DEPARTMENT OF THE ARMY
ALPHA COMPANY, TRAINING SUPPORT BATTALION
US ARMY SOLDIER SUPPORT INSTITUTE
10000 HAMPTON PARKWAY
FORT JACKSON SC 29207-7025

REPLY TO
ATTENTION OF

ATSG-SB-A

24 March 2011

MEMORANDUM FOR All Assigned and Attached Soldiers

SUBJECT: Policy Memorandum #17 - Student Enrollment, Height/Weight Measurement, and the Army Physical Fitness Test

1. All United States officers attending courses lasting eight-weeks or longer will undergo height/weight and APFT testing during the courses' first 72-hours.

2. Weigh-in.

a. All students will conduct weigh-ins with the appropriate Improved Physical Fitness Uniform (IPFU), consisting of shorts, t-shirt, and calf or ankle length socks. Soldiers are not authorized to wear spandex under the IPFU during the weigh-in.

b. Students failing to meet the weight and body composition standards outlined in AR 600-9 will be counseled by the A Co commander, flagged IAW AR 600-8-2, and enrolled in the Army Weight Control Program IAW AR 600-9.

(1) After the counseling, the student will meet with a nutritionist at Moncrief Army Community Hospital. In addition, the student will report to the Troop Medical Clinic, where a physician will determine the presence of any medical factors that may influence weight loss or gain.

(2) Once enrolled in AWCP, the student will be weighed-in every 30-days. The student must lose three to eight pounds monthly. If the student does not make satisfactory progress, the commander will counsel the student and provide a recommendation for disposition and/or elimination.

(3) While flagged, students will not be granted pass. If the student successfully meets the weight control standards, the flag will be removed; however, continued monitoring will occur.

3. APFT.

a. Students may only wear commercial running shoes with the IPFU. The following footwear is NOT authorized: minimalist running shoes; lightweight track/road racing flats; racing spikes; toe shoes; or any other shoe that simulates barefoot running.

b. Students failing to pass the APFT (scoring at least 60-points in each event and a GO on the alternate event, if authorized) will be counseled by the A Co commander, flagged IAW AR 600-8-2, and enrolled in a remedial PT program led by the class advisor.

c. The student will be given one retest, at least 30-days after the initial APFT failure. If the student does not make satisfactory progress, the commander will provide a recommendation for disposition and/or elimination.

d. While flagged, students will not be granted pass. If the student does pass the APFT, the flag will be removed.

4. BOLC students cannot graduate unless they meet body composition standards and pass the record APFT. Students in all other courses can graduate, but their DA Form 1059 will be annotated as "marginally met course standards."

5. Profiles. All students must provide Alpha Company with copies of the profiles.

b. Permanent Profiles. Students with permanent profiles will take the record APFT within the limits of their profile.

c. Temporary Profiles. Student with temporary profiles cannot take a record APFT until their profile and mandatory recovery time have elapsed. Following removal from the profile, students must receive a minimum train-up period of twice the profile length (but not more than 90 days) before they can take a record APFT, IAW TC 3-22.20.

(1) If a student reports to their course with a temporary profile (to include a pregnancy profile) which prevents them from meeting all course requirements (to include the record APFT), they will be disenrolled immediately.

(2) Active duty officers will remain assigned to Alpha Company as snowbirds until their profile expires, at which time they will be re-enrolled in a later class.

(3) USAR and ARNG officers will be returned to their home unit.

(4) The only exception is for profiles resulting from an operational deployment; IAW AR 350-1, these students may train within the limits of their profile. They must provide Alpha Company with a memorandum signed by their previous commander, stating that the profile is a result of injuries sustained due to an operational deployment.

6. These standards do not apply to international or civilian students.

NICOLE L. JEPSEN
CPT, AG
Commanding