



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTER, UNITED STATES ARMY GARRISON, FORT LEE
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FORT LEE, VIRGINIA 23801

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FORT LEE POLICY NO. 01-10
MAY 29 2015

MEMORANDUM FOR DISTRIBUTION

SUBJECT: Pregnancy/Postpartum Physical Training (PPPT) Program

1. References:

- a. AR 40-501, Standards of Medical Fitness, 4 August 2011
- b. AR 350-1, Army Training and Leader Development, 19 August 2014
- c. AR 600-9, The Army Weight Control Program, 28 June 2013
- d. AR 600-20. Army Command Policy, 6 November 2014
- e. FM 7-22, Army Physical Readiness Training, October 2012
- f. DOD Directive 1308.1, DOD Physical Fitness and body Fat Program, 30 June 2004
- g. Technical Guide (TG) 255A. U.S. Army Pregnancy Postpartum Physical Training Program, June 2010

2. Purpose: To establish guidance for implementation of the Pregnancy/Postpartum Physical Training (PPPT) Program at Fort Lee.

3. Scope: Military and civilian personnel participating in or serving within the PPPT program.

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 health and physical fitness during pregnancy, improve fitness postpartum for a smooth transition to unit PT, and promote higher Army Physical Fitness.

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5. Attendance: PPPT at Fort Lee requires mandatory enrollment and attendance for all active duty (AD) Soldiers in unit PT programs during pregnancy and postpartum, after receiving clearance to participate in PPPT exercises. During postpartum, the Soldier is exempt from APFT and record weigh-in for 180 days after the termination of the pregnancy and attends postpartum PT for up to 6 months after termination of the pregnancy. Although not mandatory, Soldiers are strongly encouraged during convalescent leave to exercise at their own pace using the At-Home guidance provided in TG 255A.

6. Program Components:

a. PT for pregnant AD Soldiers is conducted five days a week on Monday, Tuesday, Wednesday, Thursday and Friday from 0630 to 0730 at the MacLaughlin Fitness Center. Soldiers are expected to report to formation on time and attend each exercise session. Health education classes meet on Tuesday from 0800-0900 at Kenner Army Health Clinic Preventive Medicine (room # 201). All pregnant Soldiers are required to attend these health education classes.

b. During postpartum, the Soldier will participate for a minimum of 90 days and up to 180 days after termination of pregnancy. A memorandum of release will be forwarded to the Soldier's unit commander upon completion of the time allotted for postpartum PT 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 Health Care Provider (HCP) and PPPT Program coordinator(s). The Soldier's healthcare provider and unit commander will make exceptions from the PPPT Program participation 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.

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

(3) Once Obstetrician approval is received, the pregnant Soldier reports to Preventive Medicine with a copy of their pregnancy profile to enroll in the PPPT Program and to Occupational Health for pregnant reproductive hazards surveillance.

b. Accountability

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(1) Once enrolled in PPPT, the Soldier's place of duty during PT times will be at the PPPT site. First formation for Soldiers enrolled in the program will be at the PPPT site. Units will receive weekly attendance rosters to ensure accountability of their pregnant/postpartum Soldiers at PPPT. The exercise leader will collect and provide attendance rosters to the PPPT Coordinator.

(2) Soldiers absent from the PPPT program must provide a memorandum from their unit commander upon their return. Participation is a priority; therefore commanders should limit interference from taskings, routine details, and administrative duties.

(3) A PPPT database will be maintained by the PPPT Coordinator that will include, but is not limited to, enrollment, APFT, and pregnancy data in accordance with specifications in TG 255A implementation guide.

c. Uniform. Pregnant Soldiers wear the APFT uniform until it becomes restrictive and then may wear civilian equivalent exercise attire. Soldiers are not required to purchase larger PT uniforms.

8. Responsibilities:

a. Garrison Command

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

(2) Appoint Installation 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.

(2) Tasked exercise leaders (EL) are required to monitor daily attendance, lead, and oversee PT sessions in a group of up to 25 pregnant Soldiers IAW TG 255 Exercise Leaders Manual.

c. Kenner Army Health Clinic

(1) Provide pregnancy/postpartum information to the unit within one week of pregnancy diagnosis and provide updated information on pregnancy status as required. Health Care Providers will provide profiles to the Soldier IAW AR 40-501 that specify if

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the Soldier is cleared to participate in PPPT, and indicating if participation is with no restrictions, specified restrictions, and/or education only.

(2) Appoint a 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. The Family and Morale, Welfare, and Recreation/Fitness Facility will provide facility usage according to needs of PPPT Program, to include gymnasium, exercise rooms, pool, and equipment.

9. Point of contact is Chief, Preventive Medicine Division, at 734-9249.

A handwritten signature in black ink, appearing to read 'Paul K Brooks', with a long horizontal stroke extending to the right.

PAUL K BROOKS
COL, LG
Commanding

Distribution:
COMMANDERS
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