



PAMBANSANG PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS

(National Headquarters Philippine Coast Guard)

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1018 Manila

NHQ-PCG/CG-4

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**CIRCULAR
NUMBER 23-25**

STANDARD PER CAPITA REQUIREMENT FOR DRINKING WATER IN THE PHILIPPINE COAST GUARD

1. REFERENCE

Domestic Water Quantity, Service Level and Health, Second Edition, World Health Organization, 2020.

2. RATIONALE

Adequate and safe drinking water is vital to sustain the health and welfare of all PCG personnel. To ensure uniformity in planning and allocation of resources, there is a need to establish a standard per capita requirement that shall serve as the basis for programming and funding provisions across all PCG units. The World Health Organization (WHO), through its publication Domestic Water Quantity, Service Level and Health, Second Edition (Howard, Bartram, Williams, Overbo, Fuente, & Geere, 2020), provides internationally recognized benchmarks for minimum daily drinking water requirements, which this Circular adopts as reference.

3. PURPOSE

This Circular prescribes the standard per capita drinking water requirement within the PCG to serve as the uniform basis for planning, allocation and programming of funds for drinking water consumption.

4. SCOPE

This Circular shall apply to all PCG personnel, particularly those involved in the planning, programming and allocation of funds for drinking water requirements.

5. DEFINITION OF TERMS

A. **Allocation** – refers to the designation or distribution of funds and resources to meet the prescribed drinking water requirements of PCG personnel.



- B. **Light Activity** – refers to minimal or sedentary activity levels, such as office work, standing, sitting or slow walking, typically performed indoors or in shaded environments.
- C. **Moderate to Heavy Activity** – involves sustained or physically demanding tasks such as brisk walking, lifting or carrying loads, marching or performing field operations that require moderate to high physical effort.
- D. **Heavy Activity** – refers to continuous, strenuous work involving intense physical exertion, often under high temperature or operational conditions such as search and rescue (SAR) or disaster response.
- E. **Moderate Weather** – refers to environmental conditions with ambient temperatures ranging from 25°C to 33°C, generally experienced indoors, in shaded areas, or during periods of low heat exposure, where the risk of heat stress remains minimal.
- F. **Warm to Hot Weather** – refers to environmental conditions with ambient temperatures generally ranging from 30°C to 37°C, often accompanied by high humidity. These conditions are typical of outdoor or exposed settings that increase the body's water loss through perspiration.
- G. **High Heat Stress** – a condition resulting from exposure to high temperatures, humidity and prolonged physical activity, requiring increased water intake to prevent dehydration and heat-related illnesses.
- H. **Low Temperature / Cool or Night-Time Conditions** – refers to ambient temperatures below 25°C or during nighttime operations where physical activity is reduced and perspiration is minimal.
- I. **Heavy Work** – refers to prolonged manual or operational tasks requiring sustained effort, such as loading, lifting or continuous field duties, generally associated with high fluid loss.
- J. **Per Capita Consumption** – the standard quantity of drinking water allocated per person per day, used as the basis for planning and fund allocation.

6. GENERAL POLICY

- A. The standard per capita drinking water requirement prescribed in this Circular shall be adopted as the uniform reference for determining, programming and allocating resources for drinking water across all PCG units.
- B. The provision of drinking water shall be guided by the principles of adequacy, equity and efficiency, ensuring that personnel in varying operational environments receive sufficient hydration appropriate to their activity level and environmental conditions.

- C. Planning and budgeting for drinking water shall be based on the per capita standards herein established, forming part of the computation in annual procurement, work and financial planning documents.
- D. The prescribed quantities may be reasonably adjusted in accordance with actual environmental or operational conditions, provided such variations remain consistent with the intent of maintaining personnel health and operational readiness.
- E. Compliance with this policy shall be observed uniformly across all units to promote standardization and accountability in the utilization of government funds for drinking water.
- F. This Circular shall serve as a continuing reference for planning and resource management and shall be updated as necessary to reflect revisions in international or national standards on water quantity and health.

7. STANDARD PER CAPITA WATER INTAKE

The following standards shall serve as the uniform basis for determining and allocating the required quantity of drinking water for all PCG personnel under varying environmental and operational conditions.

Category	Environmental Condition / Activity	Per Capita Water Intake Requirement (liters/person/day)
Normal condition (office-based or administrative personnel)	Light activity, shaded/indoor, moderate weather	3.0 – 3.2
Training Center (Trainee, Instructors)	Moderate to heavy activity, outdoor exposure, warm to hot weather	4.6 – 6.0
Field or operational deployment (SAR, patrol, port operations)	Heavy activity, prolonged exposure to sun, high humidity	5.0 – 7.0
Disaster response/ Emergency operations	Continuous heavy work, high heat stress	6.0 – 8.0
Cool or night-time operations	Light activity, low temperature or nighttime conditions	2.5 – 3

8. RESCISSION

All existing policies, circulars, memoranda and directives that are inconsistent with the provisions of this Circular are hereby rescinded or modified accordingly.

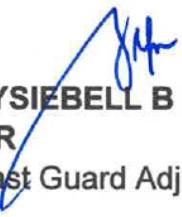
9. EFFECTIVITY

This Circular shall be implemented effective 01 December 2025.

BY COMMAND OF ADMIRAL GAVAN PCG:

OFFICIAL:

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