



National
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CHIEF OF MILITARY PERSONNEL

CANADIAN FORCES HEALTH SERVICES HEADQUARTERS



Canada

COMMANDEMENT DU PERSONNEL MILITAIRE

QUARTIER GÉNÉRAL DES SERVICES DE SANTÉ DES FORCES ARMÉES CANADIENNES

Injury Reduction Strategies

Wondering why injury reduction strategies should be important to you? Here are some things to consider.

Did you know, musculoskeletal injuries:

- Leave many military personnel with a lifetime of pain and disability;
- Are the #1 reason CAF personnel DAG red;
- Significantly reduce operational readiness;
- Increase CAF recruitment and retention challenges;
- Are largely preventable and self-inflicted;
- Often result from training errors - doing too much, too hard, too often, too soon;
- Are very costly in terms of treatment, work time lost, release of experienced personnel and pensions.

Injury prevention is a leadership issue!

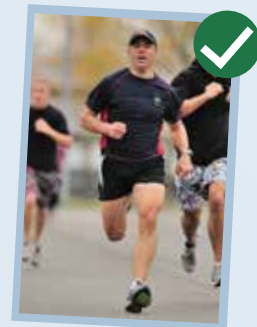
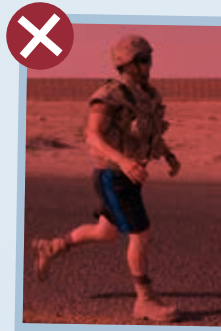
Here are **14 simple evidence-based injury prevention strategies** that can be employed in your unit and your personal physical fitness and sports programs.

These strategies have been proven to work, are easy to apply, have no negative impact on physical fitness, and most cost nothing to implement.

Running Strategies

1 No endurance running with combat boots, rucksacks, helmets, body armour or weapons.

2 Divide unit runs into **ability groups**.



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**STRENGTHENING THE
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Running Strategies

3 Run for **time** not distance.

4 Limit runs to **30 minutes** maximum – a maximum of **3 times/week**.



Smart Training



5 Unless there are operational considerations, use body weight proportional loads for rucksack marches – **30% body weight** maximally.

6 Have the shortest personnel lead all unit runs, walks, and marches.

7 Avoid rapid increases in training load (intensity, frequency, and duration). Training load should not increase more than **10%** a week.

8 **More Core** – put greater emphasis on core strength development.

9 Start every workout with an **active warm-up** – doing movements like what your workout will require. For example: doing arm circles prior to swimming.

10 Have well-trained fitness staff design and deliver your unit's fitness training. There are fitness instructor training opportunities available through **PSP Fitness training**. In addition to this, your local PSP Fitness staff can also help lead or design your unit fitness training.



Recovery

11 Every 4th week of training should be considered a rest/recovery week where the training load is reduced by 50%.

12 Schedule at least **48hrs of recovery** between:

- high impact activities such as – running, jumping and rucksack marches;
- hard and easy workouts.

Hydration



13 When exercising in hot environments, **drink fluids** before, during, and after the workout.

14 If you are training less than 60 minutes, hydrating with water is fine. If you train for greater than 60 minutes, sports drinks are better.

More strategies are available [here](#) and a briefing can be organized with your local STF PSP HP Del team.

