

CG Body Composition Policy

Pilot Program COVID-19 Update
For ADMIN shops



14 September 2020

For Internal Coast Guard Use Only

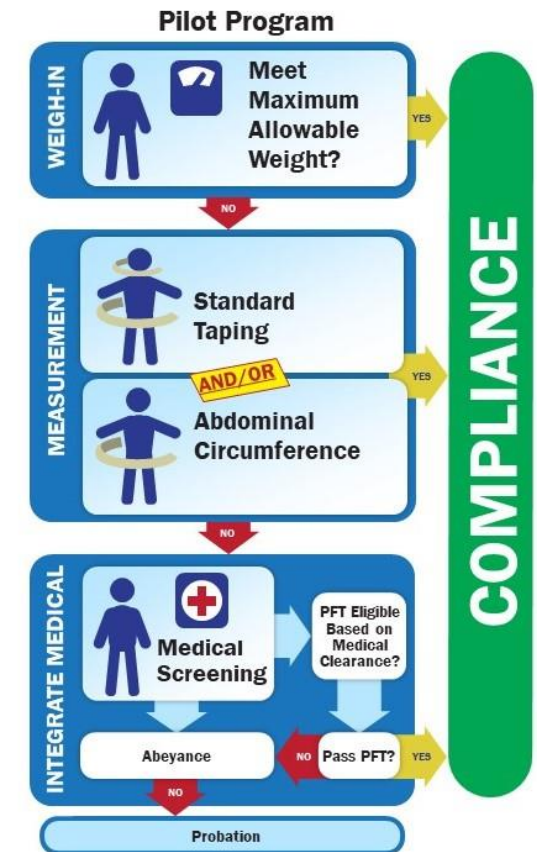
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Key Points

- Body Composition Screenings will resume 01 Oct 2020
 - This includes the Semiannual Body Composition Screening which runs 01-31 October.
 - The Pilot program is extended to 30 Nov 2020. This does not add an extension to the Oct Semiannual Body Composition Screening period.
 - Members should have height checked if not done yet during current tour.
 - Body tapings will follow the recommended additional COVID-19 precautions listed on next slide.

01 Oct 2020 – 30 Nov 2020



COVID-19 Body Composition Screening precautions

1. Establish check-in and waiting area to allow for social distancing. Commands may consider alternate methods for achieving social distancing, i.e. scheduled appointments/schedule people in small groups. May require multiple “weigh-in” dates.
2. Complete COVID-19 symptom/exposure check prior to entry. (example on next slide)
3. Both Member and Taper must be masked.
4. Taper must wear gloves and will change them for each new member being taped.
5. Tape must be wiped down with sanitizer between tapings.



COVID-19 Pre-screening Questionnaire

1. Do you have any of these symptoms that are not caused by another condition?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Recent loss of taste or smell
- Sore throat
- Congestion
- Nausea or vomiting
- Diarrhea

2. Within the past 14 days, have you had contact with anyone that you know had COVID-19 or COVID-like symptoms? Contact is being 6 feet (2 meters) or closer for more than 15minutes with a person, or having direct contact with fluids from a person with COVID-19(for example, being coughed or sneezed on).

3. Have you had a positive COVID-19 test for active virus in the past 10 days?

4. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

➤ If answer is yes to any of the questions member should not be screened until cleared by CG Medical.



For Questions

- For Body Composition Program policy questions contact: HQS-SMB-BodyCompPolicy@USCG.MIL
- For COVID-19 medical issues, contact local medical staff.
- For PPE questions: HSWL SC (se) DD-Safety and Environmental Health Officers are trained on PPE matters and serve as your local subject matter expert. SEHO List:

Field Operations Branch Chief: CDR Pat Wallace, HSWL Service Center

- D1 Boston: LCDR Ryan Butler
- D5 Portsmouth: LT Pat Brown
- D7 Miami: LCDR Carrie Foster
- D8 New Orleans: LCDR Erik Heithaus
- D8 St Louis: LCDR Sarah Maynard
- D9 Cleveland: LCDR Tyler White
- D11 LA/LB: LCDR Steve Vanderlaske
- D13 Seattle: LCDR Ben Weber
- D14: LCDR Doug Erling
- D17: LT Alicen Jordan

