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UNCLAS CANLANDGEN 026 CLS 042/02

SUBJ: RUNNING IN COMBAT BOOTS

REF: LFCO 24-2

1. THE RECENT PROVISION OF AN ORTHOPEDICALLY IMPROVED COMBAT BOOT HAS NOT CHANGED THE CLS POLICY WITH RESPECT TO RUNNING IN COMBAT BOOTS. SUBSEQUENTLY, THE DIRECTION ISSUED AT CANLANDGEN 006/98, AS RE-ITERATED BELOW, REMAINS IN EFFECT.
2. "COMBAT BOOTS ARE DESIGNED FOR WALKING, NOT RUNNING. THE ROUTINE CONDUCT OF RUNNING IN COMBAT BOOTS, PARTICULARLY FOR LONG PERIODS OR DISTANCES, IS CONSIDERED TO INCREASE THE LIKELIHOOD OF LOWER BODY INJURIES. CONSEQUENTLY, I AM DIRECTING THAT RUNNING IN COMBAT BOOTS, AS PART OF PHYSICAL FITNESS TRG, WILL CEASE IMMEDIATELY. THIS DIRECTION SHOULD NOT BE INTERPRETED AS PRECLUDING THE WEARING OF COMBAT BOOTS FOR ROUTE MARCHES, WHEN SUCH MARCHES ARE

INCORPORATED INTO FITNESS PROGRAMMES"

END OF ENGLISH TEXT

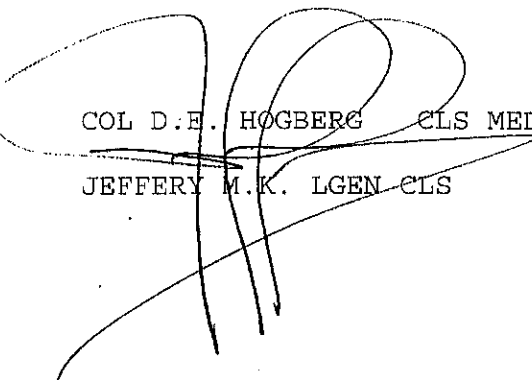
OBJET : COURSE A PIED EN BOTTES DE COMBAT

REF.:OCFT 24-2

1. L ACQUISITION RECENTE D UN NOUVEAU MODELE DE BOTTE DE COMBAT AMELIORE SUR LE PLAN ORTHOPEDIQUE NE MODIFIE PAS LA POLITIQUE DU CEMAT SUR LA COURSE A PIED EN BOTTES DE COMBAT. LA DIRECTIVE EMISE DANS LE CANLANDGEN 006/98, REPRODUITE CI?DESSOUS, DEMEURE EN VIGUEUR.

2. LES BOTTES DE COMBAT SONT FAITES POUR MARCHER, NON POUR COURIR. LA COURSE A PIED ROUTINIERE EN BOTTES DE COMBAT, SPECIALEMENT POUR DE LONGUES PERIODES OU POUR UNE LONGUE DISTANCE, AUGMENTE CONSIDERABLEMENT LA POSSIBILITE DE CAUSER DES BLESSURES AU BAS DU CORPS. EN CONSEQUENCE J ORDONNE QUE LA COURSE EN BOTTES DE COMBAT FAISANT PARTIE D UN PROGRAMME D ENTRAINEMENT PHYSIQUE CESTE

IMMEDIATEMENT. CETTE DIRECTIVE NE S APPLIQUE PAS AU PORT DE BOTTES
DE COMBAT POUR LES MARCHES SUR LA ROUTE QUAND CES MARCHES SONT
INCORPOREES DANS UN PROGRAMME D ENTRAINEMENT.



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