

UNCLAS

ALCOAST 468/09  
COMDTNOTE 1050

SUBJ: WEIGHT AND BODY FAT POLICY REGARDING RESIDENT TRAINING

A. WEIGHT AND BODY FAT STANDARDS PROGRAM MANUAL, COMDTINST M1020.8(SERIES)

1. THIS ALCOAST REEMPHASIZES COMMANDING OFFICERS RESPONSIBILITIES FOR VERIFYING WEIGHT AND BODY FAT COMPLIANCE FOR MEMBERS IN RECEIPT OF ORDERS TO RESIDENT TRAINING AND AMENDS THE POLICY CONCERNING VERIFICATION OF WEIGHT COMPLIANCE BEFORE EXECUTING ORDERS TO RESIDENT TRAINING.

2. THE COAST GUARD INVESTS SUBSTANTIAL RESOURCES ON PERSONNEL ATTENDING RESIDENT TRAINING. PER REF A, IT IS IMPERATIVE THAT COMMANDS ENSURE MEMBERS ARE WITHIN ESTABLISHED WEIGHT STANDARDS BEFORE ALLOWING THEM TO EXECUTE ORDERS. TRACENS REPORT MEMBERS ARE ARRIVING OUT OF COMPLIANCE AND, IN SOME CASES, CLASS TIME HAS BEEN SACRIFICED TO ENSURE COMPLIANCE.

3. THE PRACTICE OF PERMITTING MEMBERS TO EXECUTE ORDERS DESPITE CONCERNS OF EXCEEDING WEIGHT AND BODY FAT STANDARDS HAS A NEGATIVE EFFECT ON OUR ORGANIZATION AT ALL LEVELS (COST, MORALE, EMBARRASSMENT, ETC.) IT IS BOTH THE MEMBERS AND THE COMMANDS RESPONSIBILITY TO ENSURE THAT STUDENTS ARRIVE IN COMPLIANCE WITH ESTABLISHED WEIGHT AND BODY FAT STANDARDS.

4. CURRENTLY, CHAPTER 3.5.1 OF REF A, STATES: COMMANDS SHALL VERIFY COMPLIANCE WITH WEIGHT STANDARDS NO LATER THAN 30 DAYS BEFORE A CLASS CONVENING DATE AND UPDATE DIRECT ACCESS WITH THE MEMBERS PHYSICAL CHARACTERISTICS. RECENT EXPERIENCE INDICATES FOR EXAMPLE, THAT A WEIGH-IN IN APRIL IS NOT SUFFICIENT FOR A CLASS CONVENING DATE IN AUGUST, THEREFORE:

A. CHAPTER 3.5.1 IS AMENDED AS FOLLOWS: COMMANDS SHALL VERIFY COMPLIANCE WITH WEIGHT STANDARDS WITHIN 30 DAYS OF A CLASS CONVENING DATE AND UPDATE DIRECT ACCESS WITH THE MEMBERS PHYSICAL CHARACTERISTICS.

B. IF THE MEMBER IS FOUND NON-COMPLIANT WITH WEIGHT STANDARDS, THE COMMAND MUST IMMEDIATELY CANCEL THE ORDERS AND NOTIFY TQC AND PSC, AS APPROPRIATE. FOR CPO ACADEMY CANCELLATIONS, UNITS SHALL FOLLOW THE AREA AND HQS PEOPLE PLAN INSTRUCTIONS.

C. MEMBERS WHO REPORT TO RESIDENT TRAINING AND ARE FOUND NON-COMPLIANT WITH WEIGHT STANDARDS MAY BE DIS-ENROLLED AND REASSIGNED BY PSC (A-SCHOOL STUDENTS) OR RETURNED TO THEIR UNIT (C-SCHOOL STUDENTS).

D. IAW CHAPTER 3.5.3 OF REF A, THE TRACEN WILL NOTIFY THE MEMBERS PARENT COMMAND AND THE FIRST FLAG OFFICER RESPONSIBLE FOR THAT MEMBERS UNIT OF THE DIS-ENROLLMENT BY MESSAGE.

5. ADMINISTRATIVE STAFF MEMBERS WHO PERFORM WEIGH-INS AT THEIR COMMANDS SHOULD ENSURE PROPER TECHNIQUES OF WEIGHING AND TAPING ARE FOLLOWED BY REFERENCING THE VIDEO PROVIDED AT THE FOLLOWING SITE: [HTTP://WWW.USCG.MIL/PETALUMA/CPOA](http://www.uscg.mil/petaluma/cpoa). THIS VIDEO HAS BEEN PROVIDED BY THE CHIEF PETTY OFFICER ACADEMY AND IS A GREAT TOOL TO ENSURE CONSISTENCY AND ACCURACY COAST GUARD-WIDE.

6. COMMANDS SHOULD CONSIDER/MONITOR THE RATE/RANK OF THE MEMBER CONDUCTING THE WEIGH-INS BASED ON THE RATE/RANK OF THE MEMBER BEING WEIGHED AND/OR MEASURED.

7. THESE CHANGES WILL BE REFLECTED IN THE NEXT UPDATE TO REF A.

8. COMMANDS WITH QUESTIONS ABOUT THIS POLICY ARE ENCOURAGED TO CONTACT THEIR SERVICING ADMIN OFFICE FOR CLARIFICATION. ADMIN PERSONNEL WITH QUESTIONS REGARDING THIS POLICY MAY CONTACT LT

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9. RADM R. T. HEWITT, ASSISTANT COMMANDANT FOR HUMAN RESOURCES,  
SENDS.  
10. INTERNET RELEASE IS AUTHORIZED.

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