



U.S. Coast Guard FLOAT/FLIGHT PLAN 5.0 Permanent Change of Station

This form and its contents protected from disclosure by the Privacy Act of 1974, 5 U.S.C. 552a.

Last, First, Middle initial:	
Employee ID number:	
Rate/Rank:	
Departing Unit, City, State:	
New Unit, City, State:	
Departing unit POC/Phone#:	

Email Address:			
Emergency Contact Name:		Phone #:	
New Command Supervisor:		Phone #:	
New Command Sponsor:		Phone #:	
New Command Ombudsman:		Phone #:	
PCS Assist Team:	DOL PCS Assist Team (24/7) PCSAssist@uscg.mil	Phone #:	(833) 551-0887

Members must have and follow a basic plan to communicate with their departing unit and new unit during PCS travel.

New unit POC:		Phone #:	
---------------	--	----------	--

HHG/Transportation Office POC:		Phone #:	
HHG/Moving Company Name:		POC:	
		Phone #:	
HHG Pickup Date (unless PPM):		Secondary HHG Pickup Date:	

PCS Departure Date:		PCS Arrival Date:	
Leave En Route Days:		Travel Days:	
		Proceed Days:	
New unit temporary lodging:		Phone #:	

Member's Signature:		Date:	
Departing unit signature:		Date:	
		Send a copy of this Float/Flight Plan to your new unit sponsor and/or POC. * Consider submitting a New Shipmate Form to your new unit as well!	

Travel Itinerary: Describe in as much detail as is available your travel plan/schedule, including leave (e.g., where do you plan to stay overnight, how are you traveling (car, airplane, ferry), etc...).

State or Country (If not U.S.): Information (how are you traveling, where do you plan to stay)

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	

INSTRUCTIONS

Requirements	<p>All members completing a PCS move in AY21, who have previously executed 2 or fewer PCS moves or are transferring to/from an OCONUS assignment must complete this Float/Flight Plan. Both the departing and receiving commands must review and approve the member's plan. Once complete, members shall ensure signed copies are provided to both commands and sent to PCSAssist@uscg.mil for upload to Move Central no more than 10 days prior to departure. Members shall bring a printed copy of their PCS Orders and PCS Float/Flight Plan while en route to their new duty station.</p> <p>Completion of this form is not required before PCS Orders or HHG are initiated-only prior to departure.</p> <p>Members conducting local PCS (within 50 miles) or PCS requiring no move do not need to complete this form.</p>
Approval Authority	All Float Plans must be reviewed and approved by an E-6 OIC/XPO or E-7 or above.

AMPLIFYING INFORMATION

Work-Life	<p>For Work-Life resources to assist with PCS such as family support, housing, and attorneys, please visit the Work-Life website at: https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/ or download the USCG HSWL app. The PDS TRICARE Nurse Advice Line can be reached by calling (800) TRICARE (874-2273) (option 1) or via the website at: https://mhsnurseadvice.com/ for online chat or video for any members or dependents experiencing COVID-19 symptoms.</p>
Emergency Numbers and Resource Contacts	<p>The PCS Assist Team provides 24/7 coverage via (833) 551-0887 and PCSAssist@uscg.mil. Members are encouraged to contact them at any time if they are unable to resolve their PCS or HHGs issue during this year's PCS season. An important function of the team is to report to senior leadership any PCS moves that did not go as planned once the transit began. Per most current PCS SITREP, these instances must be reported by the receiving command to the PCS Assist Team. The PCS Assist Team must also be contacted once HHG shipment dates are confirmed to complete a mandatory Safety Briefing.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><u>Roadside and Emergency Assistance:</u> Emergency Fire, Medical, Police: 911 National Travel and Traffic Conditions info line: 511 ADTRAV: CONUS: (800) 790-7206 or OCONUS: (904) 954-7850 CITI Card Services (GTCC): (800) 790-7206 AAA Roadside Assist National Number: (800) 222-4357 National Motor Club: (800) 523-4582 Good Sam Roadside Assistance: (800) 842-5351 Allstate: (877) 597-3393 Progressive: (800) 776-2778 Better World Club: (866) 238-1137 USAA: (800) 531-8555 Geico: (800) 424-3426 State Farm: (877) 627-5757</p> </div> <div style="width: 45%;"> <p><u>Medical:</u> American Red Cross: (800) 733-2767 TRICARE West (Health Net): (844) 866-9378 TRICARE East (Humana): (800) 444-5445</p> <p>TRICARE "Find a Doctor" Website: https://www.tricare.mil/ContactUs/CallUs Military Health System (MHS) Nurse Advice Line: (800) TRICARE (874-2273)</p> </div> </div> <p><u>Mental and Spiritual Health</u> CG SUPPORT: (855) CG SUPRT (247-8778) CG Work-Life Local Office Directory: (202) 475-5100 CG Chaplain: (855) 872-4242 National Suicide Prevention Lifeline: (800) 273-TALK (8255) Transitional Mental Health Services between providers: (800) 424-4685 Sexual Assault Safe Helpline 24/7: (877) 995-5247</p> <p>USCG COVID-19 Website: https://www.uscg.mil/coronavirus/ CDC COVID-19 Guidance: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html *If at any time you or your dependents feel you may have come in contact with COVID-19, please contact your primary care manager and follow the CDC guidelines listed at the above link.</p>

