

Flag Voice #502

Change to weight and body fat screening procedures and exemptions to weigh-in occasions

During this year's State of the Coast Guard Address, the Commandant committed to forward leaning policy changes including modifications to the Coast Guard's Weight and Body Fat Standards. CG-1 is leading a multidisciplinary team to review and revise the Service's policies and standards concerning weight and body fat. The team will make recommendations and develop policy within the next 100 days to meet the Commandant's Guiding Principles and ensure all members are treated with respect and dignity. While the team is conducting its review, the following changes will be made to Coast Guard Weight and Body Fat Standards, COMDTINST M1020.8(series) in response to feedback from the field and preliminary information provided by the Women's Retention Study.

All members requiring taping can be both weighed and measured in the uniform of the day or physical training (PT) gear. The member has the option to choose to have their abdominal and hip measurements taken per current practices or "over the clothes" regardless of gender. Neck measurements will remain over the skin. Compression garments, pantyhose or shape wear of any kind is strictly forbidden from wear during the measurements. An allowance of one inch to account for the "over the clothes" method will be applied to both measurements. Members who fail a tape measurement using one method shall be given the option to be re-taped using any of the other methods.

Service members are exempt from weight and body fat standards during pregnancy and are not required to participate in weigh-ins. The member's previous weight data will be entered into Direct Access (DA) and the member will be considered compliant.

Service members on maternity convalescent leave and primary or secondary caregiver leave are not required to break their leave to participate in required weigh-ins. Those members must participate in any missed weigh-in events within 30 days of returning to duty if they are not exempt from the screening.

Questions regarding policy or other human resource management matters may be directed to the Office of Military Personnel (CG-133) at: HQS-PolicyandStandards@uscg.mil.


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