



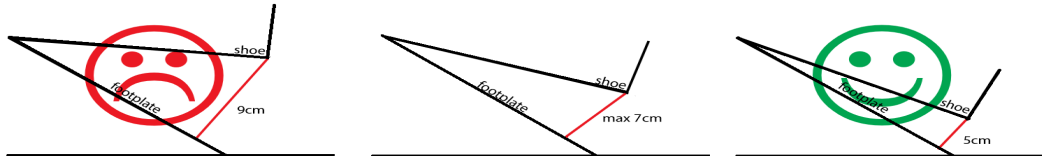
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Heel Restraints

Heel Restraints play an important role in allowing the rower to evacuate the boat quickly in the event of capsizing. These are one of the checks that occur prior to any race and if found defective the boat will be disqualified from racing.

Heel restraints provide no practical function if they are too long. 5cm is the correct length with a max of 7cm allowed. See the diagram below.

The limit for your heel restraints has now changed.



When inspecting the shoes, ensure:

- That the shoes are fixed into position.
- The heel restraints are of the correct length and are durable (No shoe laces or cable ties).
- There is an individual heel restraint for each shoe.

Regards

Liam Harrison
WBC Safety Officer

Ger McCarthy
WBC Captain