

## **ACN 028/19 - MAR 2019 CHANGE TO WEIGHT AND BODY FAT SCREENING PROCEDURES AND EXEMPTIONS TO WEIGH-IN OCCASIONS**

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ALCOAST COMMANDANT NOTICE

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FM COMDT COGARD WASHINGTON DC//CG-1//

TO ALCOAST

UNCLAS //N01000//

ACN 028/19

SUBJ: CHANGE TO WEIGHT AND BODY FAT SCREENING PROCEDURES AND EXEMPTIONS TO WEIGH-IN OCCASIONS

A. Coast Guard Weight and Body Fat Standards, COMDTINST M1020.8 (series)

B. Military Assignments and Authorized Absences, COMDTINST M1000.8 (series)

1. During this year's State of the Coast Guard Address, the Commandant committed to forward-leaning policy changes including modifications to the Coast Guard's Weight and Body Fat Standards, as they pertain to women. COMDT (CG-1) is leading a multidisciplinary team, that includes the Personnel Readiness Task Force, to review the Service's policies and standards concerning weight and body fat. The team will make recommendations within the next 100 days to meet the Commandant's Guiding Principles.

2. In response to feedback from the field and preliminary information provided by the Women's Retention Study (WRS), the following changes to REF (A) are effective immediately:

a. Taping:

(1) All service members requiring taping have the option to be taped over the uniform of the day, physical training (PT) gear, or in accordance with current policy for abdominal and hip measurements. This optional "over the clothes" method will use the same measurement locations and taping procedures in REF (A).

(2) An allowance of one inch will be subtracted individually from both abdominal and hip measurements to account for the "over the clothes" method. The recording of these measurements and the averages noted in para 2.D.3 of REF (A) still apply.

(3) Neck measurements remain over the skin, no allowance will be made.

(4) The preferred physical training gear is the USCG PT T-shirt and USCG Basic PT Shorts, but civilian physical training clothing is authorized.

(5) Appropriate under garments shall be worn during the taping process. Compression garments, pantyhose or shape wear of any kind are not authorized during taping.

(6) Members who fail a tape measurement using one method shall be given the option to be retaped using any of the methods above.

(7) All other processes and procedures outlined in REF (A) for taping remain in effect.

b. Exemptions:

(1) Service members are exempt from weight and body fat standards during pregnancy and are not required to participate in weigh-ins. The member's previous weight data will be entered into Direct Access (DA) and the member will be considered compliant.

(2) Service members on maternity convalescent leave and primary or secondary caregiver leave authorized in REF (B) are not required to break their leave to participate in required weigh-ins in Chapter 2 of REF (A). Those members that are not exempt from a weight and body fat screening must participate in the missed weigh-ins within 30 days of their return to duty status.

3. Questions regarding policy or other human resource management matters may be directed to the Office of Military Personnel (CG-133) at: [HQS-PolicyandStandards@uscg.mil](mailto:HQS-PolicyandStandards@uscg.mil).

4. Policies and standards in REF (A) not specifically addressed in this ACN remain unchanged. However, the changes mentioned in this ACN will be implemented into the next revision of REF (A), which will be released within the next year.

5. Released by RADM W. G. Kelly, Assistant Commandant for Human Resources.

6. Internet release is authorized.