

Coast Guard Weight and Body Fat Standards FAQ's
October 25, 2013 Revision

- 1. Why are there two different separation triggers for repeated failures? What is the difference between a strike and 3 probations in 14 months?** Both strikes and the 3 probations within 14 months are intended to prevent a pattern of non-compliance.

Strikes are used to note any failed semiannual weigh-in, even if the member is on probation. Strikes can only be given for a non-compliant weigh-in during April or October. A strike would not be given to anyone on an exemption or abeyance. For separations, the three strikes must be three consecutive semiannual failures. **Weigh-ins for pcs, tdy, post-exemption, etc. do NOT receive a strike, only semiannual weigh-ins receive a strike.

Example: Member non-compliant Oct 2011 semiannual weigh-in (STRIKE ONE) placed on probation to expire May 2012. April 2012 semiannual weigh-in, member still on probation but weighs in non-compliant (STRIKE TWO). May 2012 completes probation. June receives pcs orders and weighs in non-compliant (NOT A STRIKE – ONLY SEMIANNUALS ARE COUNTED AS STRIKES). October 2012 semiannual weigh-in non-compliant, processed for separation (STRIKE THREE)

The three-probation in 14 month rule does not require probations to be sequential. The probation can result from a failed April/October weigh-in and/or any other failed weigh-in (e.g. resident training; pcs transfer). The 14 month period begins the date the first probation starts.

- 2. Do Chaplains follow Coast Guard Weight and Body Fat Standards?** No. Chaplains must comply with more stringent U.S. Navy requirements which include a physical fitness test. Compliance is monitored by the Chaplain of the Coast Guard's office at CG Headquarters.
- 3. What happens with strikes if a member has a probation period that ends during a weigh-in month?** Commands have the discretion to conduct semiannual weigh-ins as desired. Some units allow members to weigh-in on any work day during April/October. Some units provide a list of available days. Some units require members to all weigh-in on a particular day.

In some cases, a member may be on probation with an end date sometime in the middle of a weigh-in month. When feasible, commands are encouraged to allow the member to complete the entire probation period before reporting for a semiannual weigh-in. This flexibility would avoid a strike for the member. For example, if operations permit, a member with a probation end date of 15 October should be given until 16 October before being required to report to a semi-annual weigh-in.

- 4. Is there a standard formula to calculate body fat?**

The formulas used to populate the body fat estimation table are:

Males: % body fat = $86.010 \times \log_{10}(\text{waist-neck}) - 70.041 \times \log_{10}(\text{height}) + 36.76$

Females: % body fat = $163.205 \times \log_{10}(\text{waist} + \text{hip-neck}) - 97.684 \times \log_{10}(\text{height}) - 78.387$

Use this formula if you have members taller than what is listed in the chart.

***Note – para 2.D.5 mistakenly directs you to “round calculated results of the CV up to the next whole number”. As the chart is in half-inch increments, this direction is not needed; you should round to nearest half-inch if necessary.** This will be corrected in the next revision.

- 5. The photos show women having body fat measurements taken over gym shorts, is this allowed?** All body fat measurements must be taken over bare skin. Women’s hip measurements will be taken over non-shape wear underpants. The photo examples show measurements over gym shorts to protect the privacy of the model.
- 6. Can I take the SWE if I’m on probation?** Yes, however, no one will be advanced unless compliant.
- 7. Are the fitness requirements gone for members on probation?** No. They have been removed temporarily and will be published in the Health Promotions Manual. Until the new guidance is promulgated, members on probation will follow ALCOAST 456/13.
- 8. Why is there now a requirement to tape multiple times and to average the numbers? How is this done? Can’t we just use the number that results in compliance?** Multiple measurements are now required to align with DoD policy. The change should improve the consistency of the measurements.

For most body fat determinations, three sets of measurements will be taken. If the three sets are within 1.0 inches of each other, use the lowest set’s total as the circumference value. No average needs to be calculated in this case.

If the three totals differ by more than 1.0 inches, complete a 4th set of measurements. Look at all four sets of measurements and select the three closest values (do not use all four set numbers). Find the average total for these three sets. To find the average add the three totals and divide by three and then round the result down to the nearest half inch. This number will be used as the circumference value.

A worksheet has been created which may help clarify the process and can be found under “best practices”- sample forms on the webpage:

<http://uscg.mil/hq/cg1/cg133/PolicyStandards/weight/revision/default.asp>

- 9. I’m a reservist on probation, but no admin staff is available during my weekend drill time to monitor my progress. Are there any other options available?** For this situation, commands can allow supervisors to conduct the monthly weigh-ins for members on probation.
- 10. If a member is retiring/separating, is her or she exempt from semi-annual weigh-ins?** No. Orders can be cancelled or extended; therefore members with approved retirement or separations are still required to be measured to ensure compliance until they have departed on terminal leave. Members risk losing their requested retirement date and could be separated. If a command submits a separation package on a member with an approved retirement, it would be in the members best interest to submit a retirement in lieu of discharge request along with the package.

- 11. What do we do with member's under their minimum weight standard?** Complete a command weight referral and send the member to medical for assessment/monitoring. No further administrative measures are necessary.
- 12. When is a weigh-in considered "official"?** Commanding officers have discretion in this decision. Some may consider every weigh-in official. Others may check their members at the beginning of the month and allow them to come back at the end for their "official" weigh-in.
- 13. Not every case is spelled out in the administrative remarks, can we alter to fit the need?**
Yes, if the exact reasoning is not specified in the administrative remarks, you can tweak the form as needed. If the downloadable form is not revisable, simply create the administrative remarks in word to create what you need.
- 14. I have a member pending a medical board that is non-compliant and facing separation, what should I do?** You should complete a separation package per the manual. Annotate in the separation memo the member's status so PSC (epm) can follow up with (psd).
- 15. Why was the form CG-6050 replaced with Command Weight Referral form SF-600?** The CG-6050 violated The Health Insurance Portability and Accountability Act of 1996 (HIPAA) and needed to be replaced as soon as possible. The SF-600 is in compliance and is more in line with new electronic medical file system. This replacement was mandated by ALCOAST 456/13.
- 16. Can the Commanding Officer signature on the Command Weight Referral form be delegated down to admin or logistics officer level?** No, this is not to be delegated below CO/XO, or OINC/XPO level. It is basically a direct order from the CO to have medical treatment (i.e. \$ spent) on a member. Plus this ensure complete coordination between admin/medical/command.