

Heel-ties

2016 recertification seminar

The rule...

- **3.5 Foot Stretchers or Shoes**

All boats equipped with foot stretchers or shoes must allow the rower to get clear of the boat without using their hands and with the least possible delay in the event of a capsize. If heel restraints are used to this effect, they must independently limit heel lift to a maximum of 7 cm for each shoe or type of foot gear fitted to the boat.

What types of shoes are we talking about?

- Clogs – no checking necessary
- Concept2 – banned
- Shimano – no checking necessary. However, if a heel restraint has been added, these are not acceptable
- Other types [Active Tools shoes and running shoes] - checking is necessary

The issue...

- There is a history of National Team athletes releasing the heel-tie restraints once they have left the dock
- Athletes returning to their club after participating in National Team programs are coming back with that attitude
- That is now spreading amongst the club athletes

So.....

Shoes not being restrained to meet the 7 cm restriction represent a safety concern

Safety is our number one priority

What are our options?

Heel-tie checking

- Stay with just checking heel-ties on the out-dock?
- Check [randomly?] on the water?
- Check [randomly?] when shells are returning?
- Check [randomly?] in the boat area?