

FLAG VOICE #510
Body Composition Pilot Program

On 05 August, the Commandant announced the one-year Body Composition Pilot Program. This policy will take effect on 01 October 2019 and run until 30 September 2020. Let me be clear, the Coast Guard is a military service and our standards are not changing. The two main features of the pilot are the introduction of the Abdominal Circumference (AC) Measurement and the Physical Fitness Test (PFT) as additional opportunities to demonstrate compliance and integration of Coast Guard medical into the process.

Over the next year any member required to conduct a Body Composition Screening (formally known as a weigh-in) will follow a familiar process. Members will first be screened for Maximum Allowable Weight (MAW). If the member exceeds their MAW they will be taped using the standard taping process and then taped for (AC). The maximum AC measurements are 39 inches for males and 35.5 for females. Passing either taping measurement will achieve compliance. If the member exceeds MAW and both tapings they will be given a medical pre-screening form to fill out. This form will enable Coast Guard Medical Personnel to assess a member's readiness to take the PFT. If the member is cleared to take the PFT and pass, they will be considered compliant. Members that are unable to demonstrate compliance with Body Composition Standards will be placed in a probationary status or subject to separation.

To ensure a balance between privacy and accuracy, all taping measurements will be taken to skin, except for the hip measurement. Members requiring hip-taping have the option to be taped over the uniform of the day, physical training (PT) gear, or to skin. If the over-the-clothes option is chosen, one inch will be subtracted from the hip measurement.

Local commands will administer the PFT for members who have been medically pre-cleared to take the test. The pilot program will use the PFT found in the U. S. Coast Guard Boat Operations and Training (BOAT) Manual, Volume I. No deviations from the standards in the BOAT manual are authorized.

Before the week is out, you will see three major messaging products. CG-1 will release an updated message to clarify policy questions we have been receiving from the field, along with a "how to" AC measurement video. CG-11 will release a message on medical screening for the PFT.

I ask all leaders take the time to understand this policy change and be prepared to support any service member who needs assistance or guidance complying with body composition standards. In addition, I ask you to ensure our workforce has the maximum opportunity to demonstrate compliance with the standards.



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