

R 012020Z APR 25 MID120001835864U  
FM COMDT COGARD WASHINGTON DC  
TO ALCOAST  
BT

UNCLAS

ALCOAST 157/25

SSIC 1020

SUBJ: EASING ADMINISTRATIVE REQUIREMENTS - BODY COMPOSITION  
SCREENING BETA TEST

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

B. COMDT COGARD WASHINGTON DC 131347Z FEB 24/ALCOAST 077/24

C. Body Composition Standards Program, COMDTINST 1020.8I

1. This ALCOAST announces an extension to the Body Composition Screening (BCS) Beta Test announced in REFs (A) and (B) for the April 2025 semiannual screenings. The goal of the BCS Beta Test is to reduce the total administrative time spent on the BCS and weigh-in processes. Military members assigned to Cutters, Boat Stations, Aids to Navigation Teams, PATFORSWA, Deployable Specialized Forces, and FORCECOM Special Missions Training Center (SMTTC) units are eligible to participate in this BCS Beta Test. In addition, military members who are required to complete the Boat Crew PFT as part of their law enforcement designation or assigned billet, including Sector boarding teams and security forces, and Training Center boat houses, are eligible to participate in this BCS Beta Test.

2. REF (C) added the Boat Crew Physical Fitness Test (PFT) as a method of body composition compliance. As is being done within the Department of Defense, the Coast Guard is reviewing existing standards set for members of the Armed Forces pertaining to physical fitness, body composition, and grooming. As such, commands are reminded that only those units covered under the beta test in para 1 are authorized to conduct the Boat Crew PFT in lieu of semi-annual Body Composition Screening (BCS) in April 2025. All members not permanently assigned to a unit listed in para 1 must conduct the BCS in accordance with REF (C); there are no other exceptions. In accordance with REF (C), members must conduct the BCS in order, which requires:

- a. Max Allowable Weight (MAW); if non-compliant, then
- b. Taping, which includes two- or three-site taping (based on sex), and/or abdominal circumference (AC); if non-compliant, then
- c. Medical Screening for authorization to conduct Boat Crew PFT; then
- d. Boat Crew PFT.

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 (DA) to satisfy the April 2025 semiannual screening requirement. The BCS Beta Test is limited to units listed in para 1 because a significant segment of the members assigned to these units complete a semi-annual Boat Crew PFT as part of their readiness requirements.

4. Member Responsibilities. For each member assigned to a unit listed in para 1, the steps to participate in the April 2025 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 2024 and 30 April 2025 shall have their pass date entered into DA during the month of April to satisfy the requirement for the April 2025 BCS.

b. Members who passed a Boat Crew PFT on or before 31 October 2024 will need to pass another Boat Crew PFT no later than 30 April 2025 to satisfy the requirement for the April 2025 BCS.

c. Members who last passed a Boat Crew PFT prior to 01 September 2024, 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 completing a Boat Crew PFT, that member shall not participate in the April 2025 BCS Beta Test unless medically cleared in time to participate in a Boat Crew PFT on or before 30 April 2025.

(3) If the medical pre-screening determines that a member may safely complete a Boat Crew PFT, that member will need to pass a Boat Crew PFT on or before 30 April 2025 to satisfy the requirement for the April 2025 BCS.

#### 5. Command Information.

a. 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 30 April 2025 are ineligible to participate in the April 2025 BCS Beta Test and must follow the normal BCS process outlined in REF (C).

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 DA from 01 to 30 April 2025: "Boat Crew PFT Pre-Screening date: DDMMYY, Pass date: DDMMYY." For members cited in para 4.a, 4.b, and 4.c.1 above, please enter "N/A" for the Pre-Screening date. Commands will also select "compliant yes" in DA. This DA entry during the month of April 2025 is the final step to participate in the April 2025 BCS Beta Test. Members that participate in the April 2025 BCS Beta Test may temporarily remain red in CGBI but will be considered compliant with the April 2025 Semiannual BCS. No changes will be made to DA until completion of the Beta Test, however CGBI reporting is in the process of being updated.

6. Units listed in para 1 that are unable to participate in the April 2025 BCS Beta Test due to an extended deployment or time at sea shall comply with the normal BCS process outlined in REF (C).

7. Beta Test Analyses. The Coast Guard will:

a. evaluate how many commands and members used the Beta Test

in April of 2025 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. There has been a noticeable increase in reliance on the Boat Crew PFT since it became an option for BCS compliance. As a result, members have gotten farther away from MAW and max allowable body fat percentage or AC. Members are reminded that if a temporary or permanent physical disability prevents attempting or passing the Boat Crew PFT, and the member is beyond the probation-eligible limits for MAW, Maximum Body Fat percentage, or AC, REF (C) requires these members be processed for mandatory separation.

9. POC: For medical screening questions, contact COMDT (CG-1K2) 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/>

10. CAPT Ryan P. Matson, Acting Assistant Commandant for Military Personnel (CG-1M), sends.

11. Internet release is authorized.