



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

19 Dec 2012

MEMORANDUM FOR RECORD

FROM: 23 TRS

SUBJECT: Policy on COT/RCOT Breastfeeding Accommodation

1. Women currently breastfeeding while attending COT/RCOT will be afforded a reasonable opportunity to express their breastmilk throughout the day. IAW AFI 44-102 paragraph 4.16.1, "... The AFMS recommends that supervisors of AF members who are breastfeeding work with the member to arrange their work schedules to allow 15-30 minutes every 3-4 hours to pump breast milk in a room or an area that provides adequate privacy and cleanliness. Restrooms should not be considered an appropriate location for pumping. The AF member must supply the equipment needed to pump and store the breast milk".

(a) A private room to express the breast milk: Acceptable options while at COT/RCOT include a vacant flight room, office, or other clean, sterile, secure, and specially designated room.

(b) Lights On/Out Accommodation: Breastfeeding women will be allowed a 30 minute window of time before and after lights on/off to pump breastmilk.

(c) Appropriate storage accommodations/options are to be reasonably afforded to the lactating trainee: During all hours, lactating trainees will be allowed to have with them a portable cooling device and breast pump which will be carried around in a black bag. For the purpose of shipping breast milk, the lab at Maxwell AFB medical group will provide dry ice to trainees. The Maxwell AFB lab can be reached at commercial (334) 953-7885.

2. Every breastfeeding situation will be handled on a case by case basis. This policy serves to communicate the regulatory guidance and need for the student to work with their FLT/CC to ensure appropriate accommodations are made. Prior to arriving, the breastfeeding trainee needs to contact the 23d TRS student registrar at DSN 493-0347 or commercial 334-953-0347 to begin coordination.

A handwritten signature in black ink, appearing to read "Michael D. Tyynismaa", is located below the main text.

MICHAEL D. TYYNISMAA, Lt Col, USAF
Commander, 23rd Training Squadron