

## WEIGHT STANDARDS

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Servicewomen are exempt from the weight & body fat standards:

-during pregnancy

-for a period of 6 months following the delivery date

-if nursing, an additional period of 6 months

Total exemption period may not exceed 12 months from date of delivery.

## FAMILY CARE

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Expecting service members should receive counseling on the responsibilities of balancing family care and obligations to the Coast Guard.

Temporary Separation is available for members who desire to remain at home for a period of up to 2 years.

## BREASTFEEDING

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When possible, Commanding Officers/Officers in Charge will ensure use of a private, clean room for expressing breast milk during the workday.

## REFERENCES

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General: Pregnancy in the Coast Guard, COMDTINST 1000.9

Aviation Duty: Coast Guard Aviation Medicine Manual, COMDTINST M6410.3 (series)

Uniforms: Uniform Regulations, COMDTINST M1020.6 (series), 3.C.12.

Weight: Coast Guard Weight and Body Fat Standards Program Manual, COMDTINST M1020.8 (series), 5.B.

Military Assignments and Authorized Absences COMDTINST M1000.8A, 2.A.2.i.

Family Child Care Program: Child Development Services Manual, COMDTINST M1754.15, Ch. 5

## FURTHER QUESTIONS?

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See your healthcare provider, Work Life staff, or Work Life counselor for pregnancy and family care questions. Contact the Gender Policy Advisor for guidance on workplace concerns.

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## COMMAND GUIDE TO PREGNANCY POLICIES

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Policies and References for  
Commands regarding  
pregnant members.

## PREGNANCY POLICIES

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Pregnancy is an exciting time in a woman's life. This guide provides a quick reference for commands on the policies affecting the unit and the pregnant servicewoman. Commanding Officers/Officers in Charge are responsible for ensuring that the pregnant servicewoman is aware of these policies and has access to the references and resources. For further clarification, see reference section.

### DUTY RESTRICTIONS

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Upon confirmation of pregnancy, servicewomen are exempt from:

- standing at parade rest for >5 min
- physical training requirements that may affect the health of the fetus or mother (including weapons & boat crew training, swimming qualifications, etc.)

- diving or rescue swimming duty

- exposure to chemical, toxic, or environmental hazards

No pregnant servicemember shall deploy or remain aboard a ship, including small boat duty, beyond her 20<sup>th</sup> week of pregnancy.

Pregnant aviation personnel may be deployed INCONUS after the 20<sup>th</sup> week only if medical facilities equivalent to or better than those currently provided to the member at the assigned air station or available at the deployment site.

Resumption of deployments or assignments to cutters or OCONUS duties, including INCONUS aviation duties, will normally be deferred for 6 months following delivery.

Unless prescribed by a healthcare provider earlier in the pregnancy, servicewomen are usually placed in light duty status between the 36<sup>th</sup> and 38<sup>th</sup> week of pregnancy.

Watchstanders should be limited to a 40-hour workweek during the last 3 months of pregnancy.

### MATERNITY UNIFORMS

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Maternity uniforms may be worn during pregnancy and up to 60 days after returning from maternity leave.

Uniforms are available at the Uniform Distribution Center or at an Air Force exchange (except the maternity ODU). Enlisted women receive a enlisted supplemental clothing allowance (SUPP CMA) after turning in a CG- 5155A form to the Servicing Personnel Office (SPO).

Commanding Officers/Officers in Charge may authorize appropriate civilian attire when there is no uniform equivalent or maternity uniforms no longer fit comfortably.

### MATERNITY LEAVE

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Commands shall authorize:

- up to 30 days of prenatal leave if the healthcare provider deems it necessary

- for a married member on active duty whose spouse gives birth to a child, 10 days of non-chargeable leave.

- 42 days of postpartum convalescent leave after discharge.

### PERFORMANCE EVALS

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Commands shall ensure that pregnant servicewomen do not receive adverse evaluations strictly as a result of pregnancy.

