



DEPARTMENT OF THE ARMY
U.S. ARMY COMBINED ARMS SUPPORT COMMAND AND FORT LEE
2221 ADAMS AVENUE
FORT LEE VIRGINIA 23801-2102

CASCOM POLICY 18-15
NOV 29 2018

ATCL- CG

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: United States Army Combined Arms Support Command and Fort Lee
Pregnancy/Postpartum Physical Training Policy

1. References:

- a. AR 40-501, Standards of Medical Fitness, 14 December 2007/RAR4 August 2011
- b. AR 600-20, Army Command Policy, 6 November 2014
- c. Technical Guide (TG) 255A. U.S. Army Pregnancy Postpartum Physical Training Program, June 2010

2. I am committed to providing an environment that is conducive to the enhancement of Readiness across our installation. Through this commitment I have established the Installation Pregnancy/Postpartum Physical Training (P3T) program. The goals of P3T are to promote a better transition to unit physical readiness training, raise Army Physical Fitness Test (APFT) pass rates and scores, meet height/weight standards, and reduce physical discomforts and stress associated with pregnancy.

3. It is mandatory that all pregnant and postpartum Soldiers enroll in P3T. Upon diagnosis of pregnancy, the Soldier is exempt from regular unit physical readiness training, APFT testing, and weight standards for the duration of the pregnancy and 180 days past pregnancy termination.

4. Commanders will enroll Soldiers who are pregnant or postpartum for participation in installation P3T once they are cleared by their medical provider. All leaders at every level will support P3T and ensure their Soldiers adhere to the requirements set forth by P3T in TG 255A and local tasking requirements.

5. Pregnant Soldiers will wear the physical fitness uniform until it becomes restrictive, after which equivalent civilian attire is authorized. Soldiers will not be required to purchase larger physical fitness uniforms.

6. Pregnant Soldiers will participate in P3T four days a week (Monday, Wednesday, Thursday, and Friday) from 0630-0730 at MacLaughlin Fitness Center. They will also

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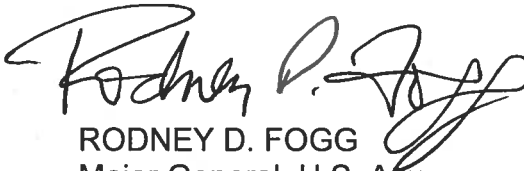
participate in health education classes on Tuesday's from 0800-0900 at the published location.

7. Postpartum Soldiers will participate in P3T five days a week (Monday, Tuesday, Wednesday, Thursday, and Friday) from 0630-0730 at MacLaughlin Fitness Center. They will also participate in health education classes every Tuesday from 0800-0900 at the published location.

8. Exemptions other than medical requirements for Soldiers to participate P3T will be submitted by the unit Company Commander to the P3T Program Manager (PM). Commanders, O-5 level, are the approval authority for all exemptions to P3T.

9. This policy is in effect until superseded or rescinded.

10. Point of contact is the P3T PM at (804) 765-8023 or SSG Decker, P3T Installation Instructor Trainer, thomas.w.decker10.mil@mail.mil.



RODNEY D. FOGG
Major General, U.S. Army
Commanding

Distribution:
LEEKEY