

CISM INTERNATIONAL SYMPOSIUM
PRETORIA - SOUTH AFRICA
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TRAINING OF CONSCRIPTS IN THE DANISH ARMED FORCES (Part 2)

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Ladies and gentlemen,

In the second part of my presentation I would like to initiate - if possible - a short discussion about the doctor's role in the physical training.

In a regiment in Denmark we have a medical clinic, sick quarters etc. all headed by a consultant, assisted by 1 - 2 doctors.

As said earlier, the majority of new soldiers have never trained before. They are very soft, so When we start to put training loads on them, they suddenly - perhaps for the first time in their lives - feel their muscles. It may hurt a little - you know this wonderful feeling of having a new muscle - but as they are not familiar with this kind of pain, the soldier believes he is ill and visits the doctor.

Here we meet a very normal problem. The doctor cannot find anything wrong. However he is never 100% sure, so in order not to do something wrong he decides that the soldier should not take part in the training for 2 weeks. The doctor's decision is not questioned in the Company, so the soldier already in poor physical condition - is not allowed to take part in any training for further 2 weeks. After the two weeks the soldier will have to start from the beginning again probably in training group P or R far behind the rest of the Company. All this just because he felt a little sore in his muscles.

We have found it absolutely necessary in Denmark to have close cooperation with the doctors. We use this model to explain it.

Annex 16.

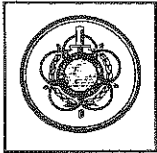
The word coordination is ok, but the word cooperation have been better in this vufoil.

We have trained the sports officers in the Regiment, during their 10 months course at my school to know so much about the human anatomy and physiology that they can without trouble have a fruitful discussion with a doctor.

The sports officers arrange meetings with the doctors, the company physical instructors and the Company Commanders in order to plan the physical training load we intend to put the soldiers through. In this way we give the doctors a deeper knowledge of what is required in the Companies. The doctors are now able to read the daily schedule from the Companies with insight.

We had very good results in Denmark getting doctors to understand more of what really is going on in the units. They know the different kinds of physical training, and they are now the first ones to call the regimental sports officers should a Company Commander demand too much and cause stress/strain among his soldiers.

A few soldiers do get injuries. The regimental sports officers have a special knowledge on how to



rehabilitate these soldiers. In the regiments we have special equipment for this training, and the training is guided by the sports officer or in some barracks by a physiotherapist. All training, of course is in close cooperation with the doctors.

This rehabilitation training we have only done in this sophisticated way for a couple of years. The results are so good that we will undoubtedly continue this project to save soldiers from being rejected from active duty.

Annex 16

My last remark will be a comment on this vufoil. In the middle I have added a 12 minutes test.

In the Danish Armed Forces - all services - and all professional military personnel - will have pass a 12 minutes physical running test twice a year, in the spring and autumn.

Annex 17

This test is not just something you do if you feel in the mood for it. No, in Denmark it is a must. If you don't do your test, or if you fail to run the number of meters you are supposed to do - you are in trouble.

If you fail to pass the test you are to be examined by a doctor. If you are found to be healthy, but in poor condition you are given 2 months of training helped by sports officer. After this time you will be re-tested. If you fail again you can forget all about new stars, courses etc. - you are "grounded".

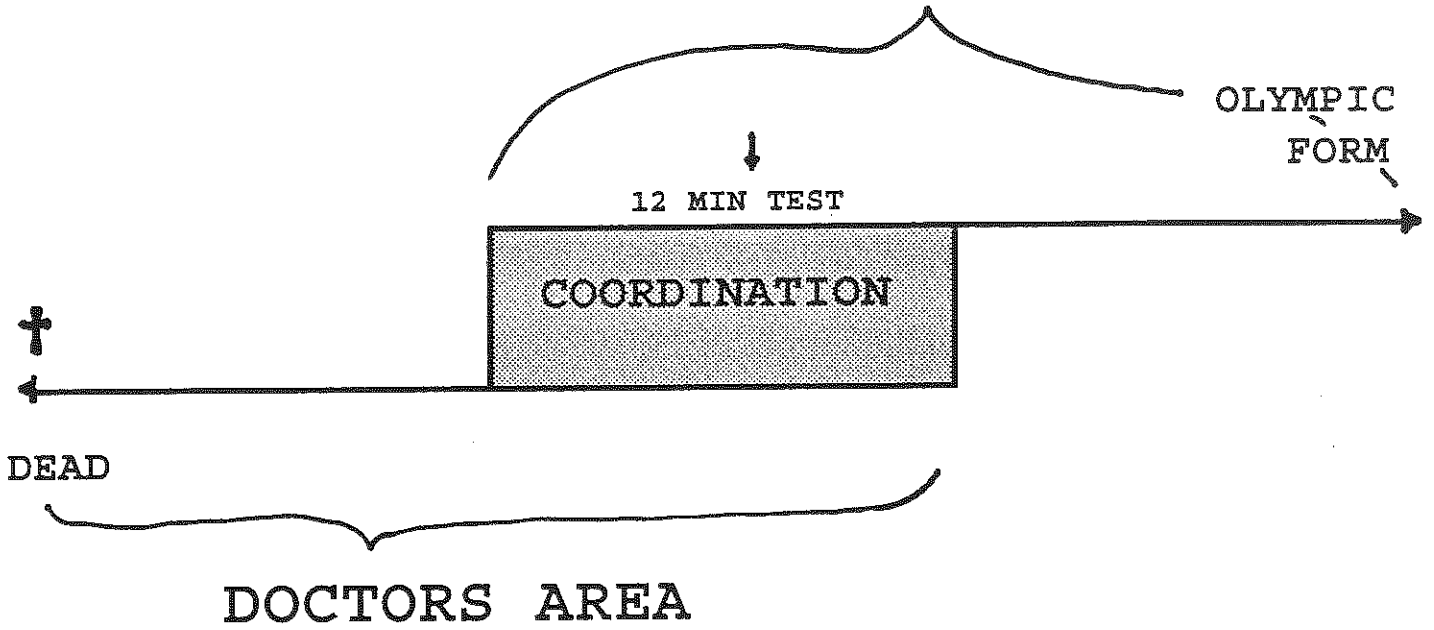
Should the doctor find that you need medical care you are excused from the test, but you are then considered too ill to go on in your military career for the time being, so you are put on "hold".

If you are in are in a unit you will have to do the same tests as the soldiers in the unit - I have already mentioned that before. If you can run 5 km in 25 minutes, you, of course do not have to run the 12 minutes test, as well.

This terminates my lecture, ladies and gentlemen, thank you for your attention.

PHYSICAL CONDITION

TRAINERS AREA



12 MINUTES TEST

COMPULSORY TEST FOR ALL PERSONNEL IN THE
ARMED FORCES.

TO BE PASSED TWICE A YEAR (SPRING AND AUTUMN)

AGE	DISTANCE	REMARK
- 29	2.400	
30 - 34	2.300	
35 - 39	2.200	
40 - 44	2.100	
45 - 49	2.000	
50 -	1.800	VOLUNTARY