

**COAST GUARD BODY COMPOSITION PILOT PROGRAM**  
**PHYSICAL FITNESS TEST PROTOCOLS AND PROCEDURES**

1. Purpose. These protocols should be used to administer the Physical Fitness Test (PFT) for compliance with the Coast Guard Body Composition Pilot Program. These protocols were adopted from the Cooper Institute's Physical Fitness Assessments and Norms, for Adults and Law Enforcement 2009.
2. Safety. There is a risk of injury for all personnel participating in physical activity, even those related to improving and maintaining health and performance. The environment and the characteristics of the participants also contribute to the overall injury risk. The command representative conducting the test should seek the advice of medical or Unit Safety Officer for information concerning these risks and how to minimize the possibility of injury. To reduce the potential for injury, commands are responsible to ensure member's level of physical fitness, including acclimatization to environment and what is appropriate for any physical demands required operationally.
  - a. Support Personnel. The command will ensure at least one Cardio Pulmonary Resuscitation (CPR)-certified monitor, is present for every 25 members participating in a test. Monitors cannot be test participants and do not have to be members of the medical staff.
  - b. Medical Emergency Assistance. A safety plan must be in place for summoning emergency assistance. At a minimum, the plan must include telephone numbers and procedures for summoning aid, clear directions for emergency response personnel to avoid confusion and ensure prompt arrival. Include guidance for contacting base security personnel to assist with rapid access of emergency personnel to test site. Cellular phones, walkie-talkies, and other two-way communication devices are acceptable. When a swim test is conducted, at least one certified lifeguard must be present.
3. Authorized Test. The only authorized PFT for Compliance with the Body Composition Pilot Program is the Physical Fitness Test in Part 4, Chapter 3 of the U.S. Coast Guard Boat Operations and Training (BOAT) Manual Volume I COMDTINST M16114.32(series). No substitutions are authorized.
4. Test Site Selection and/or Certification. The command will select the most level 1.5- mile course available. The course will be free of steep inclines and declines no more than a 3% grade, surface irregularities, and sharp turns. Verify or measure course distance with measuring wheel 7. A bike odometer may only be used if measuring wheel is not available. If these tools are not available contact [HQS-BodyCompPFT@uscg.mil](mailto:HQS-BodyCompPFT@uscg.mil) for further guidance.
5. Weather Safety Concerns. The fitness testing shall not to be conducted under harsh environmental conditions. Specifically, the test should not be conducted outdoors when wind chill is 20 degrees Fahrenheit or lower, or when hot weather "black flag" conditions exist (wet bulb globe temperature [WBGT]) of 90 degrees Fahrenheit or higher.

6. Physical Fitness Test Pre-Screening Questionnaire. Prior to taking the PFT for Body Composition Pilot Program compliance, personnel complete the medical pre-screening form and submit to medical. A Coast Guard IDHS or Medical Officer must clear the member to take the PFT. If a member is not cleared to take the PFT they are unable to take the test for compliance with the Body Composition Pilot Program. If a member cannot complete a single portion of the test, they will not be able to pass the test. The form can be found at <https://dcms.uscg.mil/military/Body-Composition-Program/> .
7. Dynamic Warm-Up. The command representative should lead participants in a five to ten minute dynamic warm-up exercise session prior to the start of the tests. The warm up session is not designed to tire members. Training Fitness Instructor Cards available at <https://dcms.uscg.mil/military/Body-Composition-Program/> for reference.
8. Hydration. Adequate fluid intake is vital to safe participation in any physical exercise. Members are encouraged to drink water before and after physical activity, especially in hot weather.
9. Cool-down. At end of the physical activity, members are required to participate in a cool down period to allow the heart rate to decline gradually. Cool down should last at least five minutes. Without cool-down, members may become dizzy or light-headed due to blood pooling in the extremities.
10. Injury Reporting. If members are injured during any physical activity, either command-authorized or personal, they must report their injury to their supervisor and ensure they are Fit For Duty or have the appropriate duty status.
11. Procedure and Order of Testing. Following a standardized protocol for order of testing ensures that every fitness assessment is delivered fairly every time. According to the Cooper Institute's Physical Fitness Assessments and Norms, for Adults and Law Enforcement 2009, a battery of fitness tests should occur in the following order:
  - a. Abdominal Muscular Endurance (sit-ups) then rest for at least five to ten minutes.
  - b. Upper Body Muscular Endurance (push up), then rest for at least five to fifteen minutes.
  - c. Cardiovascular Endurance (1.5 mile run), then cool down for at least five minutes.

12. One-Minute Push Up Test.

- a. Test Description. This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps).
- b. Required Equipment.
  - (1) Gym mat or suitable flooring.
  - (2) Stop watch or timing device.
  - (3) 3 inch sponge or 3inch yoga block
- c. Test Administration.
  - (1) Have the member place his/her hands slightly wider than shoulder width apart, with fingers pointing forward. The administrator places a 3 inch sponge on the floor below the subject's chest.
  - (2) Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the sponge.
  - (3) Subject then returns to the starting position. This is one repetition.
  - (4) Resting can only be done in the up position. Both hands must remain in contact with the floor at all times. Continue the test for 1 minute, or until fatigue or proper form can no longer be maintained.
  - (5) The total number of correct pushups completed in one minute is recorded as the score.

Males	Push-ups
Under 30	29
30 to 39	24
40 to 49	18
50 to 59	13
60+	10

Females	Push-ups
Under 30	15
30 to 39	11
40 to 49	9
50 to 59	9
60+	9

### 13. One-Minute Sit-Up Test.

- a. Test Description. This is an easily administered test for measuring abdominal endurance. The subject does as many bent knee sit-ups as possible in one minute.
- b. Required Equipment.
  - (1) Gym mat or suitable flooring.
  - (2) Stop watch or watch with a second hand.
- c. Test Administration.
  - (1) Test subject should be screened for lower back impairment or pain. Persons suffering back pain or high, uncontrolled blood pressure, should not do this test.
  - (2) Be sure participants are well instructed in the proper technique. Describe and if needed, demonstrate the correct technique. They may want to practice once or twice before beginning the test.
  - (3) Instruct the subjects to:
    - (a) Lie on their back on a mat, knees bent, feet shoulder width apart with heels on the floor and hands cupped behind the ears. Exemption: Some health risk assessments require arms to be crossed in front of the body with fingertips on shoulders.
    - (b) A partner holds the feet down firmly.
    - (c) The subject then performs as many correct sit ups as possible in one minute.
    - (d) In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor.
    - (e) Score is the total number of correct sit-ups. Any resting should be done in the up position.
    - (f) Breathing should be as normal as possible, making sure the subject does not hold their breath.
    - (g) Neck remains in the neutral position. Do not pull on the head or neck.

Males	Sit-ups
Under 30	38
30 to 39	35
40 to 49	29
50 to 59	25
60+	22

Females	Sit-ups
Under 30	32
30 to 39	25
40 to 49	20
50 to 59	16
60+	15

#### 14. 1.5 Mile Run Test.

- a. Test Description. This is a test which measures cardiorespiratory fitness. The runner covers a distance of 1.5 miles in as short a time as possible without undue strain.
- b. Required Equipment.
  - (1) Stop watch to time the run to the nearest second.
  - (2) An accurately measured, flat, 1.5 mile course. If a 440 yard track is used, 6 laps must be completed using the inside lane (lane 1). If using a 400-meter track, an additional 15 yards must be run after the six laps are completed.
- c. Test Guidelines. The following are some guidelines to be followed in preparation for the 1.5 mile run test.
  - (1) Members should not eat a heavy meal or smoke for at least two to three hours prior to the test.
  - (2) Members should warm up and stretch thoroughly prior to the test.
  - (3) Members should practice pacing themselves prior to the test.
  - (4) Members may attempt to run too fast early in the run and become fatigued prematurely. Running partners may accompany members around the track to help pace them.

d. Test Administration.

- (1) Participants should be in good health and currently used to running (at least 4 times a week). The tester should have participant's warm-up and cool down after the run.
- (2) Participants should be dressed in clothes ready to exercise, preferably exercise shorts or pants and running shoes.
- (3) Instruct participants to:
  - (a) Warm up by walking at a moderate pace for two to five minutes.
  - (b) The participant runs 1.5 miles as fast as possible.
  - (c) During the administration of the test, the participants can be informed of their lap times. Finish times should be called out and recorded.
  - (d) Upon test completion, a mandatory cool down period is enforced. The participants should walk slowly for about five minutes immediately after the run to prevent pooling of blood in the lower extremities.
  - (e) If participants experience any pain or severe shortness of breath or other abnormal signs, they should walk or stop and seek medical attention if necessary.

Males	1.5 Mile Run
Under 30	12:51
30 to 39	13:36
40 to 49	14:29
50 to 59	15:26
60+	16:43

Females	1.5 Mile Run
Under 30	15:26
30 to 39	15:57
40 to 49	16:58
50 to 59	17:55
60+	18:44

## 15. 1.5 Mile Treadmill Test.

- a. Test description. The 1.5 mile run event may be conducted on a treadmill at CO's discretion where appropriate facilities and equipment are reasonably available. Treadmill must have following features:
  - (1) Motor-driven running surface belt with emergency stop button.
  - (2) Adjustable speed displayed in miles per hour.
  - (3) Inclination adjustment.
  - (4) Odometer that accurately measures distance traveled in miles.
  - (5) 1.5 mile run may be conducted on a treadmill as follows:
    - (a) Member straddle treadmill belt with treadmill inclination set at 1.0 percent. Neither the treadmill belt nor stopwatch is running.
    - (b) The tester will signal start and member will start the treadmill at desired speed. Member is required to step onto the belt as soon as it starts moving, i.e., not wait until the belt has reached its programmed speed. As soon as member starts running, the tester will start the official time using a stopwatch.
    - (c) The tester will announce the start and call time within two minute intervals until the member has traveled 1.5 miles.
    - (d) Treadmill speed may be adjusted to member's comfort anytime during test.
    - (e) Member may momentarily touch the treadmill's safety bar with fingertips or open palm for safety to recover balance. Member may not, however, grab or hold onto the bar for any reason other than to recover balance.
    - (f) Member is allowed to briefly pause the treadmill to retie a shoelace. No distance must be counted towards the member's score during the pause. The stopwatch, however, will continue to run.
    - (g) Time is recorded with a stopwatch to nearest second. Although most treadmills are equipped with an accurate time display; only the time recorded by stopwatch must be used for official scoring. This is done to account for the time to retie a shoelace.

b. Treadmill Test conclusion. The treadmill event is ended when the member:

- (1) Stops running or walking other than to retie shoelace or to remove a foreign object from their shoe (for safety purposes). If this should occur the member must pause the machine.
- (2) Completes 1.5 miles.
- (3) Supports body weight by holding onto or leaning against the treadmill support bar other than to momentarily regain balance (treadmill test only).
- (4) Changes treadmill inclination.



## 16. 12 Minute Swim Test

a. Test description. This is a test which measures cardiorespiratory fitness and may be used in place of the 1.5 mile run test. The member covers as much distances as possible in 12 minutes. The member may wear, goggles, or a face mask. Fins, webbed gloves, snorkels or floatation devices are not allowed. A certified Life Guard shall be present during the test. Commands will be required to provide access to a proper testing facility.

### b. Equipment

- (1) A swimming pool of a known length in yards (one lap \_\_\_\_ yards). Most pools are 25 yards in length so a member will need to complete 16 laps.
- (2) Stop watch to time the run to the nearest second.
- (3) A partner to time the test and count laps.

### c. Instructions

- (1) Warm up before taking the test. Swim a few laps slowly.
- (2) Swim at a steady pace for the entire 12 minutes, using any stroke(s) and resting as necessary. A lap is counted when the member touches the side of the pool. A member may use the side of the pool to push off with their feet or hands after touching the side, a flip turn is authorized.
- (3) Have your partner count the number of laps swam. Record the total distance.  
Distance swam: \_\_\_\_ yards

Males	12 Min Swim
Under 30	500 yards
30 to 39	450 yards
40 to 49	400 yards
50 to 59	350 yards
60+	300 yards

Females	12 Min Swim
Under 30	400 yards
30 to 39	350 yards
40 to 49	300 yards
50 to 59	250 yards
60+	200 yards