INSTALLATION

SpeedCoach OC Mounting Plate
For the best mounting results, you will want to choose a spot where the mounting plate is flush to the deck. You will also want to ensure that the SpeedCoach will be clear of your paddle blade when switching hands and does not force you to look down and away from your paddling form.

After choosing a mounting location, clean this location with the provided alcohol swabs to remove all dirt and debris from the board. Allow a minimum of 5 minutes for the alcohol to evaporate from the board. Unclip the mounting plate from the SpeedCoach bracket. Remove the paper liner from the mounting plate tape. Press down and hold the mounting plate in the chosen mounting location for at least 30 seconds.

IMPORTANT! Wait at least 12 hours before clipping the SpeedCoach bracket into the mounting plate or attaching the SpeedCoach unit to the leash mount. Wrap the leash around the base of the mount, making sure you leave enough slack on the leash to attach it to the leash mount. Mark on one side a point where the leash mount can be installed. Use alcohol as above to clean this spot on the board. Press down and hold the leash mount to the leash mount. Mark on one side a point where the SpeedCoach bracket into the mounting plate or attaching the mounting plate tape. Press down and hold the mounting plate around the leash mount opening and wrap the leash around the SpeedCoach unit to install (Fig.3).

SpeedCoach Heart Rate Monitor
The heart rate monitor belt connects to your unit via Bluetooth® Low Energy technology. Attach belt across the lower portion of your chest, as shown in the figure to the right and adjust the strap to fit your body snugly. To pair your strap to your unit, please see Setup Menu option.

NOTE! Your SpeedCoach OC DOES NOT FLOAT! To prevent a loss, keep the NK “Life saver” foam float attached to your SpeedCoach at all times. When paddling, loop the lanyard around the mounting dock. NK is not responsible in the event your SpeedCoach sinks and is lost.

BASIC OPERATION

Turn On - Hold for 2 seconds.
Satellite Lock Indicator - It is recommended to tune the unit when outside and wait for this icon to go from a hollow satellite icon to a solid satellite icon. A solid (i.e., filled in) satellite icon indicates that you have adequate GPS satellite coverage and can begin your row (approx. 1-3 mins).
Start - Press once. A checkered READY bar will appear on the screen. The READY bar will disappear and the stroke rate, speed/split, timer and flex windows will all start to run when the unit detects a stroke.
Stop - Press once.
Reset Timers - Hold for 2 seconds until the RESET bar appears, then release. Press again to start.
Turn Off - Hold for 3 seconds until TURN OFF bar appears (after STOP and RESET), then release. Your SpeedCoach OC will shut up to two minutes after the unit detects a stroke.
To preserve your battery, be sure to turn your unit off before carrying it in your workout bag or car.

Change Flex Field Measurement - Press up to change the bottom left flex window and press down to change the lower right flex window.
Note: You can also change the top windows through your Setup->Display Setup option (firmware 2.1.2 or higher). Please see the Setup section on how to change these fields.
DISTANCE - Accurately distance since reset in your selected units of measure.
AVERAGE - Average Split or Speed since reset calculated as a function of the distance traveled over the elapsed time.
COUNT - Count of strokes detected since reset.
DIST/STROKE - Distance per stroke calculated on a stroke-by-stroke basis.
HEART RATE* - Current heart rate in beats per minute (bpm).
ELAPSED TIME – Amount of time since start of paddle.
CALCULATE – Total number of calories burned.
Live Link indicator - Indicates mobile device is connected and streaming.
Live Link indicator - Indicates mobile device is connected but not streaming.

Live Stream

Select Live Stream to broadcast your SpeedCoach measurements to the cloud for public viewing. You will need to pair the SpeedCoach to your mobile phone and have the phone in range of the SpeedCoach to broadcast your data live. We recommend keeping the phone in a waterproof bag.
1. Download NK Live Link application to your mobile device.
2. Make sure Bluetooth is turned ON on your mobile device.
3. Open the NK Live Link App.
4. Enter a Boat ID in the Live Link application.
5. Turn Live Streaming to ON on the SpeedCoach.
6. On SpeedCoach select Phone Pairing->Find New. In the Link app, select Pair.
7. Your data will now be broadcast live. Go to the app or link.nksports.com to view live results.
Calibration is only relevant if you are using your SpeedCoach OC with a wiring harness and speed impeller. The Calibration Value is an adjustment factor that compensates for any difference between your impeller's distance measurement and the “standard boat” upon which the SpeedCoach's calculations are based. Calibration applies only when in Impeller mode for speed and distance can average out any impact of current or tide to improve the accuracy of the calibration results.

Entering Impeller Calibration

Select “Impeller Calibration” from the Advanced Setup Menu.

Entering a Calibration Value Manually

If you know your boat's SpeedCoach OC Calibration Value from previous calibration (it is the same for your SpeedCoach OC), you may enter it manually. From the Calibration Menu, press to select the Calibration Value, then press to adjust the value, and to accept the value.

Running the Calibration Routine

The SpeedCoach OC does not need a measured course to be calibrated. Because the SpeedCoach OC knows both the GPS and Impeller distance measured, it can self-calibrate. Calibration simply involves rowing the selected distance in two directions. Your distance options are 500 to 1000M. Although a longer distance will somewhat improve the accuracy of your calibration, it is important to choose a calibration distance that is achievable straight line (not both directions) ideally, will also have relatively consistent current throughout. The Calibration Routine requires that you row your course in both directions so the unit can average out any impact of current or tide to improve the accuracy of the calibration results.

If you wish to change your calibration distance from 500M, press to move to the distance line, to select, then to adjust and to accept.

To run the calibration routine, press to highlight Run on the Calibration Menu, then press to select. From the calibration screen, press to start each calibration leg and follow the screen prompts. On each leg, the land distance between calibration legs will count up until the selected distance is reached in the land distance window (bottom left). Note that there will be a three- or four-stroke delay at the start of each leg while the GPS and impeller readings are synchronized. At the end of the routine, the newly calculated Calibration Value will be displayed. Press to accept the new value and exit the routine, or press to exit the routine without changing your Calibration Value. At any time while running the calibration routine, you can press to exit the routine without changing your calibration value.

ADVANCED SETUP MENU

Impeller Calibration

To change your Calibration Value or run the calibration routine (see below).

GPS Spd Smoothing, Strokes

The SpeedCoach OC offers a choice of GPS Spd Smoothing (No GPS, 1, 2, 3 or 4) on electromagnetic compatibility and is CE-marked accordingly.

Governs the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 4. If you increase this value, a less forceful stroke is needed to start the timer. If you decrease this value, less forceful stroke is needed to start the timer.

Noise Filtering

Governs the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 5. If you increase this value, more acceleration is needed to register a stroke. If you decrease this value, less acceleration is needed to register a stroke.

Auto Pause

Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing your course in both directions so the unit can average out any impact of current and tide to improve the accuracy of the calibration results.

Auto Shutdown

If you know your boat's SpeedCoach OC Calibration Value from previous calibration (it is the same for your SpeedCoach OC), you may enter it manually. From the Calibration Menu, press to select the Calibration Value, then press to adjust the value, and to accept the value.

Deactivate (OFF), the unit will only turn off when you manually shut the unit down.

NOTE: Average Speed is calculated as a function of the distance covered in the elapsed time shown. Because the timer will continue to run while you are not rowing, turning Auto Pause OFF will impact the calculation of your cumulative average speed.

Noise Filtering

Governs the degree to which the accelerometer will register changes in acceleration as a stroke. The default value is 4. If you increase this value, a less forceful stroke is needed to start the timer. If you decrease this value, less forceful stroke is needed to start the timer.

Axis

Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing your course in both directions so the unit can average out any impact of current and tide to improve the accuracy of the calibration results.

Auto Pause

Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing your course in both directions so the unit can average out any impact of current and tide to improve the accuracy of the calibration results.

Auto Shutdown

If you know your boat's SpeedCoach OC Calibration Value from previous calibration (it is the same for your SpeedCoach OC), you may enter it manually. From the Calibration Menu, press to select the Calibration Value, then press to adjust the value, and to accept the value.

Deactivate (OFF), the unit will only turn off when you manually shut the unit down.

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