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FM COMDT COGARD WASHINGTON DC  
TO ALCOAST  
BT

UNCLAS

ALCOAST 362/24

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 REF (A) and (B) for the October 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. 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 (C) added the Boat Crew Physical Fitness Test (PFT) as a method of body composition compliance. In accordance with REF (C), 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 (DA) to satisfy the October 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 October 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 May 2024 and the release date of this message shall have their pass date entered into DA during the month of October to satisfy the requirement for the October 2024 BCS.

b. Members who passed a Boat Crew PFT from 01 February 2024 to 30 April 2024 will need to pass another Boat Crew PFT no later than 30 September 2024 to satisfy the requirement for the October 2024 BCS.

c. Members who last passed a Boat Crew PFT prior to 01 February 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 taking a Boat Crew PFT, that member shall not participate in the October 2024 BCS Beta Test, unless medically cleared in time to participate in a Boat Crew PFT on or before 30 September 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 30 September 2024 to satisfy the requirement for the October 2024 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 September 2024 are ineligible to participate in the October 2024 BCS Beta Test and must follow the normal BCS process outlined in REF (C) for October 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 DA from 01 to 31 October 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. Commands will also select "compliant yes" in DA. This DA entry during the month of October 2024 is the final step to participate in the October 2024 BCS Beta Test. Units or members that rely on the October 2024 BCS Beta Test process may temporarily remain red in CGBI, but will be considered compliant with 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 October 2024 BCS Beta Test due to an extended deployment or time at sea shall comply with the normal BCS process outlined in REF (C) for October 2024.

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

a. evaluate how many commands and members used the Beta Test in October 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-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/>

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

10. Internet release is authorized.