

DEPARTMENT OF THE ARMY
Headquarters and Headquarters Detachment
417th Base Support Battalion
Unit 26124
APO AE 09031

AETV-WG-WC

12 December 2003

MEMORANDUM FOR RECORD

SUBJECT: Policy Letter 8, Pregnancies

1. I will counsel pregnant soldiers IAW AR 635-100 or AR 635-200, chapter 8, paragraph 9. The soldier will have seven days to consider the options available.

2. If a soldier desires to remain on active duty and requires a family care plan, I will counsel here IAW AR 600-20, chapter 5 paragraph 5. She will also report to the NEO warden and complete a NEO packet prior to her expected date of delivery.

3. The pregnant soldier will continue with performing her assigned duties and responsibilities, without violating the limits set by the physical profile (DA Form 3349), which is issued by the attending physician. **She will not perform duties in excess of the limiting profile under no circumstances.** The minimum profile is, but not limited to:

- a. Exemption from the regular physical training (PT) program and the APFT. Soldiers will request that the attending physician graphically details the specific guidance that she and her command are to adhere to, in order to define her individual pregnancy PT program.
- b. Exemption from the wearing load-bearing equipment, to include the web belt or pistol belt.
- c. Exemption from all immunizations except influenza and tetanus-diphtheria.
- d. Exemption from exposure to chemical agents and NBC protective clothing.
- e. Upon reaching 20 weeks of pregnancy.
 - (1) Exemption from standing in formations for longer than 15 minutes at a time.
 - (2) Exemption from any weapons training, swimming qualifications and training, to include drown-proofing, and field duty.

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SUBJECT: Policy Letter 8, Pregnancy cont'd

4. Soldiers will request their maternity uniforms immediately after they have been confirmed pregnant. They will wear the type of uniform prescribed by the training schedule throughout their pregnancy.

5. Exceptions to this policy will be handled on a case-by-case basis through the soldier's chain of command.



KENNETH C. WILSON
CPT, AV
Commanding