

**Temporary Waiver for Use of Concept2 Foot Stretchers in a US Rowing Registered Regatta**

*This document has two sides. Please read and sign the reverse side for information regarding the decision to prohibit the use of Concept2 foot stretchers in US Rowing registered events before signing this waiver.*

Due to the relatively short notice of this ruling and the expense of conversion of equipment, US Rowing is allowing a temporary waiver of the rule prohibiting the use of Concept2 foot stretchers.

By signing this document you are asserting that you (please initial each statement):

RK Understand the safety issues involved with the use of Concept2 footstretchers in your boat(s).

RK Can make decisions for your club/crew/teammates and will share this information with any and all team members who may be affected by it.

RK Agree to not use ANY shoe or footwear with a heel that can be trapped within the foot stretcher. Socks or soft booties are the only footwear allowed with the Concept2 foot stretcher at this event.

RK Understand that this is a temporary waiver that applies to the Masters Regional Championships in Oakland, CA for the dates June 30, 2013.

RK Understand that if this boat and/or crew qualify for the Masters National Championships that you may NOT be able to obtain a waiver at that event. Waiver at this event does not constitute waiver at the 2013 Masters Nationals or any other US Rowing registered regatta.

Name (please print): REBA KNICKERBOCKER

Signature: 

Title: HEAD COACH

Club/Organization: EAST BAY ROWING CLUB

## USRowing Referee Committee Rule Interpretation Concept 2 – Foot stretcher

Dated: April 24, 2013

### Introduction:

During the past month, USRowing became aware of a potential safety issue related to boats using the C2 foot stretchers in replacement of shoes. While we understand the advantage that this provides to clubs with multiple sized rowers using the same equipment, we found there is substantial and grave risk that rowers wearing typical running and athletic shoes in these stretchers may become trapped should the boat capsize or sink. Given these concerns, the Referee Committee determined that boats equipped with the C2 stretcher do not meet the intent of Section 3-109. Given that the racing season is underway and it would place crews using this set-up in their equipment in a difficult position of finding a shoe solution during racing weeks, we have set a timeline to phase in the ruling to disallow the C2 stretchers to be used to race in USRowing Registered Regattas beginning in June 10, 2013.

During the interim period and effective immediately, the Referee Committee and USRowing have decided to permit the C2 stretcher under the following constraint until June 8, 2013:

***Crews using the C2 must meet the rules requirement for heel ties by using two 3 inch heel ties to hold each sides of the rear of each clog. Further, and because shoes (especially running shoes) have a heel that locks into the opening of the rear of the clog, athletes must row using only socks or soft boat booties. Running shoes or any footwear that presents a potential to catch in the heel cup are not to be worn.***


### Background:

On April 4, 2013 the USRowing Referee Committee met to discuss the adaption and use of Concept 2 Erg clog and foot stretcher (C2) in shells during USRowing Registered Regattas and if the C2 met the safety requirements of Section 3-109 of the 2013 Rules of Rowing. Prior to meeting, the Committee researched the C2 including its adaption to racing shells and the ability for an athlete's shoe and foot to be efficiently removed from the stretcher in the event of a capsize. This research included discussions with the manufacturer, coaches, and athletes as well as a representative of the materials committee from FISA and a representative of the Canadian Referee Program. The Committee has determined that the C2 does not meet the safety criteria outlined in The 2013 Rules of Rowing, Section 3-109 which states:

*Section 3-109 Footgear Release (\*) Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than three inches (7.5 cm) above the footboard to which it is anchored.*

The Committee's ruling was driven by two issues: 1) The heel cup of the C2 is not designed to accept a heel tie. 2) The slot in the heel cup can catch and hold the sole of a running shoe preventing the rower from performing a hands free, quick release.

I acknowledge receipt of a copy of this letter:

  
\_\_\_\_\_  
Signature  
**REBA KNICKERBOCKER**  
\_\_\_\_\_  
Print Name