COMMANDANT OF MIDSHIPMEN INSTRUCTION 6110.3A

From: Commandant of Midshipmen

Subj: PHYSICAL EDUCATION REMEDIATION ATTENDANCE POLICY

Ref: (a) PE DEPT-COMDTMIDN 1610, Memo of Agreement
     (b) DIRATHINST 6110.2C
     (c) COMDTMIDNNOTE 1710
     (d) COMDTMIDNINST 5400.6Q

Encl: (1) Battalion Officer LOI for Midshipman Over BCA Standards
     (2) Battalion Officer LOI for Midshipman Under BCA Standards

1. Purpose. To promulgate policy regarding physical education deficiencies and attendance at Physical Education (PE) Remediation Programs.

2. Cancellation. COMDTMIDINST 6110.3

3. Background. Physical readiness is a key component of the United States Naval Academy’s mission to “develop Midshipmen morally, mentally, and physically.” Midshipmen who have PE deficiencies shall seek remediation as soon as possible, subject to the guidelines provided in the policy below.

4. Responsibilities

   a. Physical Education Liaison Officer (PELO). The PELO shall act as the primary point of contact and information conduit between the Commandant’s staff and the Athletic Director’s staff and provide oversight to the Commandant’s PE remediation attendance policy in accordance with reference (a).

   b. Battalion Fitness Leaders (BFL). The Commandant shall appoint one Fitness Leader per Battalion who shall report to the PELO. The Battalion Fitness Leaders shall conduct the Body Composition Assessment (BCA) procedure (taping), during reform and official PFA weigh-ins per reference (b). The PE Marking Officer shall designate a PE staff member to conduct BCAs for team PFAs in accordance with reference (b).

   c. Company Officers (CO)/Senior Enlisted Leaders (SEL). COs/SELS shall conduct height/weight measurements during reform and official PFA weigh-ins per reference (b).

   d. Midshipmen. Midshipmen shall know their PE status at all times. Those Midshipmen with PE deficiencies shall follow the policy contained within this instruction and seek remediation for PE deficiencies as soon as possible.
5. Policy

a. Course Deficiencies. It is the responsibility of the Midshipmen with PE course deficiencies to contact their course instructor to schedule remediation. For swimming course deficiencies, see paragraph 5b. For PFA deficiencies, see paragraph 5c.

(1) Contact with course instructor to schedule remediation must be completed by the end of the fourth week of the following semester or within 30 days of the end of the course for half semester courses.

(2) Varsity and Club A athletes who have PE participation exemptions per reference (c) are exempt from this requirement only for the duration of the exemption. This applies only to those courses for which the exemption specifies and only for the exemption period. Following the expiration of the exemption, Varsity and Club A athletes have 30 working days to contact their PE instructor to arrange for remediation.

b. Swim Course Failures. Midshipmen with swim course deficiencies are required to attend the PE Swim Remediation Program unless participation is temporarily excused in accordance with reference (c).

(1) All sessions are mandatory unless the Midshipman has a valid excusal per references (c) and (d).

(2) Midshipmen with a valid medical waiver shall participate within the limits of the medical condition which shall be stated on the waiver.

c. Physical Fitness Assessment (PFA) Failures. Midshipmen who fail either the BCA or PRT element of the PFA shall participate in the PE PT Remediation Program unless participation is temporarily excused in accordance with reference (c). For BCA failures, see paragraph 5c(4)(a). For PRT failures, see paragraph 5c(4)(b).

(1) All sessions are mandatory unless the Midshipman has a valid excusal per references (c) and (d).

(2) Midshipmen with a valid medical waiver who are PFA failures shall also participate in the PE PT Remediation Program within the limits of their medical condition which shall be stated on their waiver.

(3) Unless medically waived, Midshipmen must take a weekly remediation PFA (or PRT), as applicable, until they pass. Midshipmen may be released from the PE PT Remediation Program when they meet the below remediation requirements.

(4) Company Officers may elect to require a Midshipman that does not meet any of the above qualifications to participate in the PE PT Remediation Program for documented poor PFA history and performance. This participation would be directed to assist Midshipmen who have a poor track record of meeting standards only with individual workouts.

(a) BCA Failures. Midshipmen shall attend the PE PT Remediation Program. First time BCA failures shall attend the PE PT Remediation program until they pass a weekly administered PFA (BCA and PRT). Midshipmen with two or more official BCA or PRT failures shall
attend the PE PT remediation program until they pass the next official (semester) PFA.

(b) PRT Failures. Midshipmen shall attend the PE PT Remediation Program. First time PRT failures shall attend the PT Remediation Program until they pass a weekly administered PRT. Midshipmen with two or more PRT or BCA failures shall attend the PE PT Remediation Program until they pass the next official (semester) PFA.

d. PE PT Remediation Program and PE Remediation Swim Program attendance records will be maintained by the PE Department, and communicated to the Commandant’s office via the PELO who shall indicate present or absent only. Company Physical Mission Officers (PMO) shall monitor remedial swim and PT attendance records daily and document excused absences per the Midshipmen Table of Priorities in reference (d). Midshipmen with Unauthorized Absences from PE Remedial Programs will be held accountable via the Conduct System.

e. Midshipmen who are PE incomplete without a waiver in PE courses or who are PFA failures are at risk of losing their Spring Break, Summer, or Intercessional leave periods in order to be provided the opportunity to remediate. Additionally, Midshipmen with PE deficiencies shall lose privileges per reference (d).

6. Reform Weigh In

a. All Midshipmen who have not completed the current semester’s PFA will participate in a weigh in during the August and January reform periods as a proactive measure to identify those Midshipmen at risk of failing the BCA element of the semester’s PFA. This weigh-in is separate and distinct from the PFA weigh-in for that semester. Per reference (b), COs/SEls will measure height/weight and BFLs will conduct BCA measurements, if required. BCAs shall be conducted on the same day as a Midshipman’s height/weight measurement. COs/SEls shall enter Midshipmen weigh in data in the Midshipmen Information System (MIDS) no later than the first day of classes.

b. COs/SEls shall assign Midshipmen over BCA standards per reference (b) to the PE PT Remediation Program until they pass the next Official (semester) PFA. COs/SEls shall notify the PELO of those Midshipmen over BCA standards at Reform.

c. Midshipmen whose BCA is over PFA standards at reform shall not lose any privileges (unless a PFA failure from the previous semester and previous deficiencies cause them to be PE deficient).

d. COs/SEls may assign Midshipmen who are within BCA standards at the reform weigh in but possess a history of PFA failures to the PE PT Remedial Program as a proactive measure to ensure a Midshipman’s success on the next official PFA.

7. Midshipmen Over and Under BCA Standards

a. COs/SEls shall ensure Midshipmen whom are over BCA standards and under BCA standards per reference (b) during the reform or official PFA weigh in are reported to the PELO and issued a Battalion Officer Letter of Instruction per enclosure (1) or (2), as applicable. COs/SEls shall track Letter of Instruction progress and completion of their Midshipmen that are over or under BCA standards.
b. In addition to the direction in paragraph 5c., Midshipmen who are over BCA standards shall adhere to the following:

(1) Over Standards. Attend a Nutritional and Behavioral Strategies for Weight Loss Class scheduled by the MDC and report to Brigade Medical for medical evaluation.

(2) Under Standards. Report to the Director of Human Performance Lab for BCA using the Bod-Pod, report to Brigade Medical for medical evaluation, and report to the Midshipmen Development Center for evaluation. Following this review, the Eating Disorder Treatment Team, consisting of the NMO, MDC or MFSD Dietician, MDC Psychologist, and Director of the Human Performance Lab, will make a recommendation to the Midshipmen’s Chain of Command for any additional actions.

c. A Midshipman who is over or under BCA standards shall receive a Battalion Officer Letter of Instruction, per enclosure (1) and (2), following their first weigh-in (reform or official PFA) that he or she weighs in over or under BCA standards. The Letter of Instruction shall be enforced for the remainder of the Academic Year. Midshipmen who weigh-in over or under BCA standards the following Academic Year will receive an additional Battalion Officer LOI.

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)
BATTALION OFFICER LETTER OF INSTRUCTION (LOI) FOR MIDSHIPMEN OVER BCA STANDARDS

Date: __________

From: ________________________ Battalion Officer
To: Midshipman _________________ Class ___, Alpha # _____

Subj: OVER BCA STANDARDS LETTER OF INSTRUCTION

Ref: (a) DIRATHINST 6110.2C
     (b) COMDTMIDNINST 6110.3A

1. Per reference (a), on ________ you failed to meet the United States Naval Academy’s height/weight and body fat standards.

2. You are hereby ordered to complete the following:
   
   a. You are directed to achieve weight loss at the rate of two pounds/week until you achieve USNA standards. This rate of weight loss is considered medically safe and effective for long-term health.
   
   b. You shall meet with your Company Officer monthly (or more frequently, as required) to ensure that you are progressing in this manner and completing all requirements listed below. Your Company Officer is directed to notify me at least monthly if you are not making adequate progress in accordance with these guidelines.

3. In addition to the requirements in reference (b), you are required to complete the following actions in order to assist you in achieving success:
   
   a. Report to Brigade Medical for medical evaluation.
   
   b. Attend a class on Nutritional and Behavioral Strategies for Weight Loss at the location and time promulgated by the MDC. If you fail to make adequate progress after one month of being over BCA standards, your Company Officer will refer you for an individual evaluation by the MDC or MFSD Dietitian.

4. Should you require additional assistance, or if any factors whatsoever develop that hinder your ability to meet BCA standards, you are directed to inform me immediately via your chain of command. You are encouraged to seek support from any of the above referenced services beyond that which is required.

5. You shall report completion of the requirements directed in this LOI to me via your Company Officer.

6. Failure to meet BCA standards in the manner specified above may result in further administrative or disciplinary actions, including a recommendation for disenrollment from USNA.

__________________________________
(Signature of Battalion Officer)

Acknowledged: ___________________________ (Signature of Midshipman) (Date)

Witnessed: _____________________________ (Signature of Company Officer) (Date)

Copy to:
PE Liaison Officer
Company Officer
BATTALION OFFICER LETTER OF INSTRUCTION (LOI) FOR MIDSHIPMEN UNDER BCA STANDARDS

From: _______________ Battalion Officer
To: Midshipman _______________ Class ____, Alpha # ________

Subj: UNDER BCA STANDARDS LETTER OF INSTRUCTION

Ref: (a) DIRATHINST 6110.2C

1. Per reference (a), on ___________ you failed to meet the United States Naval Academy’s height/weight standard.

2. You are hereby ordered to complete the following:
   a. Report to the Director of Human Performance Lab for a BCA using the Bod-Pod (first stop).
   b. Report to Brigade Medical for medical evaluation.
   c. Report to MDC or MFSD Dietitian for evaluation.

3. Following your evaluation, the Eating Disorder Treatment Team will provide a recommendation of any additional requirements for you beyond the direction contained within this LOI.

4. You shall report completion of the requirements directed within this LOI to me via your Company Officer.

5. Failure to complete the above direction in the manner I have specified may result in administrative or disciplinary actions.

________________________
(Signature of Battalion Officer)

Acknowledged: _______________ (Signature of Midshipman) _______________ (Date)

Witnessed: _______________ (Signature of Company Officer) _______________ (Date)

Copy to:
PE Liaison Officer
Company Officer