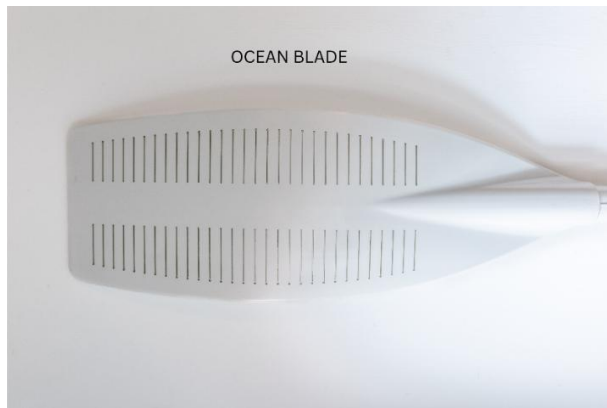


The Technology of FlowForce™ Cut Blades in Oar Design



World Rowing approved, the development of cut blade technology in oar design represents a significant advancement in oar equipment. Incorporating strategic cuts or slits into blades can enhance hydrodynamic performance, increase efficiency, and reduce physical strain on users. This technology has been backed by scientific research and validated through user feedback, demonstrating its potential to revolutionise rowing.

Hydrodynamic Efficiency

Reduced Drag and Turbulence

One of the primary benefits of FlowForce cut blades is their ability to reduce drag and turbulence. Traditional solid blades can create significant resistance when moving through the water, requiring more effort from the rower. Cuts allow water to pass through the blade, minimising the formation of vortices and turbulence behind the blade. This results in a smoother and more stable flow of water, reducing drag and making each stroke more efficient.

Enhanced Flow Dynamics

The cuts help manage water flow around the blade more effectively. By allowing controlled passage of water, the blade maintains a high-pressure difference between the front and back surfaces, which is crucial for generating driving force. This optimised flow dynamics ensure that the blade moves through the water with minimal resistance, enhancing propulsion.

Reduced Physiological Impact

Lower Muscle Strain

The reduced drag and optimised flow dynamics of cut blades translate to lower physical strain on the rower. Traditional blades can exert significant pressure on the shoulders, elbows, wrists and back, leading to fatigue and overuse injuries. Cut blades distribute forces more evenly and reduce peak pressures, easing the workload on the muscles and joints.

Decreased Fatigue

With cut blades, rowers experience less fatigue during long sessions. The efficiency of each stroke means that rowers can maintain their pace for longer periods without tiring as quickly. This is particularly beneficial for endurance rowing and competitive scenarios where sustained performance is crucial as well as junior and masters rowing.

Improved Control and Stability

Balanced Force Distribution

The cuts in the blades help in distributing the forces acting on the blade more evenly. This balance reduces the likelihood of fluttering and instability during strokes, providing a smoother and more controlled rowing experience. Rowers can achieve consistent strokes, which is essential for maintaining speed and direction.

Enhanced Manoeuvrability

By reducing drag and turbulence, cut blades improve the rower's responsiveness. This enhanced manoeuvrability allows rowers to make quicker and more precise movements, which is particularly advantageous in technical paddling situations such as beach sprints and coastal rowing.

Practical and User-Validated Benefits

Positive User Feedback

Real-world testing and user feedback have overwhelmingly supported the benefits of cut blade technology. Rowers of different ages, ability and backgrounds, including recreational users and competitive athletes, have reported significant improvements in efficiency, comfort, and performance. Users have noted less fatigue, reduced muscle strain, and enhanced control, making cut blades a preferred choice for many.

Versatility and Adaptability

Cut blades have been found to be effective in various rowing conditions, from calm waters to beach starts and rough seas. Their ability to adapt to different environments and rowing styles makes them a versatile option for a wide range of users. Whether for

long-distance races or sprints, cut blades offer advantages that enhance the overall rowing experience.

Conclusion

Cut blade technology represents a major innovation in rowing, offering numerous benefits that improve hydrodynamic efficiency, increase propulsion, reduce physiological impact, and enhance control and stability. Backed by scientific research and validated by user feedback, cut blades offer optimised performance and reduce the risk of injury. As this technology continues to evolve, it holds the potential to become a standard in rowing equipment, offering rowers of all levels an improved and more enjoyable experience on the water.

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Quotes

Rachel Morris PR1 2016 Olympic Gold

“I am really excited to feel the lock onto water again and power through the boat & blades! I have been unable to engage with elite rowing since bilateral shoulder reconstruction after Rio2016.

I have been training and back up to elite fitness but unable to train full time in rowing due to the risk of injuring them again.

I can really see the blades having an incredibly positive affect on minimising the back/ shoulder/ hip injuries Elite rowers unfortunately are susceptible to.”

Adrian Miramon World Coastal champion 2022

“Since using the cut blades I have noticed there is less stress and fatigue on my back. The cut blade allows for a softer catch and therefore less loading on my back and body in general.”

“My feeling is that these blades would seriously reduce and minimise back injuries which rowers are susceptible to. I myself have suffered back injuries in the past but since using the cut blades I have encountered no symptoms of back pain.”

Other quotes

Two rowers, both Olympic medalists and European Champions

Say that they “notice a much softer catch right from the first few strokes.” They “feel a gentler entry.” In addition, both also agree that “the oar/blade feels more stable through the stroke than the regular oars [they] use.”

International Rowers

“More comfortable to use; stays locked on to the water; finishes are cleaner; makes the boat a more stable platform to work from.” “Softer

catch, less risk of back overload”

“Easy to use; positive connection at the catch; stability throughout the draw; good clean extraction”

UK Masters

“Allow you to scull with more confidence - everything locked; no instability; cleaner catch and finish; better buried during the drive”

Quad Quotes - Masters

“We have used the Oscar blades in our quad for 3 outings. I listened carefully to how my crew mates were reacting. They were universally delighted with the way the blades felt and behaved in the water. The blades lock on to the water very positively. Finish is cleaner too. It is simply easier to row well with these blades.”

“As a crew I felt our power phases were better synchronised and boat stability improved Instantly.”