

Safety Alert - Heel Restraints

There have recently been several issues at events where boats presented for inspection have had missing or inadequate heel restraints and other problems. This shows a lack of concern for safety, by clubs, coaches, and rowers, that will not be tolerated.

The British Rowing Rules of Racing apply at all British Rowing events. FISA may have different rules but these only apply at FISA events.

Rule 7-2-8b of the Rules of Racing requires each heel to be restrained to prevent it from rising higher than 7cm, as measured at right angles from the footplate. Furthermore, the heel restraint should be in working order and the foot release must be self-acting and not require the intervention of the athlete or a rescuer.



If you do turn up to a race and upon inspection your boat has safety defects, then you will not be able to boat until these have been fixed. You may be given an Official Warning under Rule 7-1-3. If you are then late at the Start and receive another Official Warning you will be disqualified. If you cannot fix your boat to meet the safety requirements then you will not be able to race.

Effective heel restraints are just as important during every outing, perhaps more so without safety cover that is normally available at events. You should check your boat before going afloat. It is not good enough to just check the heel restraints, you should check all the safety features on your boat. There is a video showing you how to do this at <https://www.youtube.com/watch?v=f-52ajVjzkl&feature=youtu.be> and further information in section 7.1 of [RowSafe](#).

Any boat or equipment that is found not to be safe should be quarantined, with the nature of the damage clearly marked to ensure that it is not used. It is also important to ensure that any damage is repaired before the boat or equipment is used again.

Please also see the Safety Alert on checking your boat before you go afloat at <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-Check-Your-Boat-Before-You-Go-Afloat.pdf>.

If you want to race then you must comply with the rules.

If you want to row then you should take care of the safety of yourself and others.

Stephen Worley
Honorary Rowing Safety Adviser
safety@britishrowing.org

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