

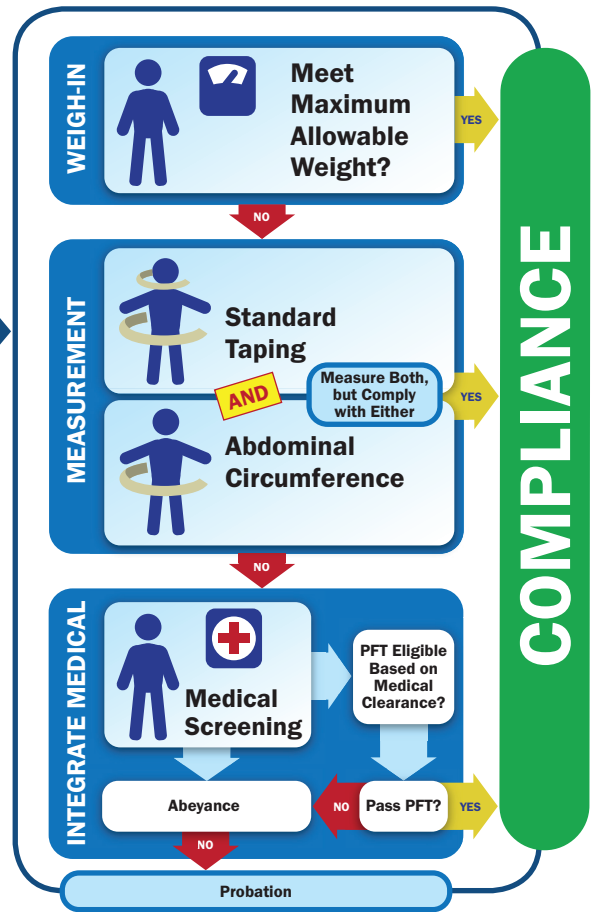


Summary of Major Highlights Coast Guard Body Composition Program

The new Coast Guard Body Composition Pilot Program will offer additional opportunities for members to demonstrate compliance, including a new abdominal circumference (AC) measurement, fitness test, and revised health assessment by medical professionals.

EFFECTIVE OCTOBER 1, 2019

- This Pilot Program is effective for all Body Composition screening (formerly known as weigh-ins) from 01 Oct 2019 to 30 Sep 2020.
- The Max Allowable Weight (MAW) and Max Allowable Body Fat (BF) Percentages remain unchanged:
 - Meet MAW via weigh-in on scale.
 - Meet BF% via existing Standard Taping Method.
- Members who exceed their MAW must be measured using BOTH Standard Taping Method (ST), and Abdominal Circumference (AC) but only need to pass one to be in compliance.
 - Abdominal Circumference will be taken following ST (Body Fat Assessment) with a max of 39 inches for men and 35.5 inches for women.
- Members who exceed both ST and AC measurements, MUST be screened for clearance to take the Physical Fitness Test (PFT).
- If a member passes the PFT, they are in compliance. If they fail, they may be eligible for an abeyance or will be placed on probation.
- Members who are eligible, but elect NOT to take the PFT will be placed on **weight probation**.



Males	Push-ups	Sit-ups	1.5 Mile Run	12-Minute Swim*
Under 30	29	38	12:51	500 YDS
30 to 39	24	35	13:36	450 YDS
40 to 49	18	29	14:29	400 YDS
50 to 59	13	25	15:26	350 YDS
60+	10	22	16:43	300 YDS

Females	Push-ups	Sit-ups	1.5 Mile Run	12-Minute Swim*
Under 30	15	32	15:26	400 YDS
30 to 39	11	25	15:57	350 YDS
40 to 49	9	20	16:58	300 YDS
50 to 59	9	16	17:55	250 YDS
60+	9	15	18:44	200 YDS

Notes:
 (01) 12-minute swim test chart is based on Dr. Kenneth Cooper's research.
 (02) Push-ups and sit-ups must be performed within a one-minute time period.
 (03) Either the 1.5 mile run or the 12-minute swim may be performed to meet the standard.