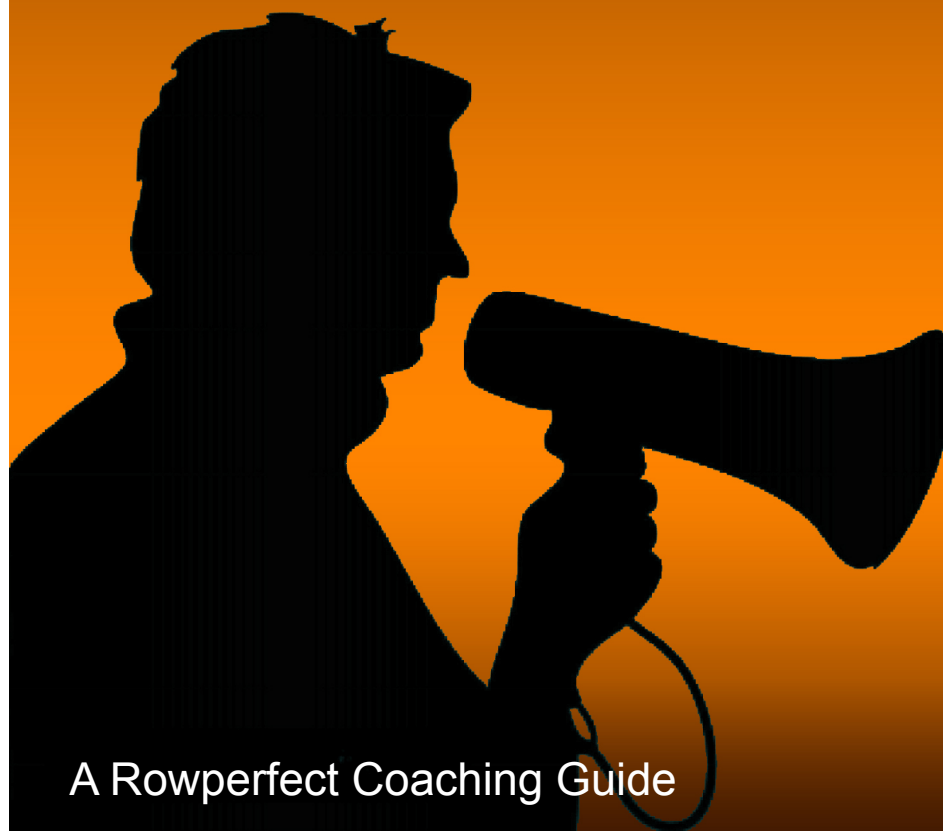


# How to change scull grips

Four fail-safe methods

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A Rowperfect Coaching Guide

There's one thing all rowers know (besides flipping a single at 6am in winter sucks): changing your scull handle grips can be a difficult affair. Not to worry. We'll walk you through a number of options and you can pick whichever way suits you, the materials you have available, and the kind of grips you're using.

Let's make this easy.

In this guide we've covered off several different ways of putting grips onto scull handles.

- Method 1 – the warm water method
- Method 2 – the water hose pressure method
- Method 3 – the air pressure pump method
- Method 4 – for small handles the glue method

And lastly

- The Rescue Method – for when it's all gone pear-shaped and you can get the grip neither on nor off. We save your bacon.

### How to take an old grip off:

**Method 1:** hold a garden hose without a nozzle attached tightly against the grip hole on the end of the handle and get someone to turn on the water. It should pop right off. Compressed air can also be used in the same manner to take an old grip off.

**Method 2:** Alternatively get a stanley knife and cut off the old grip. Careful not to cut the carbon of the oar handle and always cut away from your body.

Before we move onto how to put grips on – read the rest of the document and then come back and read this paragraph.

**Potential problems with water methods:** *Move too slowly and there won't be enough pressure to expand the grip, it won't slide on and the water will slowly leak out. Try to move too fast and you may even split the grip, so high will be the internal pressure, or you won't be able to keep your finger over the hole.*

## How to put on new grips

### Method 1

What you need: Water, a floor surface that can get wet (the tarmac outdoors, perhaps), soft foam or a towel. Directions:

1. Put a towel or soft foam in the corner between a wall and a floor.
2. Place the tip of the blade into the padding - this will keep it safe from injury, and set the blade on the ground to keep it firm from slipping.
3. Stand astride the shaft facing the handle end.

1. Put your thumb over the hole in the end of the new grip, and fill the grip with water (slowly) till it's full.

1. Carefully pick up the oar and, spilling as little water as possible, position the open end of the water-filled grip with the end of the scull handle.

1. **A single smooth, but firm movement is needed now.** Using your hand with the thumb over the end, and the other hand (like a reinforcing sleeve for the grip), work the grip over the end of the handle pushing in **one smooth movement**. The water acts as a lubricant as you push the grip onto the scull handle. Note: The pressure created by pushing on the water will stretch the grip while you shivvy it onto the handle.



## How to put on new grips

7. Keep your thumb on the hole until the grip is all the way on, and give the grip a couple of extra pushes to make sure there's no gap between the handle and the grip.
8. Water will spray everywhere - don't worry. Key point to remember, once all the water's sprayed out, it is **VERY HARD** to get the grip on. So a single smooth but firm movement is needed.
9. Repeat with the second blade.
10. Note, if the grip fails to go all the way on and you're left with an air bubble at the end, see **RESCUE METHOD** at the end of this article



Job done!

## Method 2

This water-hose method works particularly well for Stampfli grips. It's similar to the method above. A variant is to add a couple of drops of liquid soap to the water mix (inside the grips) to add lubrication. The outcome can be soap suds on your handles for a couple of outings - but they wash off in time.

1. Place a hosepipe, with only a small flow of water from it, against the small hole in the end of the grip. Utilising the pressure from the hose, present the open end of the water-filled grip to the end of the handle and push it onto the handle in **one smooth continuous action**.
2. The water will be forced out around and along the handle surface and will act as a lubricating layer as it slides on.
3. There is enough elasticity in the grips to allow this to be fairly easy

## How to put on new grips

### Method 3

1. Take your blades and new grips to the tyre air supply at a garage. Put the spoon end of the blade against the wall so it will resist pressure from the grip (use a towel or foam for cushioning the spoon).
2. Put the air hose onto the hole in the end of the grip and apply air pressure while simply pushing it on. The air expands the grip and it goes all the way on with no mess or trouble.

**Note:** you can also take your grips and blades to a bicycle shop - they can use their air compressors to do this for you. If you have a bicycle pump you can do the air compressor method yourself, at home.

### Method 4 - Small diameter handles.

What you need: Contact adhesive, brush, cleaning rag, soft foam or a towel. Check the adhesive manufacturer's application and clean up instructions.

#### Directions:

1. Place a towel or soft foam in the corner between a wall and a floor.
2. Place the tip of the blade into the padding - this will keep it safe from injury, and set the blade on the ground to keep it firm from slipping.
3. Stand astride the shaft facing the handle end.
4. Make sure the handle and scull grips are clean and dry.
5. Paint the inside of the grip (and / or handle) sparingly with contact adhesive.
6. Slide the grip over the end of the handle of the scull. The adhesive will act as a lubricant.
7. It is not necessary to cover the end hole of the grip.

## Rescue Method

1. If the grip fails to go all the way on and you're left with an air bubble at the end all is not lost.
2. Don't try to take the grip off the handle.
3. Get a grippy handled tool - another scull handle with the grip on, a screwdriver with a rubberised grip or similar.



1. Push the grip down the handle until it is fully inserted onto the handle.
2. Rotate a quarter turn and push the grip down again, keep rotating and rolling and the grip will slowly move down the handle until its fully inserted onto the handle.

## Potential problems

- Here's how not to do it

Photo 1: The rower is pulling the grip towards him – and the water spray goes all over his clothes and it is also more difficult to keep the end sealed when not using your thumb.



