
 **In Boat Assistant for Coxmate HC**
Basic Use: This assumes the HC (V1.20) is configured as supplied and unit 'Locked'. To reconfigure see Advanced section.

Turning ON: 

Turning ON + Backlight:  for 2 seconds

Turning OFF:  for 2 seconds or will turn off automatically if not used.

Display: Default display is rate(upper left), speed in time/500m(upper right), Distance(lower left) and Time(lower right).

Timer (also Distance): Use buttons **Start, Stop** and **Reset** or **AUX**(foot/leg switch). Status: *Ready (Rdy)* – displayed at start up and after reset; *Set (Set)* – timer will start from seat sensor, **AUX**, or **Start**; *Stop*- timer will stop when **Stop** or **AUX** pressed and display elapsed Time. Once stopped **Reset** or **AUX** will reset timer back to *Ready(RdY)*.

Calibration: Row over 'Known distance'. Use Timer **Start** and **Stop** buttons to record distance on HC. Remember this 'Displayed distance'. Press **Reset, Menu, Ent** and **[+]** and **[-]** to adjust the displayed **K** value and **Menu** twice to exit.

New K = Old K x (Known distance / Displayed distance)

step through all the display options. If the option is selected it will display steady and if it is not selected it will flash. To select/deselect an option press **Ent**. When you have finished your selections press **Menu** twice to exit. The display options are: Top right – speed in *m/s* or */500*; Lower left – **AV SPD, ♥, RATIO, DIST, DIST/STROKE STROKES**; Lower Right – **TIME, DIST**. With the lower displays more than one option can be selected. If this is the case, then the display will alternate each stroke.

CAL'N: When selected, the current **K** value will be shown. Press **Ent** and **MAN** will flash. Press **Ent** and the **K** value will flash. The **[+]** and **[-]** can then adjust value. Once correct value is achieved, then press **Menu** twice to go back to **RdY**. Access to GPS calibration and impeller selection is made by using **[-]** when **MAN** is flashing.

Other Set Up Options: **BK LT** – Brightness and ON/OFF; **METRO** name – Set frequency and ON/OFF; **RECALL** – Recalls speed and rate for last period Timer was run. Shows increments of 15 seconds

Advanced Use: This requires unit to be 'Unlocked'.

Lock/Unlock: From (*Rdy*), press **Menu** 5 times at the rate of ~2 per second. Use **[+]** or **[-]** to Lock/Unlock.

Mode Change: From (*Rdy*), press **Menu** once. **Mode** will flash. Use **[+]** and **[-]** to display **RUN, PACE** or **W'KOUT**, **Ent** to select and **Menu** to exit. **RUN** mode is normal mode. **PACE** mode provides a pace boat to race against. To set PACE speed, press **Ent** when in (*Rdy*), **[+]** and **[-]** to adjust and **Ent**. Bottom left display will show position relative to pace boat when Timer is started.

W'KOUT is not discussed here.

Set Up: From (*Rdy*), press **Menu** twice. **Set Up** will flash. The **[+]** and **[-]** move between the options available – displayed on bottom row: **DISP, BK LT, CAL'N, METRO, RECALL, PC, SPLIT, MEM**, and **CAL'N ♥**. Pressing **Ent** will select the option. Only **DISP**(display) and **CAL'N** (calibration) will be explained in detail:

DISP: Initially the current display options will be shown, eg **/500, DIST, TIME**.

Press **Ent** and use **[+]** and **[-]** to

for first 4 records and 30 seconds thereafter; **PC** – For connecting to PC; **SPLIT**- sets a split period – the average values displayed at the end of each period. **MEM** – to view memory use and CLEAR memory. **CAL'N ♥** - enables the heart rate antenna sensitivity to be adjusted.

Other Functions:

Setting Date: Press **Ent** when date is displayed on power up. Then use **[+]** and **[-]** and **Ent** to set.

Operating without seat sensor: Go to **Set Up/CAL'N** and hold **Ent** down for 3 seconds: **SS** signifies seat sensor will be used, otherwise the value between 0-40 adjusts the sensitivity of stroke detection - ~4 for kayaks and ~20 for sculls.

Adjusting Auto Stop period: Go to **Set Up/METRO** and hold **Ent** down for 3 seconds – Select 30s, 2min, 10min or no auto stop(00:00).

Setting Unit as Master/Slave(used when 2 HC's are linked): Go to **Set Up/PC** and hold **Ent** down for 3 seconds – select Std/MASt/SLvE.

Set Record Mode: Go to **Set Up/MEM** and hold **Ent** down for 3 seconds – select MICRO or MACRO recording.

Advanced Use: This requires unit to be 'Unlocked'.

Lock/Unlock: From (*Rdy*), press **Menu** 5 times at the rate of ~2 per second. Use **[+]** or **[-]** to Lock/Unlock.

Mode Change: From (*Rdy*), press **Menu** once. **Mode** will flash. Use **[+]** and **[-]** to select **RUN**, **PACE** or **W'KOUT**, **Ent** to select and **Menu** to exit. **RUN** mode is normal mode. **PACE** mode provides a pace boat to race against. To set PACE speed, press **Ent** when in (*Rdy*), **[+]** and **[-]** to adjust and **Ent**. Bottom left display will show position relative to pace boat when Timer is started.

W'KOUT is not discussed here.

Set Up: From (*Rdy*), press **Menu** twice.

Set Up will flash. The **[+]** and **[-]** move between the options available – displayed on bottom row: **DISP**, **BK LT**, **CAL'N**, **METRO**, **RECALL**, **PC**, **SPLIT**, **MEM**, and **CAL'N** ♥. Pressing **Ent** will select the option. Only **DISP**(display) and **CAL'N** (calibration) will be explained in detail:

DISP: Initially the current display options will be shown, eg **/500**, **DIST**, **TIME**. Press **Ent** and use **[+]** and **[-]** to

step through all the display options. If the option is selected it will display steady and if it is not selected it will flash. To select/deselect an option press **Ent**. When you have finished your selections press **Menu** twice to exit. The display options are: Top right – speed in **m/s** or **/500**; Lower left - **AV SPD**, ♥, **RATIO**, **DIST**, **DIST/STROKE STROKES**; Lower Right – **TIME**, **DIST**. With the lower displays more than one option can be selected. If this is the case, then the display will alternate each stroke.

CAL'N: When selected, the current **K** value will be shown. Press **Ent** and **MA**n will flash. Press **Ent** and the **K** value will flash. The **[+]** and **[-]** can then adjust value. Once correct value is achieved, then press **Menu** twice to go back to **RdY**. Access to GPS calibration and impeller selection is made by using **[-]** when **MA**n is flashing.

Other Set Up Options: **BK LT** – Brightness and ON/OFF; **METRO**nome – Set frequency and ON/OFF; **RECALL** – Recalls speed and rate for last period Timer was run. Shows increments of 15 seconds