

### Custom seats made to fit your unique shape

Being uncomfortable on your seat takes all the fun out of your rowing. It could even leave you with permanent injury and it will certainly prevent you from rowing to your full potential.

#### WHY A CUSTOM SEAT?

##### Your problem

Just as no two faces are identical, we all differ greatly at the other end too! And we humans were not really designed for sitting, still less for sitting and rowing.

Nerves, bones, tendons, bursae and blood vessels come close to the seat. If these meet local pressure from conflict between the seat and your anatomy, expect discomfort. This may range from soreness, through pain or numbness, even to losing feeling in one or both legs, or to disabling lower-back spasms.

##### The solution

A comfortable seat that distributes support over the greatest possible area and removes local pressure from sensitive areas.

##### Our Method

As well as measured data, we welcome a written account which describes your symptoms in reasonable detail. We then carefully review your data to see if one of our standard seats might meet your needs. Only if that is not possible will we propose a Customised seat.

From your data we then compute the ideal seat shape for your unique requirements and prepare a CNC machining file. Our CNC router gently removes (from a perfect symmetrical seat laminate in the wood of your choice) just those parts which could cause local over-load or conflict.

This Customised seat, beautifully lacquered and with its Lo-glide undercarriage, will give you lasting comfort.

We are confident that your new customised seat will greatly enhance your comfort and rowing experience.



#### CREATE A GOOD IMPRESSION

Frankly, we need a good impression of your bum! This is made by sitting straight down onto a block of "Oasis" floral foam (or similar) and rocking forward and back once. Use the very softest version which is usually green and has a unique pressure-sensitive crushability which gives imprints which are particularly suitable for our purpose.

When sitting and lifting off, please move vertically and do not lean sideways! The best place to do this is on a low, flat step. Be sure to mark which is your back, or the direction of the bows of the boat.

When you have formed the impression you may send the block to us (carefully packed), but it is generally easier to scan the imprinted surface, or photograph it from directly overhead. In either case place a legible scale within the image (as shown above) so that we can calculate exact dimensions.

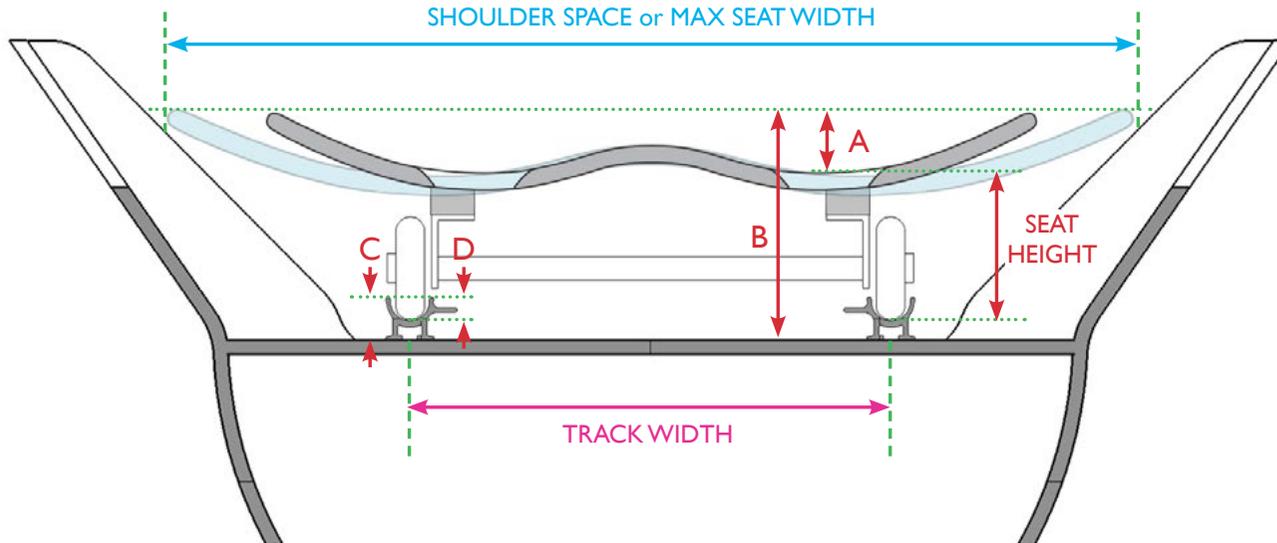
Then email your image(s) to us. If photographing, please illuminate naturally from the side and **turn the flash off** because it bleaches out the contrast we need to detect the form and outlines of the indents.

Your imprint image may look something like the picture above. Please do not mark the outlines of the impression.

As well as the direct overhead view shown above, it can be helpful if you supply a couple of oblique images to help us further assess your needs. We will also see if we should make allowance to prevent chafing around the base of your spine.

## MEASURING YOUR BODY

Custom seats made to fit your unique shape



## MEASURING YOUR BOAT

We will also require the usual basic data for any seat, as indicated in the sketch. Please indicate these three measurements in the spaces provided.

NAME

ADDRESS

TELEPHONE

EMAIL ADDRESS

DATE

SEAT HEIGHT =  mm

SHOULDER SPACE =  mm

TRACK WIDTH =  mm

To accurately calculate your seat height you will need to take the following four measurements:

- Measurement A**  Put a straight-edge across the seat, ignore any seat pad and measure down from that to the edge of the hole or indent.
- Measurement B**  With seat near front stops, measure up from the slide-bed to the same point on the edge of the seat that supported the straight-edge.
- Measurement C**  Check the amount by which (if any) the upper side edge of the slide track is above the slide-bed.
- Measurement D**  Measure the vertical distance (a few mm) between the same upper edge of the slide track and the contact line of the wheels in the track.

**B - A - C + D = SEAT HEIGHT** If you are careful, that will be exactly the required value.

Some single sculls, to put it kindly, lack space between the main rigger shoulders. You cannot scull or row well if you, or the seat, do not pass comfortably between the shoulders.

If you can't pass through on your present seat, the new seat may need to be slightly higher above the tracks. You can probably experiment with layers of computer mouse-mat and from that work out the height you will need. Or you can supply photos, with a measuring rule or tape, to show us the conflict.

If you give us the maximum seat width which will work on a typical seat at the required height, we will do the rest. If in doubt, we will then contact you.

It is hard to judge just where the dead centre of a slide track lies, but if you measure from the left side of one track's channel to the left side of the other track's channel, that measurement will be the result we require.

**Everything we do and make is designed to help you to perform to your best in your boat so if you have any questions or concerns, please phone or email. We are always happy to provide complete answers.**