



Exception to Policy: AR 600-9 Army Body Composition Program

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COMPONENTS OF ETPs



- The Deputy Chief of Staff, G-1 is the approval authority for all exceptions to AR 600-9

- All requests for an exception to policy will include the following (para 3-17):
 - an endorsement from a medical provider
 - be processed through the Soldier's chain of command, with recommendations as to disposition from the company, battalion, and brigade-level commanders
 - reviewed by the servicing staff judge advocate
 - a full analysis of the expected benefits

- AR 25-30, para 1-8.c authorizes proponents to grant ETPs to ARs consistent with controlling laws and regulations. ETPs must have an expiration date.



WHAT IS NOT AN ETP



- Use of certain medications to treat an underlying medical or psychological disorder or the inability to perform all aerobic events may contribute to weight gain but are not considered sufficient justification for noncompliance
- Medical professionals should advise Soldiers taking medications that may contribute to weight gain, or Soldiers with temporary or permanent physical profiles that they are still required to meet the body fat standard established in the regulation; the Soldier may be referred to an appropriate specialist for nutrition and exercise counseling as indicated
- Chronic medical conditions will not be used to exempt Soldiers from meeting the standards



ABCP AND EVALUATIONS



- Soldiers who have a medical waiver IAW AR 600-9, 3-11.b should consider the impact on their evaluation. Medical waivers to weight control standards are not permitted.

- Per DA PAM 623-3 (Evaluation Reporting System), on DA Form series 67-10 (OER) and DA Form series 2166-9 (NCOER) the rater will enter the following statement in part IV, block a:

“Rated officer/NCO (as applicable) has a DCS, G–1 waiver of compliance with AR 600–9.”

- In such cases, a height and weight entry is still entered on the evaluation report with “Yes” selected for “Within Standards”. A copy of the DCS, G–1 approval memo will be submitted as an enclosure to the OER or NCOER.

- For DA Form series 1059 (AER), the above is also applicable but entry occurs in part II, block c.



WHAT IS IN THE ETP PACKET



The Exception to Policy documentation must demonstrate a compelling reason for the request and must include:

- 1- Information on how long it will take for the medical condition to stabilize in order for the Soldier to begin demonstrating progress. Any additional appropriate medical documentation or endorsements to support the request.
- 2- Documentation of last time the Soldier was in compliance with AR 600-9 standard
- 3- Current HT/WT and body fat percent of Soldier
- 4- The last four documented body fat results
- 5- Documentation of the last 2-4 APFT scores (if all of them were failures... when did they pass)

The request will take at least 90 days to process.



ETP PROCESS



Step 1:

Unit/Soldier completes all packet requirements (medical endorsement, chain of command approval, legal review)



Submit packet to G-1, SR2 Health Promotion Policy Officer (HPO).

Step 2:

The HPO obtains OTSG and OTJAG recommendations on the request.

45-60 days



Submits completed packet to DCS, G1 for decision.

Step 3:

DCS, G1 reviews packet and makes decision via signed memo. HPO communicates results to the Soldier/Unit.

30 days



Questions?