

# The Neaves Adaptive Rowing Seat

Introducing the Neaves adaptive rowing seat.  
An entry level seat for adaptive athletes to participate in the sport of Rowing, either on a rowing machine (developed for Concept II rower) or in the boat.

The seat has been through several stages of development with the collaboration of British Rowing. We believe we have an affordable seat which serves most athletes with disabilities.

To follow, are 4 helpful instruction guides to help you get the most out of your rowing experience.



## **1/ Rear back rest**

The rear back rest can be adjusted not only for different heights, but the angle can also be changed.

First by removing the nuts and bolts on the angled parts you will be able to change the angle of the back rest to a setting that suits you. Ensure both sides of the seat are adjusted equally and replace the fixings.



The height of the back rest can also be changed, first by removing the black cap from either side, loosen the Nylon nut, then loosen the dome head adjuster bolts on both sides. Once both sides are loosened and with one hand supporting the seat the rest can be raised or lowered to suit. Replace all fixings in reverse.



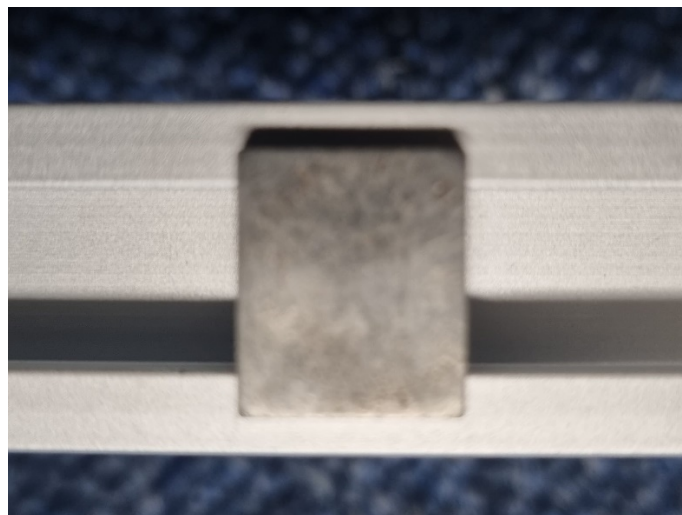
Note - the rear pad is secured using hook and loop and can be adjusted as required.

## **2/ Clamps and Rails**

To add or remove the ergo meter clamps or rails, first remove the seat pad this will give you access to the seat base itself by removing the four bolts with the large washers. You will be able to fully remove the base. The fixings for the clamp and for the slides will be clearly visible and can be removed or replaced as required.

Fixing the seat to your boat is a simple procedure. With the seat pad and the base removed (and without ergo clamps) open your access hatch in the boat. Remove your existing slides and replace them with the seat rails complete.

**Please ensure you T-Bolt fixings are fitted using the correct orientation with the T-bolt square fitted at the widest part within the T- slot slide.**



Each bolt should then be secured using the thumb screws and the washers. Please be aware that the slides are secured using a 300mm standard pitch and depending on the boat manufacturer this can vary. This 300mm pitch has been used for most adaptive sculling boats. As you tighten your seat you will be able to adjust it "bow" to "stern" for length as required.

The pad is secured using Velcro. Replace the base and pad in reverse and go rowing!!

### **3/ Setting up the clamps on the rowing machine rail**

An Initial setup has been put into place by Neaves and each clamp has been adjusted using a Concept II rail. This should be checked for a secure fixing on your own rail prior to use.

Tip\*\*If your clamps need adjusting, we found that with the clamps removed from you seat one at a time, adjustment is a lot easier on your rail.



### **4/ Securing to rowing machine using special clamps.**

Setting up the clamps is a little time consuming, but once they are set you will not need to repeat this process on the rail. First unclip the safety bungees and release the clamps from either side. One side of the lower half of the clamp is hinged so the parts cannot be lost.

Whilst the lower half of the clamp is free, loosen all the adjustment nuts on the 'U' section of the clamps.

Now the fiddly bit!

With the bottom clamp set under your rail and holding this into place, pull the returning clamps into position and lock both 'T' levers back down.

At this point the adjustment nuts will need to be moved to give a secure fixing on the rail. Please ensure an even adjustment on each clamp. Once adjusted pulling down the levers on either side, this will take minimal effort and give the bracket a secure strong fixing to your rail. When you are satisfied there is a good fix the other locking nuts can also be locked into position. This process should be repeated on each of the three clamps.

When you are happy with your secure fixing ensure all your clamps are locked off and return the safety bungees back into position. Please make sure that all three clamps are always used on the rail.

We have added additional cross bars on the seat frame towards the rear so that the clamp positions can be moved to accommodate taller individuals or securing at different points on the rail.

When you are satisfied that the clamps are secure on your rail and the position of your seat is suited a visual check is recommended to ensure your seat is reasonably parallel to your rails.

**All three clamps should always be used on the rail with the safety bungees in place.**

## Summary

Hopefully these instructions have been helpful to you getting the most out of your seat. If there are any further queries, please contact us at Neaves and our project leader will be able to talk you through the process.

Likewise, any replacement or additional parts you may require please contact Neaves and we will be able to assist you.

We have included a small tool kit and some replacement parts to get you started.



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