



DEPARTMENT OF THE NAVY
CHIEF OF NAVAL AIR TRAINING
250 LEXINGTON BLVD SUITE 102
CORPUS CHRISTI TX 78419-5041

CNATRAINST 3710.37C
00X
31 Aug 12

CNATRA INSTRUCTION 3710.37C

Subj: AIRCRAFT ANTHROPOMETRIC AND WEIGHT COMPATIBILITY PROGRAM

Ref: (a) OPNAVINST 3710.37A
(b) NAVAVSCOLSCOMINST 3710.1B
(c) NAVAIRINST 3710.9D
(d) NAVAIR 13000 Ser AIR-4.6.5/07-0018 of 14 Jan 08

Encl: (1) Sample Repeat Determination of Anthropometric
Restriction Codes
(2) Sample Anthropometric Waiver Request (Student)
(3) Sample Anthropometric Waiver Request (Instructor)
(4) Sample Aircrew Notification

1. Purpose. To provide guidance concerning Naval Air Training Command (NATRACOM) aircrew anthropometry and weight issues not clearly defined in references (a) through (d). Enclosures (1) through (4) are provided to assist with the administration of this program.

2. Cancellation. CNATRAINST 3710.37B

3. Background. Reference (a) states current USN and USMC policy on anthropometrics. Reference (b) describes the anthropometric measurement process. References (c) and (d) list restrictions for aircraft crew stations.

4. Scope. This program is applicable to all personnel in a flight status who fly in Chief of Naval Air Training (CNATRA) aircraft.

5. Anthropometric Compatibility. All personnel assigned to CNATRA units shall obtain anthropometric data for compatibility assessments prior to flight in any NATRACOM aircraft. Orientation flight personnel should obtain anthropometric data for compatibility to the maximum extent practicable. Compatibility assistance may be obtained from the assigned Training Air Wing (TRAWING) Aeromedical Safety Officer (AMSO), CNATRA AMSO or Naval Aviation Schools Command (NAVAVSCOLSCOM) Anthropometry Program Manager (NAPM)/AMSO. Anthropometric compatibility policies, procedures, and exceptions for students are contained in the following subparagraphs.

a. Measurement. Per reference (b), NAVAVSCOLSCOM is the Anthropometric Program Model Manager for anthropometric accommodation and the official source and standard for all individual anthropometric measurements. The anthropometric

evaluation completed by NAVAVSCOLSCOM is the fair standard applied to all and is used to determine aircraft restrictions (if any) for pipeline selection and fleet aircraft assignment. These measurements will be used by CNATRA for student pipeline selection.

b. Re-measurement

(1) Anthropometric measurements completed by NAVAVSCOLSCOM (excluding weight) are considered final and will be used during CNATRA pipeline selection. Per reference (b), NAVAVSCOLSCOM will take multiple measurements on separate occasions to ensure the greatest level of accuracy.

(2) All Designated Naval Aviators or Naval Flight Officers seeking changes of aviation designator or aircraft platform shall request re-measurement prior to commencing NATRACOM training. Enclosure (1) provides a sample re-measure request.

c. Waivers. Individuals who are anthropometrically incompatible with one or more training aircraft may submit a waiver request. Enclosure (2) and (3) provide example requests. Student Naval Aviators/Naval Flight Officers should submit waiver requests as early as practical during NATRACOM training. Pipeline selection will not be delayed awaiting disposition of a waiver request. The current Naval Aviation Anthropometric Compatibility Assessment (NAACA) report must be included with the request. Requests shall be submitted to the approving authority in writing via the chain of command with endorsement by CNATRA Chief of Staff as follows:

(1) For Navy personnel: Submit request to Naval Personnel Command (PERS-43).

(2) For Marine Corps personnel: Submit request to Commandant of the Marine Corps (CMC), Deputy Commandant for Aviation (ASM). Requests shall be routed through the appropriate Marine Aviation Training Support Group (MATSG) before reaching CNATRA Chief of Staff. Consistent with guidance in SECNAV Manual M-5216.5, paragraph 2-2.1.c.(2), Marines should also use NAVMC 10274 Administrative Action Form as prescribed in MCO 5216.19.

(3) For Coast Guard personnel: Submit request to Coast Guard Personnel Service Center, Officer Personnel Management Division (CG PSC-OPM-2).

6. Aircrew Weight Limitations

a. Aircraft/Seat Weight Limitations. Personnel who do not meet specific seat weight restrictions listed in references (c) and (d) shall not fly in NATRACOM aircraft. Aircrew weight taken during semi-annual Physical Fitness Assessment will be used to monitor compliance. The Command Fitness Leader (MATSG or Liaison Officer as appropriate for non-Navy personnel) shall identify aircrew outside the specified range, assist with lifestyle modifications and shall notify the command's Operations Officer, AMSO/Aviation Safety Officer, Flight Surgeon and CNATRA AMSO.

b. Selection Weight Limitations. Unless a weight waiver has been previously granted, Student Naval Aviators /Student Naval Flight Officers shall meet weight restrictions listed in references (c) and (d) on the day of selection to be eligible to select a specific pipeline. The Squadron Commanding Officer shall ensure the following are annotated in the CO's comments section of the Summary Selection Record (CNATRA Form 1542/1321):

(1) Student weight

(2) Aircraft restrictions based on student's current weight

(3) Any waivers for anthropometric/weight incompatibility

c. Weight Correction. Aircrew unable to meet weight restrictions may submit a waiver per paragraph 5c above. Personnel shall not fly while awaiting disposition of weight waiver.

d. Documentation. Enclosure (4) shall be used to document aircrew that are out of aircraft and/or seat weight limitations and shall be permanently filed in the individual's NATOPS Flight Personnel Training and Qualification Jacket, Section II, Part C, Miscellaneous and the Aviation Training Jacket.

C. HOLLINGSWORTH
Chief of Staff

Distribution:
CNATRA WEBSITE

Copy to:
NAVAVSCOLSCOM

CNATRAINST 3710.37C
31 Aug 12

Date

From: Aircrew Name, Service, Designator
To: Commander, Navy Personnel Command PERS-43
Via: (1) Commanding Officer, Training Squadron XXX
(2) Commander, Training Air Wing XXX
(3) Chief of Naval Air Training

Subj: REPEAT DETERMINATION OF ANTHROPOMETRIC RESTRICTION CODES

Ref: (a) CNATRAINST 3710.37C

Encl: (1) Naval Aviation Anthropometric Compatibility
Assessment or Anthropometric Data Measurement Record

1. Per reference (a), I request a repeat measurement for redesignation determination.

- a. RANK
- b. FNAME LNAME
- c. Service

2. Enclosure (1) is submitted for your review. (Describe reason for repeat determination based on allowable criteria per reference (a) in the remainder of the paragraph).

3. My contact information is XXX phone, email.

FI.MI. LNAME

Copy to:
CNATRA SAFETY/AMSO
NAVAVSCOLSCOM Anthro MM

Enclosure (1)

CNATRAINST 3710.37C
31 Aug 12

Date

From: Student Name, Service, Designator
To: Commander, Navy Personnel Command PERS-43*#
Via: (1) Commanding Officer, Training Squadron XXX
(2) Commander, Training Air Wing XXX
(3) Chief of Naval Air Training

Subj: ANTHROPOMETRIC WAIVER

Ref: (a) CNATRAINST 3710.37C
(b) NAVAIRINST 3710.9D

Encl: (1) Naval Aviation Anthropometric Compatibility Assessment
(2) Physical Readiness Information Management System Body Composition Report (PRIMS) - if applicable

1. Per reference (a), I request a waiver allowing me to enter the XXX Wing Training Pipeline (enter selection pipeline i.e. Rotary).

2. Based on my anthropometric measurements, enclosure (1) (and/or (2)), I am restricted from the XXX (enter selection pipeline) Wing Training Pipeline because of my XXX (enter restriction(s) i.e. weight, sitting height). My XXX (enter restriction) is XXX (inches/lbs, under/over) the limit for XXX aircraft per reference (b).

3. I acknowledge and understand there may be a higher risk of injury during ejection/bailout at body weights below/above (select the one that applies) (insert aircraft/ejection seat type) design limits due to seat instability or increased rates of descent during parachute landing fall.

4. I understand that if the waiver request is approved, the waiver does not guarantee selection to the XXX Wing Training Pipeline if my grades and needs of the Navy do not warrant such action.

FI.MI. LNAME

*USMC personnel should address the letter to CMC/ASM and include appropriate MATSG in the via line before CNATRA COS.

#USCG personnel should address the letter to Coast Guard Personnel Service Center, Officer Personnel Management Division (CG PSC-OPM-2).

Enclosure (2)

CNATRAINST 3710.37C
31 Aug 12

Date

From: Instructor Name, Service, Designator
To: Commander, Navy Personnel Command PERS-43*#
Via: (1) Commanding Officer, Training Squadron XXX
(2) Commander, Training Air Wing XXX
(3) Chief of Naval Air Training

Subj: ANTHROPOMETRIC WAIVER

Ref: (a) CNATRAINST 3710.37C
(b) NAVAIRINST 3710.9D

Encl: (1) Naval Aviation Anthropometric Compatibility
Assessment
(2) Physical Readiness Information Management System
Body Composition Report (PRIMS) - if applicable

1. Per reference (a), I request a waiver allowing me to carry out my duties as a XXX (enter aircraft type, i.e. T-45) Flight Instructor.

2. Based on my anthropometric measurements, enclosure (1) (and/or (2)), I am restricted from carrying out my duties as a XXX (aircraft type) Instructor Pilot because of my weight. My weight is XX lbs (under/over) the certified seat limit for XXX aircraft per reference (b).

3. I acknowledge and understand there may be a higher risk of injury during ejection/bailout at body weights below/above XXX aircraft design limits due to seat instability or increased rates of descent during parachute landing fall.

4. I understand that if the waiver request is approved, the waiver does not carry over to any other aircraft platforms with specific certified crewmember seat weight limits and is only intended for the XXX aircraft and my time attached to Training Air Wing XXXX as an instructor pilot.

FI.MI. LNAME
Rank Service

*USMC personnel should address the letter to CMC/ASM and include appropriate MATSG in the via line before CNATRA COS.

#USCG personnel should address the letter to Coast Guard Personnel Service Center, Officer Personnel Management Division (CG PSC-OPM-2).

Enclosure (3)

CNATRAINST 3710.37C
31 Aug 12

3710
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Date

From: Commanding Officer
To: Aircrew Name

Subj: AIRCREW NOTIFICATION: OUTSIDE CERTIFIED CREWMEMBER
WEIGHT LIMITS

Ref: (a) NAVAIRINST 3710.9D
(b) CNATRAINST 3710.37C

1. Reference (a) lists NAVAIRSYSCOM-certified crewmember weights for ejection seats and Crash Force Attenuating seats used in Navy and Marine Corps aircraft. Per reference (b), aircrew not meeting weight restrictions shall not fly in NATRACOM aircraft without a waiver.

2. Based on your weight of _____, you do not meet _____ (enter: aircraft type/model/series, i.e. T-45C) specific seat range of _____ (enter: specific seat weight range in pounds).

SIGNATURE
CO

FIRST ENDORSEMENT

Date:

From: Aircrew Name
To: Commanding Officer

1. I acknowledge that I have been advised I fall outside the weight range specified above. I understand I may request a waiver per reference (b).

SIGNATURE
Aircrew Name

SECOND ENDORSEMENT

Date:

From: Commanding Officer
To: Aircrew Name

1. You have met all aircrew weight requirements or received a waiver per reference (b).

SIGNATURE
CO

Copy to: Member; Ops O; AMSO/ASO; NATOPS O (file in member's NATOPS Training Jacket, Section II, Part C, Miscellaneous and Aviation Training Jacket)