

Safety Alert - take care setting up your C2 rowing machine

RowSafe now includes the following advice:

- **Coaches are expected to ensure, when indoor rowing, that the rowers adopt good posture and use the correct technique**

There is information on Posture and Technique at <https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/british-rowing-technique/> and <https://www.britishrowing.org/knowledge/online-learning/techniques-and-training/indoor-rowing-technique/>.

However, it is also important to ensure that the equipment is correctly adjusted.

Set the Drag Factor

How do you set drag factor on the PM3, PM4 or PM5 Performance Monitor?

1. From the main menu;
2. Select 'More Options'; then
3. Select 'Display Drag Factor'; then
4. Row for a few seconds.

The Drag Factor will be displayed – adjust the damper level until the correct Drag Factor is shown.

The Drag Factor should be set in the following range:

Children	Girls	Boys	Adults	
Year 7	below 100 to 100 (use the speed strap to go below 100)		Male heavyweight (over 75 kg)	125-140
Year 8	100	110	Male lightweight (under 75 kg)	120-135
Year 9	105	115	Female heavyweight (over 61.5 kg)	120-130
Year 10	110-115	120-125	Female lightweight (under 61.5 kg)	115-125

For more information see:

https://indoorsportservices.co.uk/assets/docs/schools/schools_factsheet_all.pdf

Set the feet height

At the start of the drive phase, the knees should be directly above the ankles so that the shins are vertical. If they go past this point then raise the feet and if they do not reach this point then lower the feet.

Do not forget to warm-up before exercising and stretch afterwards

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[This Safety Alert is a safety guidance document. Please read our safety message and disclaimer in RowSafe.](#)