



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

**Heel Restraint Guidelines.**

**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)