

NOAA DIVING PROGRAM BODY COMPOSITION STANDARDS

The procedures outlined below shall be followed to determine if an individual meets the defined body composition standards for certification as a NOAA diver.

These procedures are based on current practices within the DOD and USCG and include a screening of maximum weight for height, and if needed, calculation of body fat percentage.

1. The individual diver/applicant will have all measurements described on the Body Composition Screening Form (attached) performed during the physical exam. The individual's UDS will forward the form along with the remaining physical examination paperwork to NDC.
2. NDC shall compare the individual's height/weight measurements with the Maximum Weight for Height Screening Table (attached). If the individual is below the maximum allowed weight standards for their height, then they meet the body composition standards and body fat calculation by NDC will not be required.
3. If the individual exceeds the maximum allowed weight for their height, they must have their percentage of body fat calculated by NDC according to the current procedure. Current NOAA body fat limits are based on USCG policy (attached Maximum Body Fat Percentages Table).
3. If the individual exceeds both their maximum allowed weight and body fat percentage, they do not meet standards and will be required to undergo an exercise stress test.

NOAA DIVING PROGRAM BODY COMPOSITION SCREENING FORM

(MUST BE INCLUDED WITH ALL NOAA DIVING PHYSICALS)

NAME:	SOCIAL SECURITY #	DATE:
Please take the following measurements:		Measurements
1. HEIGHT (IN STOCKING FEET)		
2. WEIGHT (IN LBS)		
3. NECK CIRCUMFERENCE		
4. ABDOMINAL CIRCUMFERENCE (MEN ONLY)		
5. NATURAL WAIST CIRCUMFERENCE (WOMEN ONLY)		
6. HIP CIRCUMFERENCE (WOMEN ONLY)		
% BODY FAT (Calculated by the NOAA Diving Center)		

Instructions: The reviewing physician or designee shall oversee body composition measurements. Complete applicable sections of this form as described below. Divers must submit this completed form along with their physical examination through their Unit Diving Supervisor to the NOAA Diving Center.

Height shall be measured without shoes. Fractions of an inch shall be rounded to the nearest inch. If $< \frac{1}{2}$ inch, round down to the nearest inch. If at or $> \frac{1}{2}$ inch round up to the nearest inch.

Weight shall be measured without shoes. Fractions of a pound shall be rounded to the nearest pound. If $< \frac{1}{2}$ pound, round down to the nearest pound. If at or $> \frac{1}{2}$ pound round up to the nearest pound. Subtract 1 pound for clothing if wearing a shirt and shorts, or 2 pounds if wearing a shirt and pants.

Circumference measurements shall be conducted using a standard, non-stretching (metal, cloth/fiberglass) tape measure. The tape should be applied to body landmarks with sufficient tension without indenting skin surface. With the exception of the hip measurement for women, all measurements shall be taken on bare skin.

Neck circumference shall be measured just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. The individual should look straight ahead with shoulders down (not hunched). Neck measurement shall be rounded up to the nearest $\frac{1}{2}$ inch (example: round 16 $\frac{1}{4}$ to 16.5 inches).

Abdominal circumference shall be measured at the navel with tape parallel to the floor. Arms shall be at the sides. Measurement shall be taken at the end of a normal, relaxed exhalation. Measurements shall be rounded down to the nearest $\frac{1}{2}$ inch (example: round 34 $\frac{3}{4}$ to 34.5 inches).

Natural Waist circumference shall be measured at minimal abdominal circumference, about halfway between the navel and the lower end of the sternum (breast bone). When this site is not easily observed, several measurements may be taken to obtain the smallest value. The arms shall be at the sides and the tape shall be parallel to the floor. Measurements shall be recorded at the end of a normal relaxed exhalation. Waist measurements shall be rounded down and recorded to the nearest $\frac{1}{2}$ inch.

Hip circumference shall be measured from the individual's right side over the greatest protrusion of buttocks. The tape shall be parallel to the floor. Sufficient tape tension must be applied to minimize the effect of clothing. Hip measurements shall be rounded down and recorded to the nearest $\frac{1}{2}$ inch.

Physician or Designee Signature: _____ **Date:** _____

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MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE		
MEN'S MAXIMUM (LBS)	HEIGHT (INCHES)	WOMEN'S MAXIMUM (LBS)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

MAXIMUM BODY FAT PERCENTAGES TABLE		
AGE	MEN	WOMEN
< 30	23%	33%
< 40	25%	35%
40 +	27%	37%