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FM COMDT COGARD WASHINGTON DC  
TO ALCOAST  
BT

UNCLAS

ALCOAST 077/24

SSIC 1020

SUBJ: EASING ADMINISTRATIVE REQUIREMENTS - BODY COMPOSITION  
SCREENING BETA TEST

A COMDT COGARD WASHINGTON DC 311212Z JUL 23/ALCOAST 274/23

B. Body Composition Standards Program, COMDTINST 1020.8I

1. This ALCOAST announces updates to the Body Composition Screening (BCS) Beta Test announced in REF (A) for the April 2024 semiannual screenings. The goal of the BCS Beta Test is to reduce the total administrative time spent on the BCS and weigh-in processes. The April 2024 BCS Beta Test will expand to include additional units. Military members assigned to Cutters, Boat Stations, Aids to Navigation Teams, PATFORSWA, Deployable Specialized Forces, and FORCECOM Special Missions Training Center (SMTC) units are eligible to participate in this BCS Beta Test.

2. REF (B) added the Boat Crew Physical Fitness Test (PFT) as a method of body composition compliance. In accordance with REF (B), members are eligible for PFT compliance only if they exceed their maximum allowable weight, do not achieve compliance through body fat assessment or abdominal circumference measurement, and pass the medical pre-screening requirement.

3. The BCS Beta Test offers individuals at the units listed in para 1, as a first option, the choice to enter the Boat Crew PFT pass date into Direct Access to satisfy the April 2024 semiannual screening requirement. To reduce the risk of injury associated with strenuous exercise by personnel with unknown levels of fitness, the BCS Beta Test is limited to units listed in para 1 because these are commands where a significant segment of their members currently complete a semi-annual Boat Crew PFT as part of their assigned duties.

4. Member Responsibilities. For each member assigned to a unit listed in para 1, the steps to participate in the April 2024 BCS Beta Test differ depending upon the last time the member passed a Boat Crew PFT.

a. Members who passed a Boat Crew PFT between 01 November 2023 and 31 March 2024 shall have their pass date entered into Direct Access during the month of April to satisfy the requirement for the April 2024 BCS Beta Test.

b. Members who passed a Boat Crew PFT on or before 31 October 2023 will need to pass another Boat Crew PFT no later than 31 March 2024 to satisfy the requirement for the April 2024 BCS Beta Test.

c. Members who last passed a Boat Crew PFT prior to 01 July 2023, or have never taken or passed a Boat Crew PFT in the Coast Guard must:

(1) Complete a medical pre-screening questionnaire to determine medical eligibility to safely participate in the Boat Crew PFT.

The "PFT Pre-screen Form" is located at:

(Copy and Paste URL Below into Browser)

<https://www.dcms.uscg.mil/military/Body-Composition-Program/>

(2) If the medical pre-screening determines that a member requires further medical evaluation prior to safely taking a Boat Crew PFT, that member shall not participate in the April 2024 BCS Beta Test, unless medically cleared in time to participate in a Boat Crew PFT on or before 31 March 2024.

(3) If the medical pre-screening determines that a member may safely take a Boat Crew PFT, that member will need to pass a Boat Crew PFT on or before 31 March 2024 to satisfy the requirement for the April 2024 BCS Beta Test.

#### 5. Command Information.

a. Any members at units listed in para 1 who do not follow the steps listed in para 4 to successfully pass a Boat Crew PFT on or before 31 March 2024 are ineligible to participate in the April 2024 BCS Beta Test and must follow the normal BCS process outlined in REF (B) for April 2024.

b. For members who follow the steps in para 4 and pass the Boat Crew PFT, Commands shall enter the following example text in the "remarks" block at the bottom of the weight and body composition module in Direct Access from 01 to 31 April 2024: "Boat Crew PFT Pre-Screening date: DDMMYY, Pass date: DDMMYY." For members cited in para 4.a and 4.b above, please enter "N/A" for the Pre-Screening date. This Direct Access entry during the month of April 2024 is the final step to participate in the April 2024 BCS Beta Test. Units or members that rely on the April 2024 BCS Beta Test process will remain red in CGBI, but will be considered compliant with Semiannual Body Composition Screening. No changes will be made to DA until completion of the Beta Test.

6. Units listed in para 1 that are unable to participate in the April 2024 BCS Beta Test due to an extended deployment or time at sea shall comply with the normal BCS process outlined in REF (B) for April 2024.

#### 7. Beta Test Analyses. The Coast Guard will:

a. evaluate how many commands and members used the Beta Test in April of 2024 to successfully complete the semiannual screening requirement;

b. assess any increased administrative burden to medical clinic personnel, and;

c. assess any other unintended negative outcomes. Based on this evaluation, the BCS Beta Test may become a permanent option for specific commands to complete the semiannual BCS requirement.

8. POC: For medical screening questions, contact COMDT (CG-112) at: [HQS-BodyCompMedical@uscg.mil](mailto:HQS-BodyCompMedical@uscg.mil). For general policy questions contact Office of Military Personnel Policy (CG-1M11) at: [HQS-BodyCompPolicy@uscg.mil](mailto:HQS-BodyCompPolicy@uscg.mil) or visit the Body Composition website at:

(Copy and Paste URL Below into Browser)

<https://www.dcms.uscg.mil/military/Body-Composition-Program/>

9. RADM M. W. Raymond, Assistant Commandant for Military Personnel (CG-1M), sends.

10. Internet release is authorized