

Class “A” School Wellness Program

- STUDENT GUIDELINES -

MISSION STATEMENT

The primary mission of the Class “A” School Wellness Program is to teach students the components of Fitness and Wellness, to expose them to different workout activities, and to ensure as the newest Coast Guard Petty Officers they understand the importance of living a healthy lifestyle.

INTRODUCTION

The U.S. Coast Guard is involved in challenging missions. Every new Petty Officer graduating from the Training Center Yorktown must be physically and mentally prepared to perform at all times. The physical fitness standards established by this program will ensure the newest Coast Guard Petty Officers have sufficient strength, flexibility, and endurance to safely perform duties during normal and adverse conditions. Additionally, this program will strive to instill the importance of physical and mental fitness to these future leaders. The Coast Guard’s standard fitness assessment for boat crews and boarding team members will be used for progress measurement.

The Class “A” School Wellness Program includes an Organized Fitness Program, an Individual Fitness Program, and two assessment tests. Additionally, the Program will include education and training on topics such as nutrition, weight control, smoking cessation, general stamina, cholesterol, stress management, and the importance of establishing and maintaining a life-long personal wellness program. Most Organized Fitness Program activities will be conducted before normal class hours. Most Individual Fitness Program activities will be conducted after normal class hours on your own time.

GENERAL INFORMATION

1. The Class Leader is responsible for ensuring every member of the class meets Program requirements. The Class Leader will also provide reports to the Class Advisor and the Fitness Team, as required.
2. Follow these guidelines if a medical emergency occurs while working out:

If outside:

- Stay with the person. Remove the person from the road if it will not further injure him or her.
- Direct someone to go to Medical and notify the Duty Corpsman.
- Notify the nearest Fitness Team member or Class Advisor.
- Flag Security down if you see them driving around and have them help you provide assistance.

If in the gym:

- Direct someone to notify the gym watchstander to call ext. 2-911.
- Notify the nearest Fitness Team member or Class Advisor.

FITNESS ASSESSMENT

1. Included in this handout is a Physical Fitness Assessment Sheet, listing the minimum requirements for each exercise. All of the requirements are based on your age. **Students are required to bring their Assessment Sheet with them to their class' initial assessment test on Friday of Week 1.** Once everyone has completed the bottom of the form and recorded their scores, the assessment sheets shall be turned in to the Class Leader.

ORGANIZED FITNESS PROGRAM INFORMATION

1. Each class will be assigned to either a Monday/Wednesday or a Tuesday/Thursday schedule. A schedule will be given to the Class Leader and posted in the gymnasium. Students will muster at the gym on scheduled mornings NLT 0550.

2. The program follows these time guidelines:

0545	Class musters and marches to gym
0550	Class formed up in gym and begins stretches and warm-ups
0600	Class begins scheduled workout activity
0635	Stop workout activity for organized stretching
0640 – 0750	Breakfast, showers, and cleanups *
0750	Class musters and marches to class

* Showers secured at 0715; breakfast is not served after 0730.

3. Each class will perform one of four workouts on a rotational basis. The Class Leader, under the guidance of the Fitness Team, will direct each workout. These workouts do not count toward the 20 points you must earn individually each week.

4. The activities you will be doing include Running, Cardio Circuit (different callisthenic exercises), Swimming, Weight Training, and training on different Cardiovascular Exercise Machines (e.g., stairmasters, treadmills, etc.).

5. Students who are SIQ are exempt from participating in the morning workout sessions. All other students will be present each day as stated on the monthly schedule. **Anyone placed on Light Duty must still report to the gym on scheduled mornings.** A copy of the Status Profile form must be given to the Class Leader and it must be shown to a Fitness Team member. Students on Light Duty will be directed by the Fitness Team.

6. The prescribed uniform for the morning workouts will be the Light Gray "USCG" T-shirt (the one issued in Boot Camp) or a shirt of similar style/type, dark blue or black shorts, socks, shoes (suitable to workout in), and the appropriate supportive undergarments.

INDIVIDUAL FITNESS PROGRAM INFORMATION

1. Students are required to earn at least 20 points per week (Friday – Thursday) for the duration of their school. The first week of school does not count. Students may choose any physical activity earn their 20 points each week.
2. Students shall use the attached “Student Point Tally Sheet” to keep track of the points they earn. A list of activities and awarded points is listed on the back of this form. Each student is responsible for keeping his or her tally sheet up to date. The tally sheet should show each separate activity and the duration. The points column should have a running total of all points gained to date. Each student should make a note on their tally sheet(s) to indicate the break between each week’s activities. The Student Point Tally Sheet will be given to the Class Leader each Friday by 1600. After the Class Leader has reviewed the tally sheet, it will be returned to you.
3. Failure to earn at least 20 points each week will result in a Negative Enlisted Performance Evaluation Support Form being submitted to the Class Advisor by the Fitness Team Leader. Continued failure to earn the required 20 points each week will result in disciplinary action. Random checks of the tally sheets will be made by the Fitness Team. Students are on the “**honor system**” and any cheating will be dealt with severely.
4. If a student is SIQ for more three days in a week, he or she is not required to earn 20 points for that particular week only (Monday-Friday). The student must provide the SIQ Status Profile form to the Class Advisor who will give the form to the Class Leader. If you are on Light Duty, note that on your Student Tally Sheet as well.
5. Twenty points per week is the minimum a student must earn each week. Students are strongly encouraged to earn as many points as possible. At the class graduation ceremony a certificate will be presented to the student who earn the most points.
6. Students are reminded to properly stretch, warm-up, perform the chosen workout activity, cool down, and stretch again. Use the attached “10 Basic Stretches” sheet as a guide to stretch the different major muscle groups.