

2K ADJUSTABLE LENGTH ROWING SHOE INSTRUCTIONS

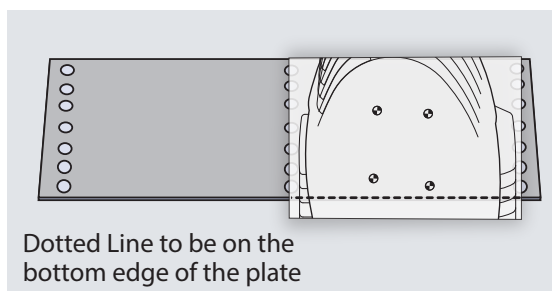


INSTALLATION

- 1 Your new Active Tools shoes should be direct replacements for your old ones providing they had the original 'Adidas' screw fixing pattern. However some makes of shoe have inaccurate, or misaligned, versions of this pattern (including some Adidas shoes) so the mounting holes may have to be adjusted slightly. Alternatively we can supply new shoe mounting plates to suit most boats.
- 2 If the old hole pattern is substantially different, or you are using new un-drilled plates, you will need to use the template supplied. In most situations the 'Standard Installation' instructions will work well but if your boat is unusual, or you want to set your shoes at a specific angle relative to each other, please follow the 'Custom Installation' instructions.

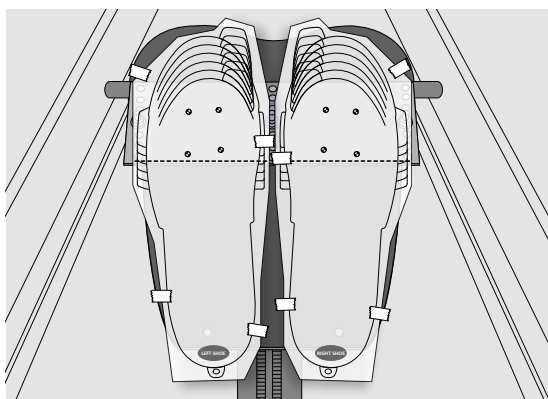
Standard Installation

- a) Cut out the areas of the template sheet shown in the illustration (only one is shown, for clarity).
- b) Locate the templates on the shoe mounting plate so that the shoes will be positioned as you want them to be.
- c) Mark the mounting hole positions on the plate and drill 1/4 inch or 6mm diameter holes in the marked positions and then countersink the holes on the rear of the plate.
- d) Fit the shoes to the plate using the Stainless Steel countersunk screws provided.



Custom Installation

- a) Cut the template sheet into two pieces to separate the right and left shoe templates.
- b) Leave the foot stretcher in the boat and set the shoe mounting plate to its middle position. Attach the templates to the foot stretcher in the exact positions you want the shoes to be in using small pieces of sticky tape. When you do this make sure that the shoe positions are set so that the footplate can be moved to achieve a sufficient range of heel heights.



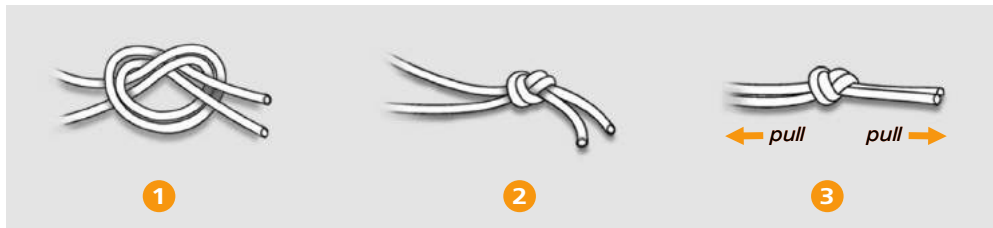
- c) Mark the mounting hole positions on the plate, remove the plate, drill 1/4 inch or 6mm diameter holes in the marked positions and countersink the holes on the rear of the plate.
- d) Fit the shoes to the plate using the Stainless Steel countersunk screws provided.

- 3 After fitting the shoes you need to check that the heel heights are correct.
- 4 On some shoe mounting plates space may be limited so nuts, rather than thumbscrews, will need to be used to hold them in place.

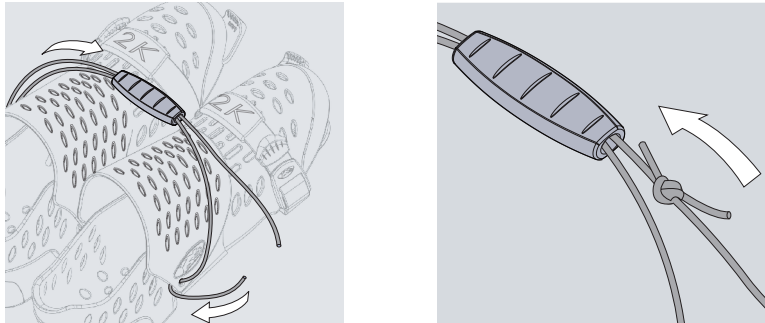
- 5 The yellow and black heel restraints must now be fitted.

! It is extremely important that this is done carefully as properly fitted heel restraints are vital in the event of a capsiz. **!**

- a) Your shoes come with two sets of ties so that you have a spare set when the originals need replacing. These are high quality ties (rock climbing accessory cord) however they can still eventually fray. It is therefore essential to check them every few weeks.
- b) The ties should be fitted so that the heels can only rise by an absolute maximum of 3 inches/75mm and preferably by 2 inches/50mm.
- c) We recommend you use the Overhand Knot shown, as it is simple and reliable. Then make sure you pull it tight.



- 6 To attach the Quick Release link you need to thread the grey lanyard through the round holes in the ends of both main straps and then back through the rubber Puller. Finally, tie the ends of the lanyard together and pull the knot back into the hole through the Puller so that it is hidden.



IN USE

- 1 You must adjust the shoes to your shoe size before use as the adjustment mechanism is locked when your feet are in them.
- 2 The toe straps should be adjusted tightly enough that your feet do not move around but not so tightly that they become uncomfortable over time. These are like erg foot straps, so you will need to wiggle them as you pull them.
- 3 For maximum comfort, the main straps should only be wrapped down the sides of the shoes, not pulled tight.
- 4 The shoes should be washed regularly using warm soapy water and then rinsed to keep them clean and hygienic.
- 5 Above 70°C/160°F the foam mouldings will shrink. This temperature won't be seen in normal use but can occur inside vehicles on hot sunny days.

MAINTENANCE

After a period of time the Velcro on the straps will inevitably degrade. The straps can easily be changed but the replacements are only supplied as a set.

Please note that the straps should be replaced only once as by the time two sets of straps have worn out the structure of the shoes may have begun to weaken and they should be replaced.

SAFETY

! Heel restraints are vital to your safety and it is therefore extremely important that they are fitted and adjusted properly. They should also be checked every few weeks and replaced if there is any sign of fraying. **!**

A spare set of heel restraints is supplied with the shoes and further sets can be purchased from the Active Tools website.

