**LANYARD ATTACHMENT**

**www.NKsports.com**

**INSTALLATION**

**BASIC OPERATION**

After choosing a mounting location, clean this location with alcohol as above 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.

Wrap the excess lanyard around the base of the mount, making sure you leave enough slack on the lanyard 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 can be installed. Use alcohol as above to clean this spot on the board. Press down and hold the leash mount to install. Pull lanyard through the leash mount opening and wrap the lanyard around the SpeedCoach unit to hold in place (Fig.9).

**SpeedCoach Heart Rate Monitor**

The heart rate monitor belt connects to your 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 preserver” 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 turn the unit on 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).

**Pause** - Press once. A checkered READY bar will appear on the screen. The READY bar will disappear and the stroke rate, speed/clip, time and the 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 now store all strokes in the last minute of not sensing accelerometer movement.

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 top right flex window.

**Note:** You can also change the top windows through our Setup->Display Setup option.

**DIST/STROKE** - Distance per stroke calculated as a function of the distance traveled over the elapsed time.

**COUNT** - Count of strokes detected since reset.

**HEART RATE** - Current heart rate in beats per minute (bpm).

**ELAPSED TIME** - Amount of time since start of paddle.

**CALORIE** - Average calorie burn per hour paddled.

**Live Link indicator** - Indicates mobile device is connected and streaming.

**Live Link indicator** - Indicates mobile device is connected but not streaming.

**MEMORY**

**The total memory that the unit can store is approximately 25 hours. Every stroke is stored in memory and the memory can be reviewed by 100 meter increments. Stroke by stroke details can be exported** with the Link application.

**Memory Storage**

When the memory is full, the unit will stop recording data. When nearing or at full data, delete all session data to continue recording (see below). The amount of memory used can be found on the bottom of the Recall Menu. An alert message will appear when memory log is near full.

**Data Recall**

Select Data Recall from the Main Menu to review stored data. Recall memory will be formatted in sessions according to date and time. Just flow sessions will have the JustGo prefix whereas a Workout session will just show the piece runs. Please note: a session is not complete until: a) Just flow, you rest the counter b) In a Workout, the workout is completed or cancelled. Clear Memory, Erase All Data This selection will delete ALL memory if chosen. Sessions cannot be deleted individually.

**Viewing Sessions**

**Selecting a session/workout will bring up the Workout Summary (Figure 1). This overview will provide the overall stats for all measurements during the entire session. Pressing the Details button brings up the Interval Summary page (Figure 2). An overview of the various intervals that were performed during the entire session will be shown. If you select a specific interval, the Detailed Interval Review screen (Figure 3) will be shown. This screen shows the interval breakdown by a specified period (time or distance). Select MORE to view additional measurement values not currently shown on the screen.**

**Data Link**

*Select this to connect your unit to your PC or MAC for Firmware updates or uploading data to your computer. Please go to www.NKsports.com/support/rowers-and-sports-support/manuals- and-downloads/ to download the LINK application and follow instructions.***

**Please note:** Bluetooth® Low Energy dongle required

**LIVE STREAM**

**Select Live Stream to broadcast your SpeedCoach measurements to the cloud for public viewing. You will need to pair the SpeedCoach to a 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 nk.sports.com to view live results.
ADVANCED SETUP MENU

**IMPELLER CALIBRATION**

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

**Gps Smpld, Smoothings**
The Speed Smoothing feature will average the last number of strokes selected. If “2” is selected, for example, the Speed Smpld will be displayed as an average of the last two strokes, updated every stroke.

**Stroke Rate Setup**
Options are Timer Start Acceleration, Noise Filtering and Axis.

**Timer Start Acceleration**
Governs the degree of acceleration that must be detected to start the stroke meter. The default value is 4. If you increase this value, a more forceful stroke is needed to start the timer. If you decrease this value, a 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.

**Axis**
Allows you to select Front-Back (2) or Any (3). Front-Back (2) is generally recommended for rowing assuming that the unit will be mounted perpendicular to the long axis of the boat. If mounting at a non-perpendicular axis, the recommendation is to toggle to Any (3).

**Time and Date**
Use to change the format of the time and display dates. Please note: only time shows on the display, date will be shown on data recall screen. Please note in most U.S. locations daylight savings time is ON in the summer and OFF in the winter.

**Diagnostocs**
The Diagnostics screen provides information about the performance of your unit’s GPS receiver, accelerometer, HRM, and charging system. This information assists NK tech support in case your unit is not functioning correctly.

**IMPPELLER CALIBRATION**

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 base” 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**

1. Select “Impeller Calibration” from the Advanced Setup Menu.
2. If you know your boat’s Impeller Calibration Value from previous calibration, it is the same for SpeedCoach OC, you may enter it manually. From the Calibration Menu, press to select the Calibration Value, then press to adjust the value, and press 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 approximately straight line in both directions. Ideally, you will have also 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 routine. Results will be most accurate when rowing over multiple distance.

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

1. 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 and the water distance 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.

**BATTERY USE AND CHARGING**

A fully charged battery will provide approximately 6-8 hours of operation, depending on backlight use. Each bar on the battery indicator represents 20% of battery life, or approximately 1.2 to 1.6 hours. To charge your unit, press firmly into the charging dock of your SpeedCoach OC charger until it clicks and you see “Charging.” The battery indicator will flash and the bar will indicate that the unit is ready to be charged. The battery indicator will show full and stop flashing after 90% charge is achieved, and the display will turn off when the unit is fully charged. The SpeedCoach OC can only be charged with the supplied charging dock. The SpeedCoach OC is compatible with any USB charging source, including your computer an automotive USB or a cell phone standby power source. A SpeedCoach® XL charger will not charge a SpeedCoach OC.

Your SpeedCoach is equipped with a safety feature that will shut down charging if the battery temperature is too hot or too cold. Do not charge below 32°F (0°C) or above 115°F (45°C). If you see a battery warning on the screen while the unit is within these temperature limits, immediately remove the unit from the charging dock and contact NK for service. Further attempts to charge may result in heat or permanent damage.

**SPECIFICATIONS**

- **Weight:** Control unit and bumper: 5.2 oz (150 g)
- **Dimensions:** Measures 4.8 x 2.7 x 0.7 in (122 x 69 x 19 mm) with bumper.
- **Buckle:** Secure belt that fastens around waist.
- **WATER RESISTANT:** Waterproof (IP-67).
- **MEMORY:** 25 hours of memory. Stores every stroke.
- **BATTERY LIFE:** Up to 10 hours on a single charge. Store above 115°F (45°C).
- **ACURACY:** Speed: +/- 1% at 10 m/s, Distance: +/- 0.2% over any distance.