

## FOOT CARE INFORMATION

Most cadets when attending AAFC activities have, for the greater part of the year, not worn footwear made of leather. The most common footwear appears to have been sneakers or similar trendy style. This style, although very comfortable to wear, has the disadvantage in that the transition to leather can result in the wearer becoming foot sore due to the softness of the feet. The difference in leather and the rubberised canvas is too great for the feet to cope with suddenly, especially during hot times of the year. To assist you the following remedies are suggested.

**Remedy 1** During the time left to you before arrival at the activity take the opportunity to spend time on the beach and allow your feet to soak in the natural salt water. It will help the feet. Failing going to the beach, soak your feet in a strong salt solution regularly.

**Remedy 2** Between now and the activity commencing, on as many days as you can manage wear your GP boots and service shoes around the house and yard so that you can adjust to the leather boots/shoes. Remember that sneakers tend to 'give' more due to the construction and material used. The wearing of your boots/shoes is especially important if they are new ones.

**FEET-CARE** A large amount of time will be spent on your feet, moving from one venue to another or on the parade ground, so your feet play a significant part in your life. LOOK AFTER THEM. Some of the most common problems encountered are:

- a. Ingrown Toe Nails;
- b. Foot Rot, better known as Tinea; and
- c. Blisters.

**Remedy 1** Soaking of the feet at the beach or in salt water will assist, if not cure the tinea, and the skin will harden enough to help prevent blisters.

**Remedy 2** Ensure that your shoes and boots fit well and that you have plenty of socks for the duration of the activity. They should be thick ones for wearing with GPs and, ideally, should be wool as these absorb the perspiration, whereas nylon/polyester tends to make the feet sweat.

**Remedy 3** Have your toe nails correctly cut and trimmed, and if necessary remove the protruding corner of the nail which grows under the skin and cripples you. It is this part of the nail which creates the severe pain and in some cases becomes infected. Be careful when removing this part of the nail. If you are not sure, seek the advice of your parents. If you are prone to In Grown Nails, it may be best to seek professional advice from a doctor or a podiatrist/chiroprapist who will show you the correct way to trim your nails.

**Remedy 4** Keep your feet clean and dry, particularly between the toes, and use some powder to absorb the dampness that will occur in your GP boots after even one day's training.

**Remedy 5** Include a pair of light runners and a pair of thongs in your personal gear. You should always be wearing thongs in the showers to avoid the chance of catching tinea from someone else, and the lightweight shoes give your feet a chance to relax.