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US ARMY INSTALLATION MANAGEMENT COMMAND
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APR 13 2015

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MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Fort George G. Meade Policy Memorandum #56, Pregnancy/Postpartum Physical Training Program

1. Purpose: To establish guidance for the implementation of the Pregnancy/Postpartum Physical Training Program (PPPT) at Fort George G. Meade.
2. Scope: Civilian and military personnel participating in or serving with the PPPT program.
3. References:
 - a. AR 40-50, Standards of Medical Fitness, 14 December 2007
 - b. AR 350-1, Army Training and Leader Development, 19 August 2014
 - c. FM 7-22, Army Physical Readiness Training, 26 October 2012
 - d. AR 600-9, Army Body Composition Program, 28 June 2013
 - e. Technical Guide (TG) Series 255A, U.S. Army Pregnancy/Postpartum Physical Training, June 2010
 - f. Fort Meade Pregnancy/Postpartum Physical Training Program Standard Operating Procedures
4. General: PPPT is a commander's program designed to assist pregnant and postpartum Soldiers in meeting their unique fitness needs through a standardized Physical Training (PT) and educational program. The goals of the PPPT program are to maintain physical fitness during pregnancy, improve fitness postpartum for a smooth transition to unit PT, and promote higher Army Physical Fitness Test (APFT) scores and Army Regulation 600-9 height/weight pass rates.

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5. Attendance:

a. PPPT at Fort Meade requires enrollment and attendance for all Active Duty (AD) Soldiers in an installation program during pregnancy and postpartum after receiving health care provider (HCP) clearance to participate in PPPT exercise. During postpartum, the Soldier is exempt from APFT testing for 180 days after delivery and attends postpartum PT up to six months post delivery. Although not mandatory, Soldiers are strongly encouraged during convalescent leave to exercise at their own pace using the at-home guidance provided in TG Series 255A. PPPT is strongly recommended for AD Soldiers not required to participate in unit PT.

b. Soldiers who are enrolled in the program are expected to attend all required training events. If a Soldier has three unauthorized absences they will be considered for disenrollment from the program and possible UCMJ or administrative action by their parent unit.

6. Program Components:

a. Prenatal AD Soldiers meet four days a week: Monday, Tuesday, Wednesday and Friday. Monday, Tuesday and Wednesday at 0630 at Gaffney Fitness Center. Soldiers are expected to report to formation on time and attend each exercise session. Health education classes meet on Fridays at 0630 at McGill Training Center. All pregnant Soldiers must attend these health education classes.

b. PT for postpartum AD Soldiers meet four days a week; Monday, Tuesday, Wednesday and Friday at 0630 at Gaffney Fitness Center. Soldiers are expected to report to formation on time and attend each exercise session. During postpartum, the Soldier will participate for a minimum of 90 days and up to 180 days after delivery. A memorandum of release will be forwarded to the Soldier's unit commander upon postpartum PT completion or if the Soldier passes the diagnostic APFT, meets AR 600-9 height/weight standards, and is approved to return to unit PT by the HCP and PPPT Program coordinator(s). Exceptions to Soldier participation will be made on a case-by-case basis.

7. Procedures:

a. Enrollment:

(1) Mandatory for pregnant and postpartum AD Soldiers in unit PT programs. U.S. Army Reservists and National Guard may participate contingent upon space and resource availability.

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(2) Enrollment is from confirmation of pregnancy up to 180 days after pregnancy termination. The pregnant Soldier must be evaluated by an HCP and medically cleared to participate in PPPT exercise sessions. All Soldiers must attend the health education classes.

(3) Once HCP approval is received, the pregnant Soldier must attend an orientation session at McGill Training Center and provide all required documentation.

b. Accountability:

(1) Once enrolled in PPPT, the Soldier's place of duty during PT time will be the PPPT site. Units will receive attendance rosters to ensure accountability of pregnant/postpartum Soldiers at PPPT. If absent frequently, the Soldier may be subject to administrative action by the unit.

(2) Soldiers may be excused from PT with a memorandum signed by the unit Commander/First Sergeant. Without a signed memorandum, the Soldier will receive an unexcused absence. Participation is a priority, limiting interference from taskings, routine details and admin duty.

(3) The PPPT database will be maintained that should include but is not limited to enrollment, APFT and pregnancy data IAW specifications in TG 255A implementation guide.

c. Uniform: Pregnant Soldiers will wear the PT uniform until it becomes restrictive, and then wear Civilian-equivalent exercise attire. Soldiers are not required to buy larger PT uniforms.

8. Responsibilities:

a. Garrison Commander, Fort George G. Meade:

(1) Maintain command and control of overall execution and funding for PPPT IAW Army Regulations, TG 255A Series, and published local policy memorandum and SOP.

(2) Appoints Instructor Trainer / PPPT Coordinator to direct the administrative and fitness activities of PPPT, following all local PPPT policies.

b. Unit Commanders:

(1) Identify unit POC to monitor enrollment and participation in PPPT. Take appropriate action for unexcused absences.

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(2) Task Exercise Leaders (EL) as required to monitor daily attendance, lead and oversee PT sessions in groups of up to 20 pregnant Soldiers IAW TG 255A EL Manual.

(3) Send pregnant Soldiers to enroll in PPPT upon positive diagnosis of pregnancy.

c. Medical Treatment Facility: Kimbrough Ambulatory Care Clinic:

(1) Provide pregnancy / postpartum information to the unit within one week of pregnancy diagnosis and provide updated information on pregnancy status as required. HCPs provide profiles to the Soldier that specify if Soldier is cleared to participate in PPPT indicating if participation is with no restrictions, specified restrictions or education only.

(2) Appoint Medical Expert (ME) to serve as medical consultant to unit commanders, PPPT staff and ensure coordination of PPPT Health Education. ME will follow all local PPPT policies and oversee scheduling of experts to facilitate classes using the PPPT core curriculum as a guide.

d. Morale, Welfare, and Recreation / Fitness Facility. Provide facility usage according to needs of PPPT Program, to include gymnasium, exercise room, pool and equipment.

9. Point of Contact is MSG Shateria D. Rahming, PPPT NCOIC, at (301) 677-7967.



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