

Anything Technical - Training Courses

Course Day 3. Boot Fitting and Customisation

Our boot fitting course is aimed at either total beginners or those who have had a small amount of experience working with fitting boots in either a retail or rental environment.

We start by explaining the basic anatomy and make up of feet and the lower leg.

An understanding of different foot shapes is vital to determine which brand and model of boot would best suit each individual. Flat, supinated, pronated, high arched feet etc.

An in depth look into how technology has changed the general make up of boots follows. This includes looking at boots through the years from the original leather boots, through the rear entry era to the high tech plastic boots that now dominate the market.

We look at all the boot adjustments from closure buckles, ski/walk modes, forward lean mechanisms, flex adjusters, spoilers, airbags and canting rivets.

The sizing of feet is vital so we look at the different areas of the feet that will dictate whether a boot will be ideally suited to an individual allowing for shape and ability level.

We then discuss all the aches and pains associated with winter sport footwear and discuss the methods and techniques of solving or eliminating the problems all together.

We finish by looking at customisation. This includes customised insoles, heat mouldable shells, heat mouldable inner boots, foam injection, and boot stretching/expanding.

Itinerary :-

1. Sizing Foot anatomy and leg/body alignment.
2. Sizing, fitting and adjustments.
3. Potential problems and remedies.
4. Boot stretching/expanding
5. Customisation. Moulded insoles, inner boots and plastic shells

We finish by making a pair of customised insoles for all attendees who request them.

You will also get the chance to try on various different brands and models of boots to ascertain which is best suited to the size and shape of your feet and to your ability level.