

WEARING OF GP BOOTS DURING
TRAINING INVOLVING PROLONGED RUNNING

AB430-1
DAMS (HLTH) 19

DGAT

For Information: Pers Br

Log Br

Mat Br

Lieutenant Colonel
SO1
Pers Coord

29 AUG 1983

1. The GP Boot is designed to protect the foot and ankle during prolonged walking over rough terrain and, when correctly fitted, it accomplishes this very well.
2. The boot is not designed to run in for more than short distances as damage to feet, ankle joint, knee and spine increase considerably at distances in excess of two kilometers.
3. Although it is accepted that realistic training must incur some physical and perhaps medical penalty, it is considered that the penalty incurred in 'operationally unlikely' exercise training is not only undesirable, it is counter productive in that permanent harm may be done to otherwise fully trained soldiers. Running in GP Boots for prolonged distances is considered 'operationally unlikely'.
4. Consequently, where prolonged running/double march in excess of two kilometers is required for training it is suggested that suitable footwear should be used - ie a running shoe.
5. For your consideration.

(W.O. RODGERS)
BRIG
for DGAHS
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25 Aug 83