



U.S. Coast Guard Briefing to DACOWITS RFI #7 DEC 2022

Presented by:

Office of Military Personnel – Military Personnel Policy (CG-1334)



7.a. In March 2019, DACOWITS RFI 6, asked the Military Services to provide update to physical fitness training programs. The Committee requests an update to this 2019 RFI. Provide all changes and modifications to your Service's physical fitness instructions since March 2019, to include any updates to body composition measurements (e.g., height, weight, and body fat). In addition, provide the justification for each change/modification that has been implemented since March 2019.

- DoDI 1308.3 is not applicable to the USCG, therefore the USCG has different fitness standards. The USCG does not have a Tier 1 Physical Fitness Test (PFT) nor a Physical Fitness Program. We only use Tier 2 tests for specific job-based requirements.
- The USCG does not align with DoD in its Body Composition Program. The USCG uses a height and weight table for initial screening and then if needed two taping methods (Body Fat 2/3 site and Abdominal Circumference). If member is unable to meet compliance by the first 3 options available, then the member has the option to successfully complete our Tier 2 Boat Crew Physical Fitness Test to achieve compliance.

References:

- a. Body Composition Standards Program, COMDTINST M1020.8I
- b. Fitness Assessment Protocols and Procedures, COMDTINST 6200.1
- c. U.S. Coast Guard Boat Operations and Training (BOAT) Manual, Volume 1, COMDTINST M16114.32D



7.b. Based on the newly revised DoDI 1308.3, what changes or modifications to your Service's physical fitness instruction have been or will be updated in the future? Include revisions to body composition measurements. In addition, provide projected implementation timelines for each change or modification.

Since DoDI 1308.3 does not apply to the USCG, no changes or modifications are planned for USCG policy based on its contents.

However, we offer the most recent major changes to Coast Body Composition Program as of March 2022

- a. Removed requirement for members on abeyances/exemptions to participate in body composition screenings.
- b. Removed requirement for members to be compliant prior to receiving an exemption for sexual assault recovery or infertility treatment.
- c. Added Abdominal Circumference (AC) as a valid compliance measure as well as maximum value and safe AC loss rate.
- d. Abdominal Circumference is now authorized for accession screenings.
- e. Added the Boat crew PFT as a method of body composition compliance.
- f. Added a 30-day waiting period for probation start date to initial probation body composition screening