



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
REGIMENTAL NONCOMMISSIONED OFFICER ACADEMY
25TH STREET, BUILDING 24402
FORT GORDON, GEORGIA 30905

ATZH-NC

04 November 2011

MEMORANDUM FOR Regimental Noncommissioned Officer Academy

SUBJECT: Policy Memorandum #10 - Physical Profile for Pregnant Soldiers

1. This policy letter applies to all military personnel assigned or attached to the RNCOA. The purpose of this memorandum is to provide guidance for Soldiers who have been issued a profile for pregnancy.
2. Soldiers that receive a profile for pregnancy receive a memorandum from the hospital that states the Soldier is "exempt from the regular physical fitness training program of her unit". This means the Soldier will not be required to do all normal physical fitness training exercises. She is eligible to attend all formations, to do authorize alternative exercises and to walk at her own pace for the duration of the training period. Weather conditions (including temperature) will be taken into consideration as with other routine training.
3. Soldiers that are pregnant will require certain limitations to perform their normal duty during the last 3 months of pregnancy (after 28 weeks). In order to determine the date of the initiation of these limitations, the profile should provide the Soldiers estimated delivery date (i.e. Estimated Date of Confinement) in block #1 of the profile form. On or about the 28th week; the duty day will be reduced, based on the recommendation by medical personnel. The Soldier should be counseled as to the importance of independently continuing her physical fitness training for the benefit of her overall health. A consistent physical fitness program will contribute to a healthy and speedy recovery upon the finalization of the Soldier's condition.
4. A pregnant Soldier will wear the designated duty uniform until such time as her condition prohibits proper fit. At this time the Soldier will wear the maternity ACU as designated by profile for participation.
5. The pregnant Soldier will be provided a copy of the DA Form 3349 concerning her condition. The graphic exercise depiction on the reverse side of the form needs to be made available for her reference. Installation now requires all pregnant Soldiers to attend pregnancy PT.

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6. The point of contact for this memorandum is the Deputy Commandant, 1SG Robert Barnes III, robert.barnes3@us.army.mil 706-791-7882.

// Original Signed//

TYRONNE L. SMOOT

CSM, USA

Commandant