



**Hants & Dorset Amateur Rowing Association.  
Water Safety Sub Committee.**

**64th SOUTH COAST ROWING CHAMPIONSHIPS.  
15th SOUTH COAST JUNIOR REGATTA.  
Netley, Southampton. Saturday, 18<sup>th</sup> September, 2021.**

### **Fixed Shoes.**

- Heel of shoe must be attached to sole of shoe.
- Heels should not be able to rise any higher than a point parallel with the keel or with the lowest fixed point of the shoe or fixing.
- Heel restraints must be separately attached to the boat (not looped to each shoe.)
- Where laces, Velcro or similar materials must be opened before rower can release his feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single hand action of pulling on one easy accessible strap.
- Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using his hands or with a single quick hand action of pulling on one easily accessible strap or release device.

### **Flexible Clogs - Concept 2 Style Foot plates** (see attached)

#### **Solid Heel Sections** (see A attached)

- Can have single heel restraint fixed to same safety criteria as fixed shoes (above).

#### **Heel modifications** (see C attached)

- If opening at rear of flexible clog is modified then can have single heel restraint to same safety criteria as fixed shoes (above).

#### **Unmodified Flexible Clogs** (see B attached)

- Each clog must have heel restraints fixed to 2 fixed points either side of heel to either 1 or 2 fixed points in the boat.
- Heel restraint must satisfy same safety criteria as fixed shoes (above)

## **Flexible Clogs – Modifications that conform to the Water Safety Code**

“All boats where ‘fitted shoes’ are employed, must have effective heel restraints. These must be properly adjusted and in working order. **Likewise the foot release from any other type of fitment that may be used must be self- acting and not require the intervention of the athlete or a rescuer”**

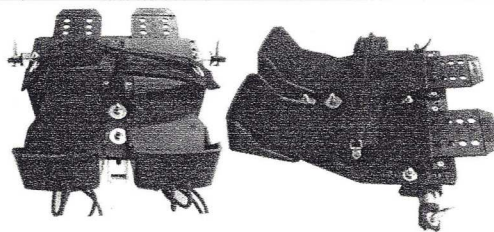
### **THE PROBLEM**

The opening at the rear of a flexible clog, as used on indoor rowing machines, is designed to hold the heel in place. This is a potential problem when used in a boat even with a heel restraint.



### **Solid Heel Section**

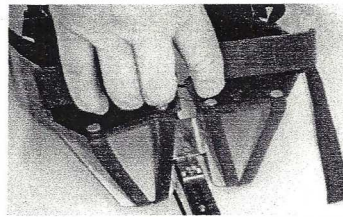
Burgashell Boats now sell a solid heel modification which when used with a heel restraint conforms to the Water Safety Code.



A

### **TWO side heel restraints**

This tested modification employs two heel restraints, positioned as shown. This has the effect of opening up the heel section to allow unrestricted removal of the foot.



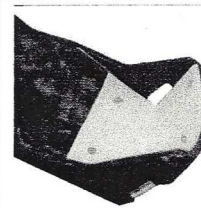
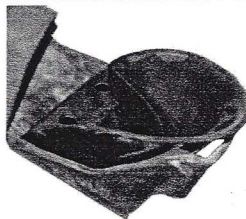
B

### **DIY Modifications to cover the heel gap:**

**Use of a secured heel cup** together with a heel restraint.

**Use of a secured plastic section** together with a heel restraint.

**NOTE:** There may be other modifications, which satisfactorily address the problem and the question to ask is “**Have you tested this method and are you confident that it will allow the foot to be released without intervention?**”



C

“**Krew Klips**” Not a flexible clog, but a fitment that satisfies the Water Safety Code and tested for the Water Safety Committee. Release is through the sideways movement of the foot and because the whole shoe is released **it must not have a heel restraint.**

