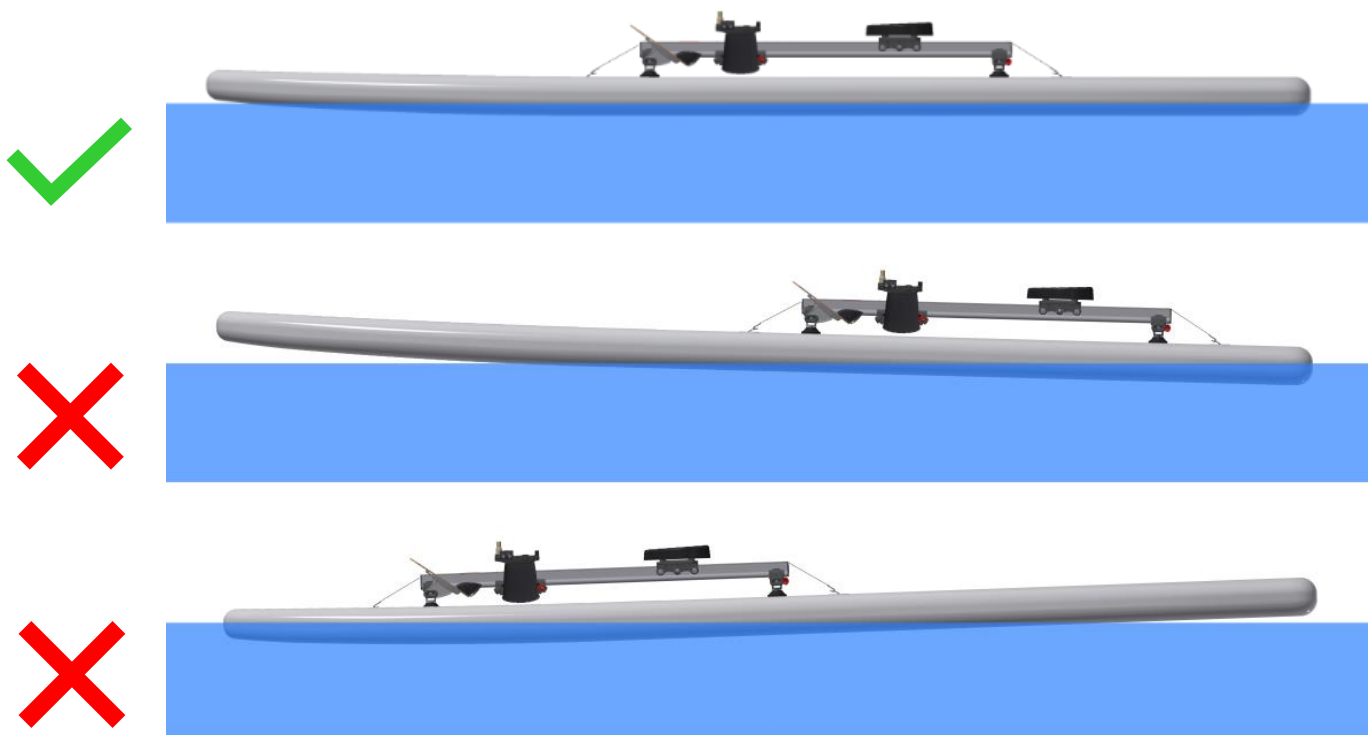
2.3 Attaching the RowVista® Rowing Skid to the board/boat

Info: special attachment solutions for kayaks, canoes, Canadian canoes and other boats are available from office@rowandsail.com

Position the RowVista® Rowing Skid on the boat

Note: ensure that your RowVista® Rowing Skid is correctly positioned on the boat or board. The load must be placed carefully to distribute the load evenly to ensure the designed trim is maintained.

← Direction of travel



Attaching to ROWonAIR® boats/boards

- 1) Position the RowVista® Rowing Skid on the rowing board or boat.



- 2) Hook the front and rear mounting hooks into the pre-fitted D-rings and tighten the belts.



Attaching to other SUP boards (not ROWonAIR®)

1) Position the RowVista® Rowing Skid on the SUP board.



2) Thread the mounting belts (not included in the basic set) through the slots on the front and rear rail supports.



3) Wrap the straps around the board once and tighten the straps.



2.4 Setting up the RowVista® sculls

1) Push the two parts of the oars together ...



2) ... push in the push fastener and slide the tube over it.

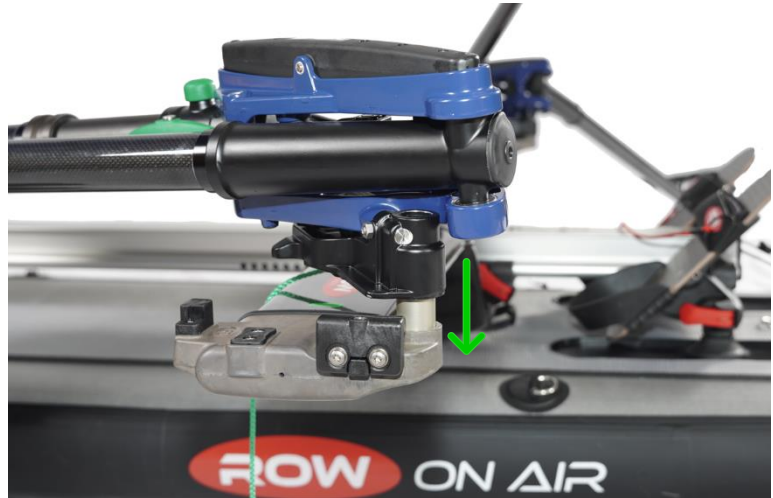


3) Slide the tubes into each other so that the push fastener can engage completely.



2.5 Attaching the RowVista® forward rowing oars

- 1) Plug the RowVista® forward rowing oar unit onto the rowlock pin.

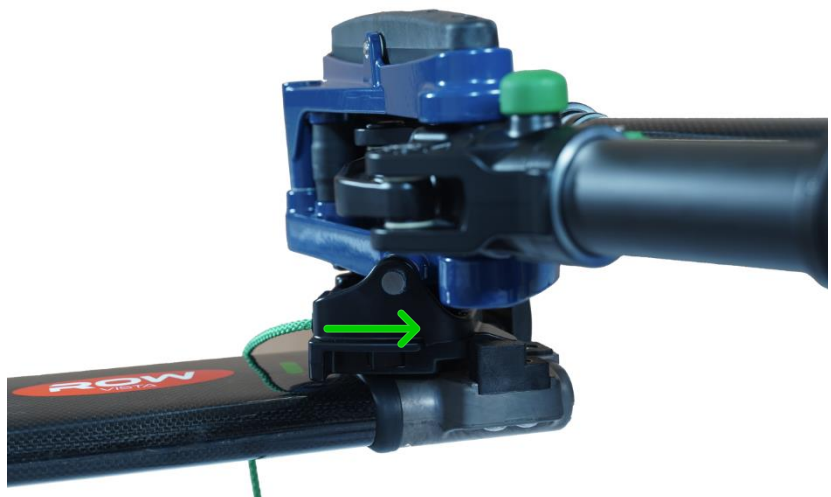


- 2) Swing the oar outwards ...

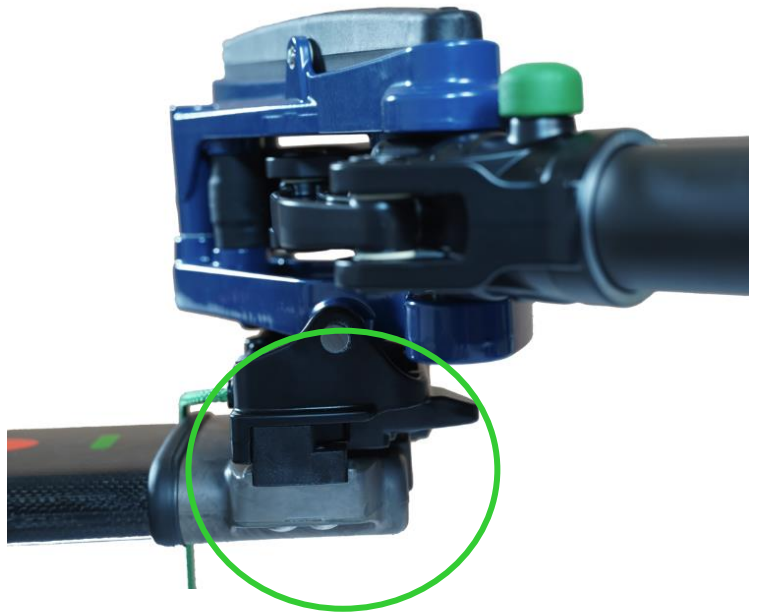
Note: when placing the oar unit onto the pin, the oar must be pivoted so far inwards that the edge of the retention device is exposed.



- 3) ... until the latch engages.



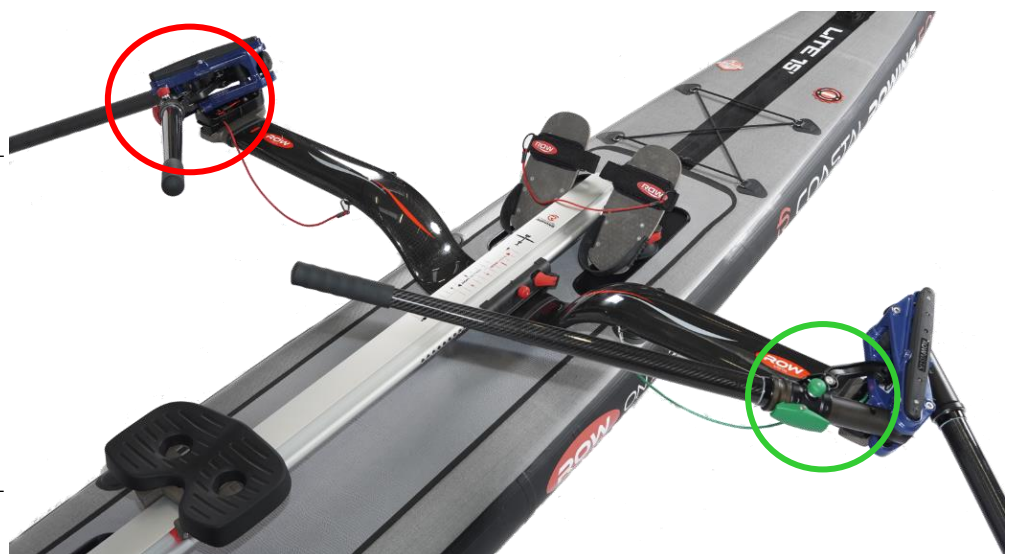
...Position of the locking mechanism when engaged



4) Hook the mounting hook on the release line into the outrigger.



Note: The oar with the green lock button must be on the starboard (right-hand) side and the oar with the red lock button on the port (left-hand) side.



- 5) To unlock the folded oars, pull on the lock button on the oar handle section ...



- 6) ... and swing the handle section inwards ...



- 7) ... until the latch engages.



...position when engaged



2.6 Removing the RowVista® forward rowing oars

- 1) Open the lock button on the oar handle section ...



- 2) ... and pull the oar handle section until it is parallel with the oar blade section.



- 3) Press the lock button on the oar handle section.



- 4) Unhook the release line from the outrigger.



5) Pull on the release line, stay on tension...



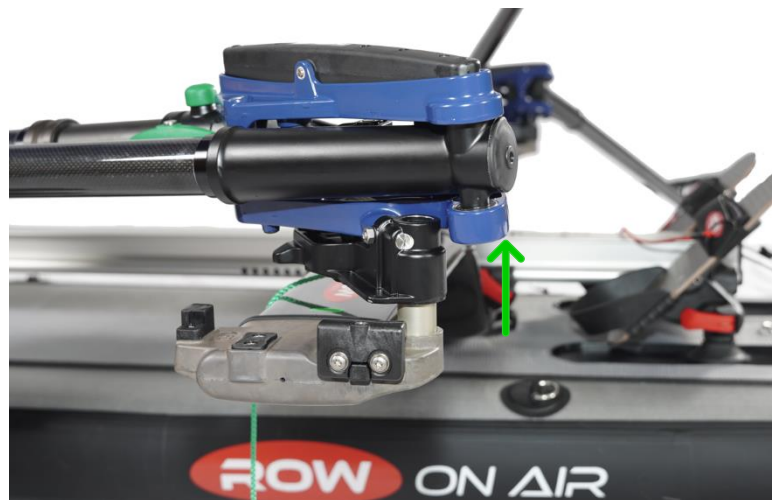
6) ... and then swing the oar blade section inwards



7) ... until the retention device is visible.



8) Now you can remove the rowing oars from the outrigger by removing on the rowlock pin.



2.7 Folding the RowVista® forward rowing oars on the water

1) Pull the release line, stay on tension, ...

2) ... and then additionally pull the hand tube ...



3) ... until the oar blade section folds inwards.



4) Continue pulling on the handle section until the oar blade section folds in behind you ...



- 5) ... The oar blade can then rest on the stern of the boat.



- 6) With both the oar blades resting on the stern of the boat it is easier to maneuver the boat through narrow passages.



2.8 Positioning the RowVista® outrigger

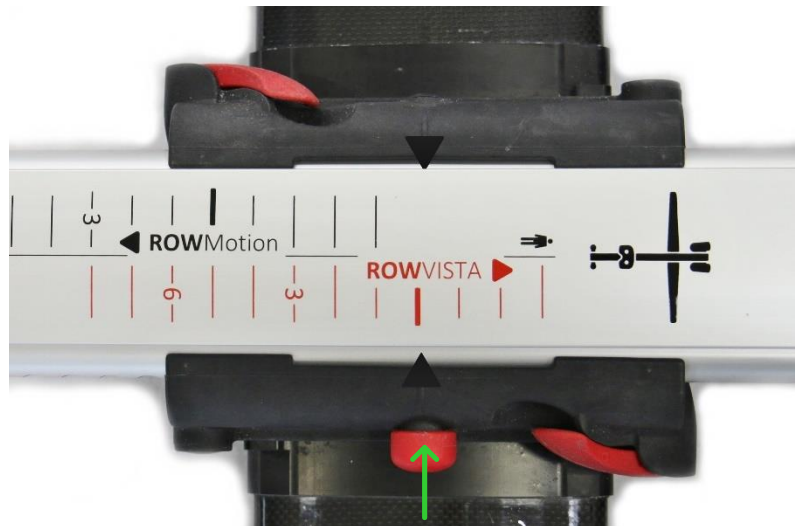
- 1) Release both clamping levers on the outrigger and pull the locking bolt to move the outrigger along the roller rail.

Info: The setting scale indicates the possible positions.



- 2) Select a position, engage the locking bolt, and close the clamping lever.

Info: To find the correct outrigger position, use the starting position ("the catch") and the end position ("the finish") during rowing as a reference.



Catch and finish position with the RowVista® forward rowing system

When set up correctly, there should be an angle of 30° between the oars and boat in the catch position. A limit stop prevents the oars from moving too far. In the catch position, keep your back straight and tilt your upper body forwards slightly, but not far enough to contact your thighs. You are looking forwards horizontally and your lower legs are perpendicular to the boat.



In the finish position, your legs are stretched but you are still looking forwards horizontally. When set up correctly, the oar handles are almost touching your ribs when your upper body is vertical. You have to keep your back as straight as possible.



Info: There is also a limit stop for the finish position. If you reach the limit stop while rowing and the oar blade is still in the water, the oar blade acts like a rudder, and you will feel its resistance against the water. It is therefore not advisable to pull the oar blade all the way to the limit stop. Rotate ("feather") the oar blade while it is rising out of the water. The flow of the water helps the oar blade to rise out of the water almost on its own. However, do not grip the handles too tightly.

2.9 Releasing the foot straps with the cord

1) To make it easier to open the foot straps quickly ...



2) ... tie a release line to the lugs on the strap buckles.



3 RowMotion® rowing system

RowMotion®, the classic reverse style system, lets you row just like conventional rowing and sculling. Attach and secure the RowMotion® Rowing Skid quickly and easily to a ROWonAIR® board/boat or your own Stand-Up Paddle Board, Canoe, Kayak or Canadian Canoe and convert it into a high-performance sculling boat with sliding seat. Each component in the rowing system is engineered so that you never need to use tools for assembly or dismantling.

Detachable RowMotion® sculls

The easily detachable 2-piece carbon fibre RowMotion® sculls ensure the space-saving transport of your ROWonAIR® rowing boat. When divided, the sculls have a length of 1.75m. The bag with the sculls fits into the ROWonAIR® bag of the RowMotion® Rowing Skid. The oars are slotted together using a rugged snap fastener.





RowMotion® Rowing Skid with Yoke-Outrigger Medium



RowMotion® Rowing Skid with Yoke-Outrigger Deep

3.1 RowMotion® system components



- RowMotion® carbon fiber Flat Outrigger (1a), Yoke-Outrigger Medium (1b) or Yoke-Outrigger Deep (1c)
- Aluminum roller rail with mounting hooks (2)
- Rear rail support (3)
- Sliding seat with six ball bearings (4)
- Foot stretcher incl. front rail support (5)



- Bag for foot stretcher (6)
- Bag for sliding seat (7)
- Bag for monorail ROWonAIR® (8)
- Bag for carbon outrigger (9)
- ROWonAIR® travel bag (10)

3.2 Setting up the RowMotion® Rowing Skids

1) Open the clamping lever on the rear rail support, slide the support onto the roller rail and position it at the end of the roller rail.



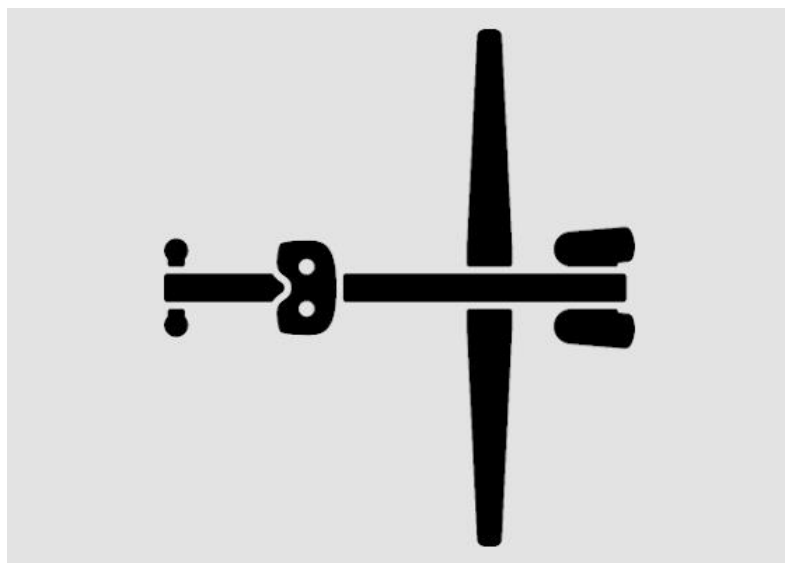
2) Close the clamping lever to secure the rear rail support in place.



3) Slide the sliding seat onto the roller rail.

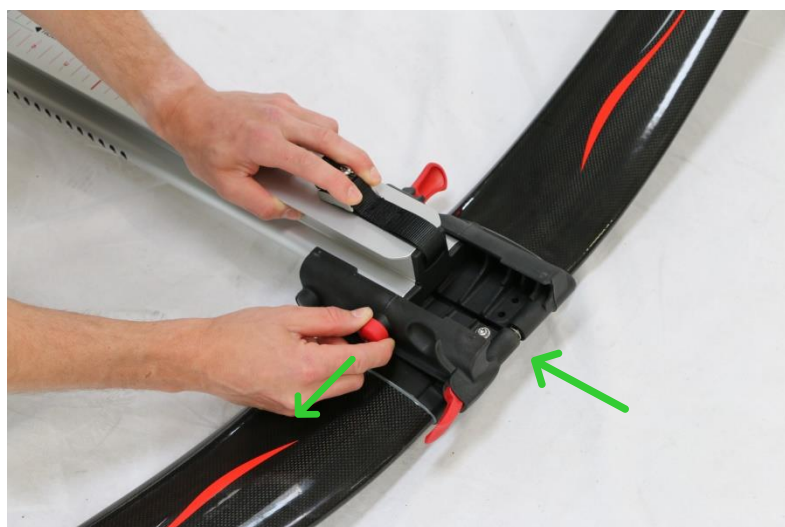


Note: the cutout on the sliding seat should face backwards, as shown on the roller rail.



- 4) Open both clamping levers on the outrigger. Slide the outrigger onto the roller rail while holding the locking bolt in the extended position.

Note: the locking bolt must be on the same side as the hole matrix on the roller rail.



- 5) Slide the outrigger to the correct position and check that the bolt is properly engaged. Close both clamping levers.

Info: for more detailed information on the correct positioning of the outrigger, refer to → page 44/45



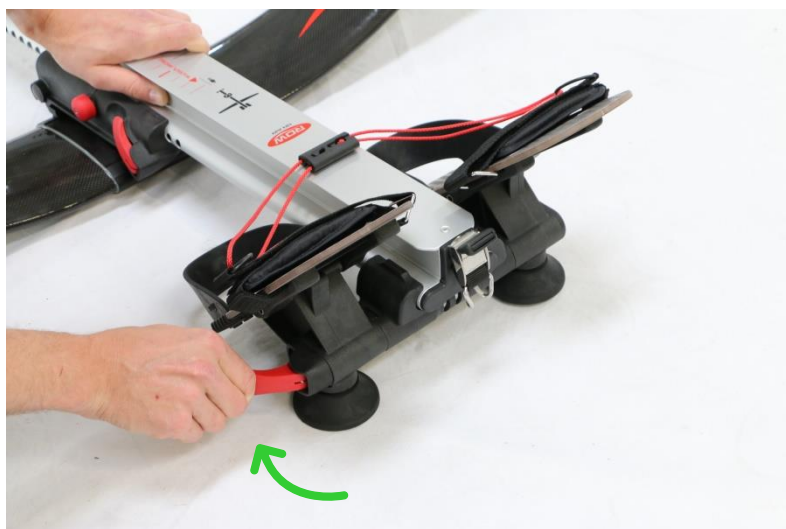
- 6) Open the red clamping lever on the foot stretcher and slide the foot stretcher onto the roller rail.



Note: both clamping pins on the foot stretcher must be inserted into the holes on either side of the roller rail before the clamping lever can be closed.



- 7) Close the clamping lever on the foot stretcher to secure it in place.



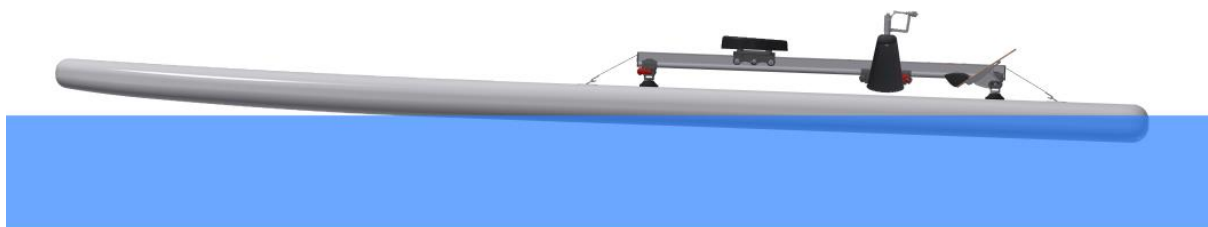
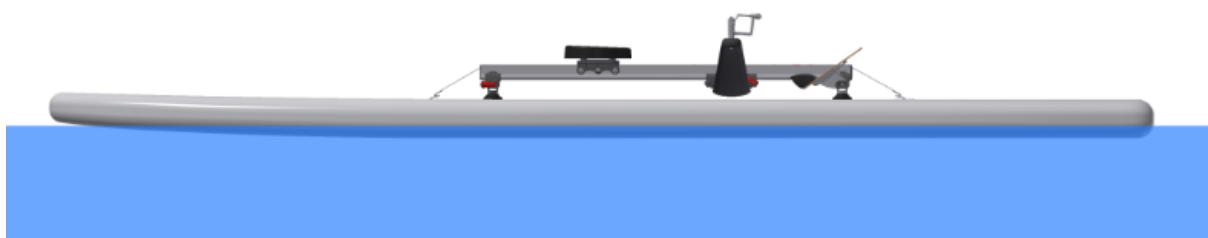
3.3 Attaching the RowMotion® Rowing Skid to the board/boat

Info: special attachment solutions for kayaks, canoes, Canadian canoes and other boats are available from office@rowandsail.com.

Position the RowMotion® Rowing Skid on the boat

Note: ensure that your RowVista® Rowing Skid is correctly positioned on the boat or board. The load must be placed carefully so as to distribute the load evenly to ensure the designed trim is maintained.

← Direction of travel



Attaching to ROWonAIR® boats/boards

- 1) Position the RowMotion® Rowing Skid on the rowing board or boat.



- 2) Hook the front and rear mounting hooks into the pre-fitted D-rings and tighten the belts.



Attaching to other SUP boards (not ROWonAIR®)

1) Position the RowMotion® Rowing Skid on the SUP board.



2) Thread the mounting belts (not included in the basic set) through the slots on the front and rear rail supports.



3) Wrap the straps around the board once and tighten the straps.



3.4 Setting up the detachable RowMotion® sculls

1) Push the two parts of the oars together ...



2) ... push in the push fastener and slide the tube over it.



3) Slide the tubes into each other so that the push fastener can engage completely.

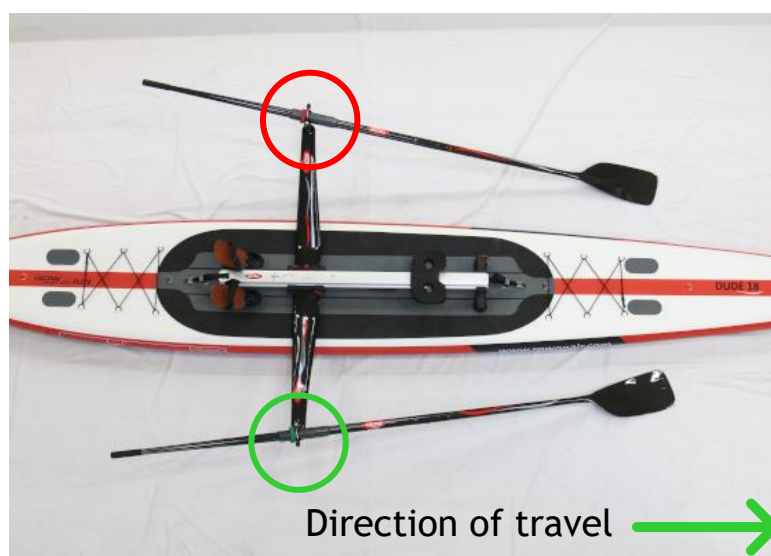
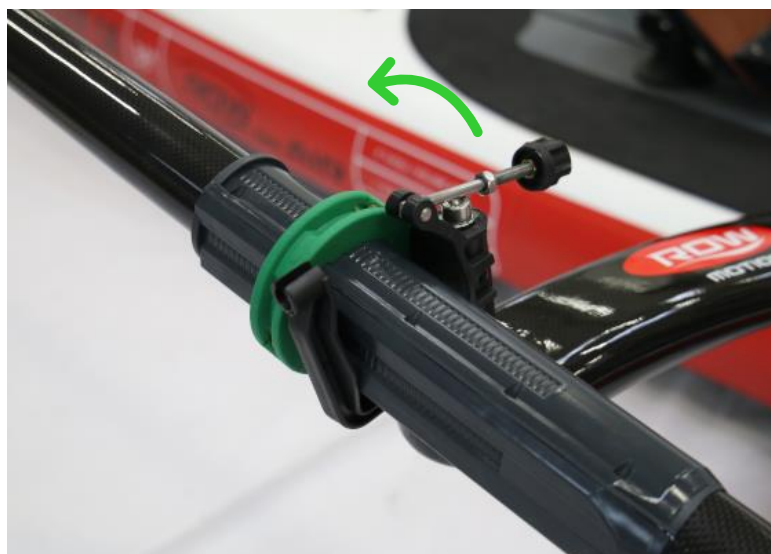


3.5 Inserting the sculls

- 1) Open the rowlock and insert the scull into the rowlock.

Note: Turn the rowlocks outwards when you place the sculls in them. The oar blades should point in the direction of travel. This way, the forces built up during rowing can be absorbed by the bolt on the rowlock.

Info: RowMotion® sculls are colour-coded. The oar with the green clamping ring must be on the starboard (right-hand) side and the oar with the red clamping ring on the port (left-hand) side.



- 2) Close the rowlock again and screw it tight.



3.6 Positioning the RowMotion® outrigger

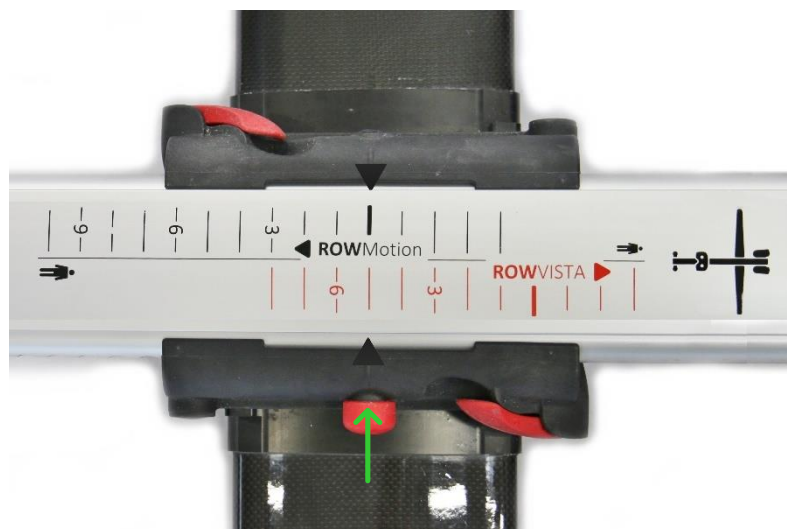
- 1) Release the clamping levers on the outrigger and pull the locking bolt to move the outrigger along the roller rail.

Info: The setting scale indicates the possible positions.



- 2) Select a position, engage the locking bolt and close the clamping lever.

Info: To find the correct outrigger position, use the starting position ("the catch") and the end position ("the finish") during rowing as a reference.



Catch and finish position with the RowMotion® system

When set up correctly, there should be an angle of 30° between the oars and boat in the catch position. In the catch position, keep your back straight and tilt your upper body forwards slightly, but not far enough to contact your thighs. You are looking forwards horizontally and your lower legs are perpendicular to the boat.



In the finish position, your legs are stretched but you are still looking forwards horizontally. When set up correctly, the oar handles are almost touching your ribs when your upper body is vertical. You have to keep your back as straight as possible.



3.7 Releasing the foot straps with the cord

- 1) To make it easier to open the foot straps quickly ...






2) ... tie a release line to the lugs on the strap buckles.



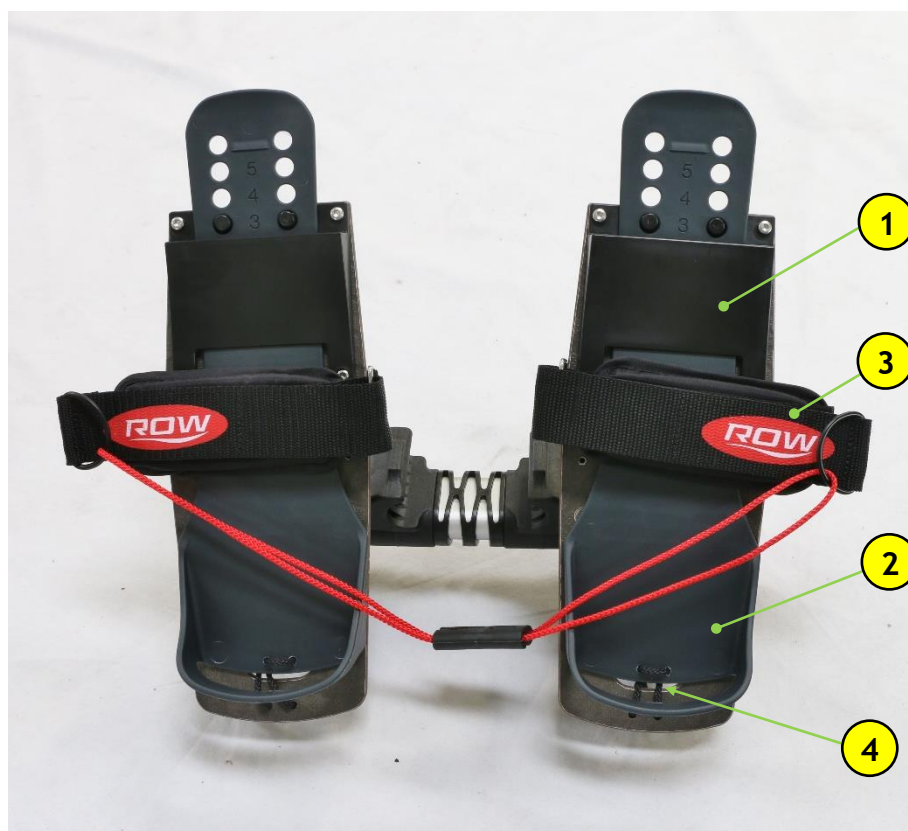
4 Accessories

	Foot Stretcher Flexfoot	# 087 458
	Sliding Seat Carbon	# 087 417
	Row Pad Pressure relieving gel pad, fitting for carbon seats	# 980 633
	Electric pump for inflatable boards Pressure up to 1.4 bar (20 PSI); automatic switching between volume and pressure mode; inflation and deflation function; with cigarette plug and adapter with crocodile clamps for batteries	# 087 841
	Battery with charger 12V/10Ah lead-acid battery with cigar plug incl. 230V battery charger	# 087 843
	Spacer kit for RowMotion® To raise the rowlocks 5, 10, 15, 20, 25 or 30 mm	# 087 822
	Foot raise (4 Pcs) To raise the support feet by 15 mm. Also serial stackable	# 087 840
	Carbon SUP Paddle 3-parts / Emergency paddle Adjustable paddle (180 to 220 cm or 71" to 87") with carbon shaft for Stand-Up Paddling	# 980 048
	Double Blade Paddle Adjustable paddle (230 to 250 cm or 91" to 98") for paddling with the AIRKAYAK 16', separable into two parts for a space-saving transport, 360° adjustable blades	# 980 059
	Strap black 25 mm x 2 m (1" x 80") Polyester strap with sea water resistant buckle made of	1 Pcs. # 087 403

	stainless steel to fasten the Rowing Skid on other boards	2 Pcs. # 087 830
	Additional seat for Kayaks and Boards Comfortable, adjustable 4-point seat with high backrest Can be used for paddling or as passenger seat, including seat cushion	# 087 853
	Dry Bag Waterproof bag for mounting on rowing boards or XCAT. With additional shoulder belts for use as backpack.	18 L # 980 083 30 L # 980 085
	Life jacket S: chest measurement 80 - 90 cm M: chest measurement 90 - 100 cm L: chest measurement 100 - 110 cm	# 980 609 # 980 610 # 980 611

For more information, please refer to: www.coastalrowingforce.com

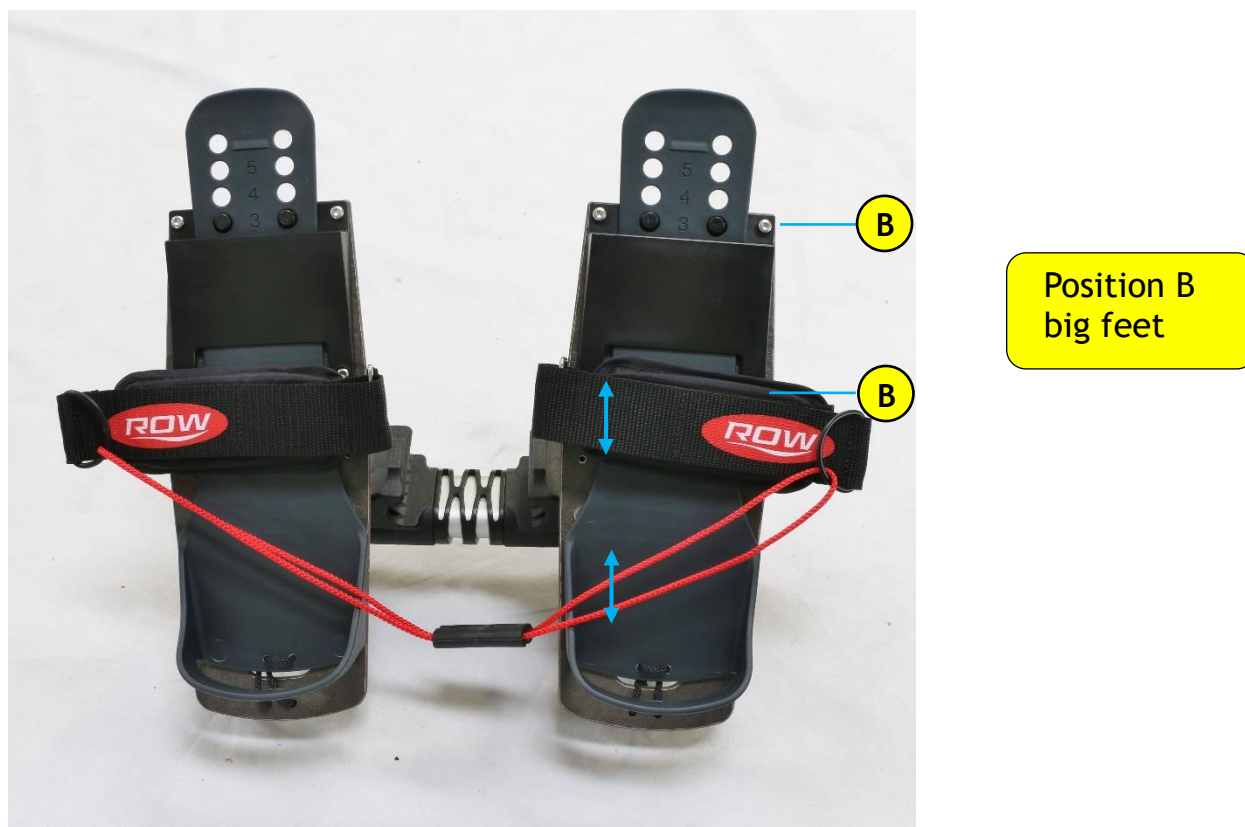
4.1 Foot Stretcher Flexfoot



- 1... Flexfoot socket
- 2... Flexfoot
- 3... Foot strap
- 4... Heel safety strap



Position A
small feet



Adjusting the foot stretcher Flexfoot footrest to the shoe size

- 1) Attach the **Flexfoot base** (1) to either position A (smaller feet) or position B (bigger feet) with 4 screws each. Tool Torx screwdriver TX20 is required.
- 2) Slide the **Flexfoot** (2) to the appropriate height (scale 1 to 5). Flexfoot must not overhang the board at the bottom.
- 3) **Foot strap** (3) can be adjusted in height.
- 4) The length of the **heel safety strap** (4) can be adjusted with a knot. The heel must not protrude more than 7 cm from the base board.

4.2 How to attach feet raiser

1) Press the four feet raisers onto the support feet of the Rowing Skid ...



2) ... to increase the height of the rowing system by 15 mm.



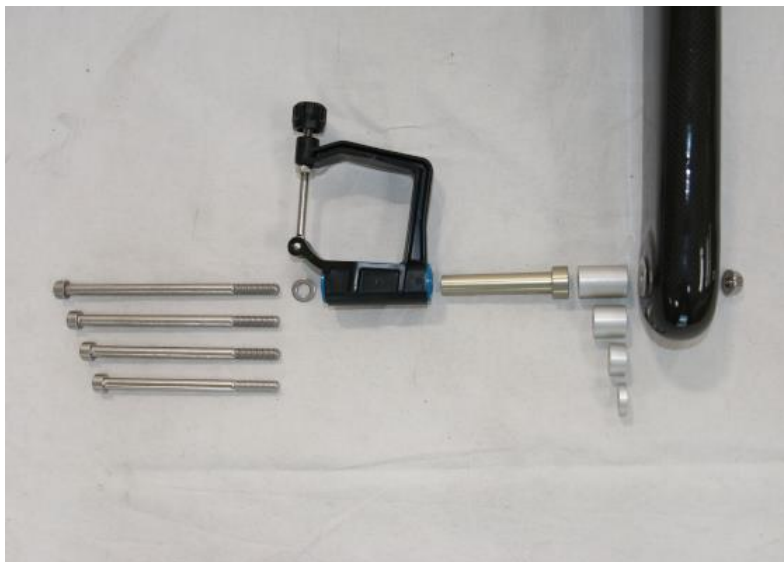
4.3 Installing the RowMotion® spacer kit

1) Use a 6 mm Allen wrench and a 13 mm socket wrench to dismantle the rowlock.



2) Choose a spacer (5, 10, 15, 20, 25 or 30 mm) and reassemble with the matching length of bolt.

Possible heights: 5, 10, 15, 20, 25 or 30 mm



- 3) Use a 6 mm Allen wrench and a 13 mm socket wrench to tighten the rowlock again.



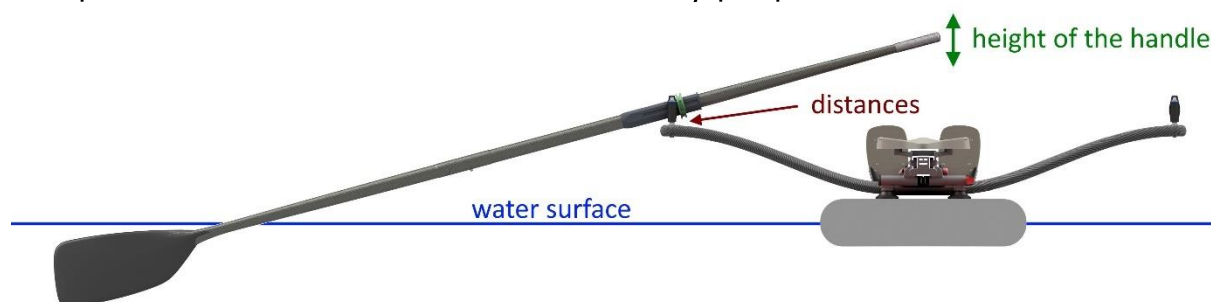
Individual adjustment of the oarlock height with RowMotion®:

- By using the optionally available spacer kit the optimum oarlock height can be adjusted to your individual body size or to compensate the rowing forces by overlapping hand guidance of the sculls.
- In the overlapping hand lead in international rowing, when the hands are crossed during the pull-through, the right hand is led slightly below / just in front of the left hand = closer to the abdomen. In doing so, the ball of the thumb of the left-hand hovers just above the knuckles of the right hand.
To compensate for the effect of this offset on the immersion depth of the sculls and thus a course deviation, the starboard oarlock (left hand, green side) is usually increased by 1 cm difference compared to the port oarlock (right hand, red side). For left-handers, for example, this distance can also be mounted individually for laterally reversed hand guidance.
- In addition, both oarlocks should be adjusted to the optimal guide height of the hand parts when pulling through. This depends on personal body proportions and habits.

The following procedure is recommended for starting the determination:

- While sitting on the roller seat in calm water, push the sculls with the cuff ring to the oarlock and let them float in the water with the blade vertical and at right angles to the board for a short time without touching it (the blades should float just below the water surface). The height of the handles determined in this way is the height at which the hands are guided when pulling through, to use the optimum immersion depth of the blades. By changing the distance heights, the height of the handles can now be

adapted to the individual needs and body proportions.



- An orientation for getting started is that this hand guidance should be at about the same level / slightly above the lower rib cage when pulling through. It is advisable to test different heights on the first tours to find the comfortable individual height.
- The hands always grasp the outer ends of the scull in such a way that the thumbs press laterally against the end of the grip and thus ensure a proper and secure contact with the oarlocks when rowing.

5 Transport, storage, and maintenance

Note: Make sure that your ROWonAIR® is always properly transported, stored, and maintained and check for wear that can take place over time, as a result of frequent use or incorrect operation. Every boat, regardless of how strongly it is built, can sustain serious damage if it is subjected to improper handling.

5.1 Correct transport, storage, and care

Please also pay particular attention to the section "Important notes on transport and storage".

Always use the bags provided when transporting your rowing system. Place the different parts of the rowing system into their individual bags to prevent damage and wear during transport.

All the rowing system parts fit into the ROWonAIR® bag. The RowVista® forward rowing sculls or the RowMotion® sculls also fit in the ROWonAIR® bag.

ROWonAIR® bag for the whole RowVista® (RowVista® Fold only) or RowMotion® rowing system



Separate bags for the Rowing Skid



RowMotion Bag for transporting the separable RowMotion sculling oars



Bags for RowVista forward rowing oars



5.2 Blade angle (pitch) of the RowVista® forward rowing oars

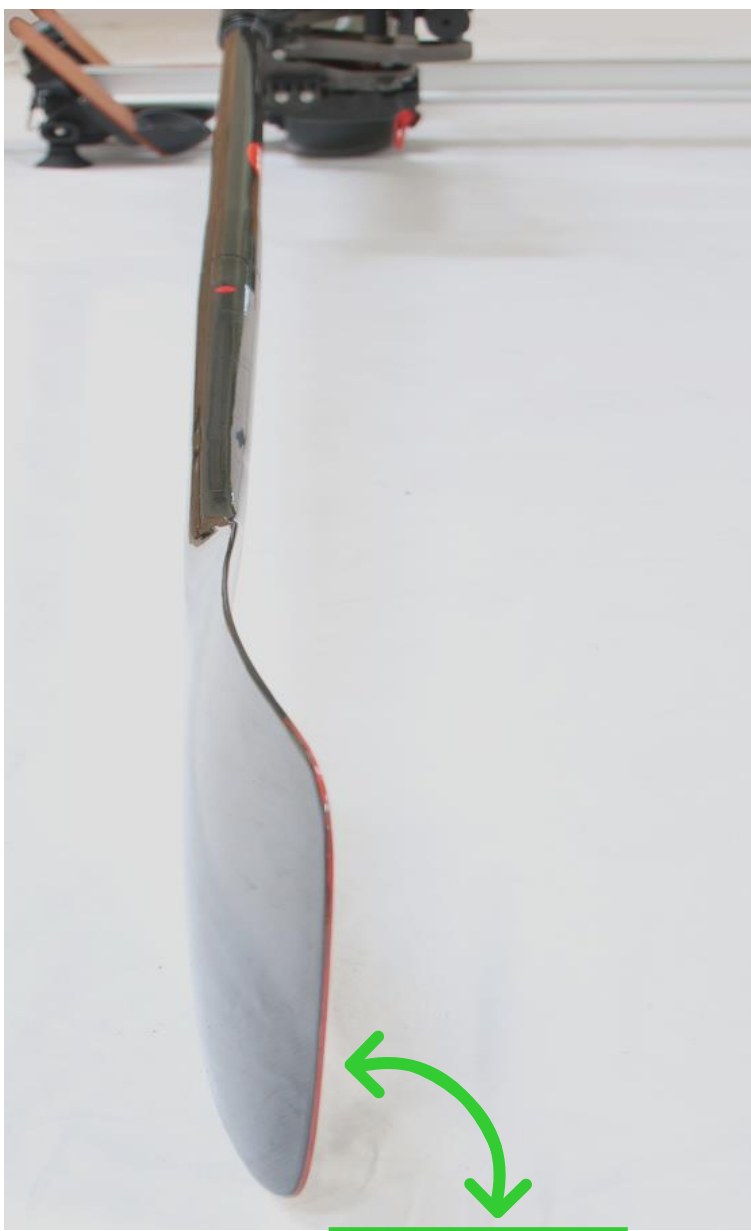
The oars are set at the correct angle in the factory. If, however, the oars start to oscillate up and down during the stroke while rowing, you will need to adjust them.

Definition of the correct blade angle

- 1) Swing the oar to the middle of the boat (oar handle section and oar blade section are parallel) and carefully place the blade on the ground.



2) Rotate the oar blade as far as it will go. The angle between the ground and the oar blade must not exceed 90° . The perfect angle is slightly less than 90° , as shown in the photo.

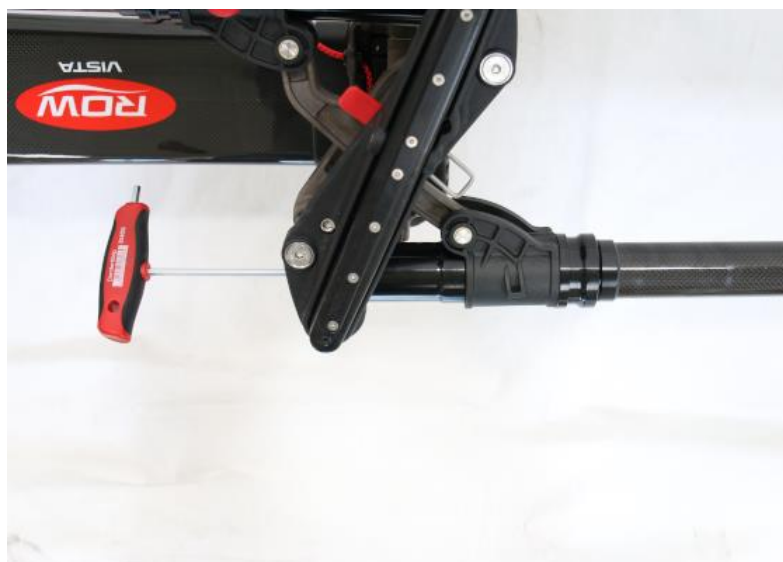


Note: Mark the position of the limit stop before adjusting the oar blade section.



Adjusting the blade angle

- 1) Use a 5 mm Allen key to turn the locking screw on the oar blade section counter-clockwise. After approx. 3½ turns you will feel a slight resistance. Continue turning until the lock is released and the tube can be rotated.



- 2) Move the blade into the required position and then tighten the screw again. Check the blade angle again after tightening.

Info: This procedure can also be used to replace the oar handle section and oar blade section. Simply loosen the screw until the tube can be pulled out.

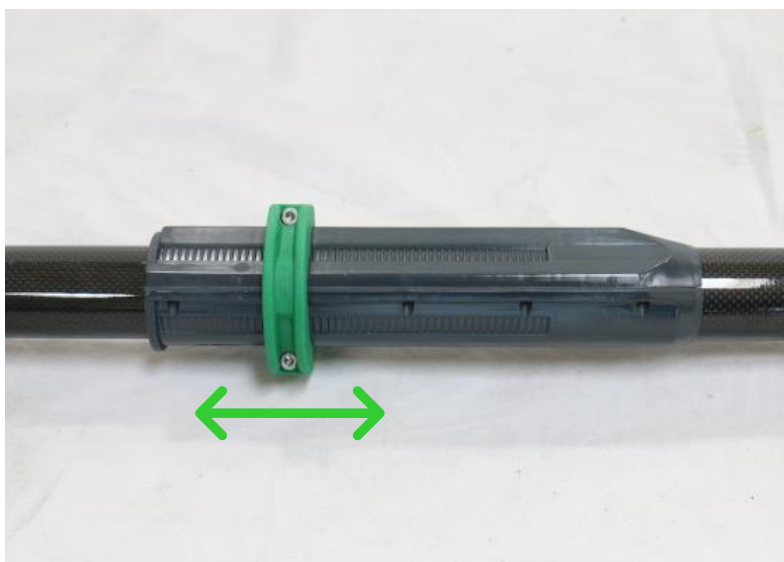


5.3 Adjusting the clamping ring on the RowMotion® scull

1) Loosen both screws using a 4 mm Allen key ...



2) ... and move the clamping ring to the required position. Then tighten the screws again.



5.4 Adjusting the contact angle with bushings – RowMotion®

Our safety oarlocks have interchangeable blue bushings that allow for a 3 to 5 degree positive berth angle.

For the factory setting of 4 degrees, the upper and lower bushings are set in the oarlock with the imprinted arrows pointing towards the oarlock opening.

To set the contact angle to 3 or 5 degrees, the desired number must point toward the oarlock opening at the top and away from the oarlock opening at the bottom.



6 Technical data

6.1 Weight and dimensions

RowVista® Rowing Skid without oars:	with Flat-Outrigger: 10.1 kg with Yoke-Outrigger Medium: 10.2 kg with Yoke-Outrigger Deep: 10.3 kg Length (roller rail): 1.45 m Width (outrigger): 1.67 m
RowVista® forward rowing oars:	4.5 kg per oar Total length: 2.90 m Folded length: 2.06 m Detached length: 1.13 m
RowMotion® Rowing Skid without sculls:	with Flat-Outrigger: 9.6 kg with Yoke-Outrigger Medium: 9.7 kg with Yoke-Outrigger Deep: 9.8 kg Length (roller rail): 1.45 m Width (outrigger): 1.68 m
Partable RowMotion® sculls:	1.6 kg per scull Total length: 2.92 m Detached length: 1.75 m

6.2 Serial number of the RowVista® forward rowing system

A sticker with the serial number is located on both RowVista® forward rowing oars.



(1)

(2)

The serial number consists of the year of manufacture (1) and a sequential number (2).

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