Frequently Asked Questions

Objective

- Review answers to commonly asked questions
- Provide resources for your questions

What are the admin actions required for enlisted members that fail one PFA?

What are the consequences for enlisted members that fail one PFA?

- Issued Pg13 (NAVPERS 1070/613)
- FEP enrollment until passing the next <u>OFFICIAL</u> PFA
- Cannot be frocked or advanced
- May regain eligibility for promotion by passing command-directed monthly FEP mock PFA. However, must remain in FEP until passing next official PFA

What are the consequences for enlisted members that fail two or more consecutive PFAs?

What are the consequences for enlisted members that fail two or more consecutive PFAs?

- Enlisted members that fail <u>two or more consecutive</u> PFAs will continue service until SEAOS
  - ➢ Will be ineligible for advancement
  - ➢ Will be ineligible to reenlist or extend
  - ➢ Will receive an adverse report (Significant Problems)
  - ➢ Will be detailed as required
  - ➢ May regain eligibility for advancement and reenlistment by passing one subsequent official PFA

  <u>AND</u>
  - ➢ <u>Must obtain recommendation of their CO</u> for advancement and retention on their most recent evaluation
    - ❖ May require special evaluation to restore retention or advancement recommendation after member passes an OFFICIAL PFA

What are the consequences for officers that fail one PFA?

What are consequences for officers that fail one PFA?

- Officers that fail <u>one</u> PFA
    - Will not be eligible for promotion
        - ➢ Commands are required to delay promotion and inform PERS-833
        - ➢ May regain eligibility for promotion by passing command-directed monthly FEP mock PFA
    - Issued a Letter of Notification (LON)
    - Enrolled in FEP until passing next Official PFA

What are the consequences for officers that fail two or more consecutive PFAs?

What are the consequences for officers that fail two or more consecutive PFAs?

- Officers that fail <u>two or more consecutive</u> PFAs will be submitted to PERS-834 for administrative separation processing
  - ➤ If SECNAV determines separation (or retired), action will occur at PRD, unless specified otherwise
  - ➤ If Officer passes official PFA prior to SECNAV decision, processing will cease and member will be retained upon notification to PERS-834
    - ❖ Special Fitness Report may be submitted to note officers satisfactory physical fitness status
  - ➤ Will receive adverse report (i.e. Significant Problems) on FITREP

What are the requirements for granting BCA waivers?

What are the requirements for granting BCA waivers?

- Must be granted on NAVMED 6110/4 (PFA Medical Waiver/Clearance Form)
- May be granted for one PFA cycle only
- Must have two signatures (AMDR & CO)

BCA Waiver Requirements?

- Non-elective surgery to the area to be measured (i.e. tracheotomy, or appendectomy, or caesarian)
- Pregnancy or IVF treatment, and aftercare followings the delivery / termination of the pregnancy
- Conditions (i.e., cancer) or medications (i.e., steroids) known to cause weight gain

Can members be issued permanent medical waivers?

Can members be issued permanent medical waivers?

- Permanent medical waivers are not valid

- Member must be sent back to MEB for valid waiver or PEB or LIMDU Status

- If a waiver is questionable, contact OPNAV N17 for review

Is a LD Chit valid during a PFA?

Is a LD Chit valid during a PFA?

- Only, if the expiration date of the chit is prior to the end date of the Command PFA Cycle

- Once expired, member is required to participate in PRT or obtain PFA medical waiver

Is a member in LIMDU Status exempt from the BCA and PRT?

Is a member in LIMDU Status exempt from the BCA and PRT?

- The LIMDU message must specifically state that the member is exempt from the BCA and/or PRT

What qualifies a member for a PFA medical board review?

What qualifies a member for a PFA medical board review?

- Two consecutive medical waivers for the same condition for the BCA or cardio event and push-ups and/or curl-ups

- Three or more medical waivers for any condition in a four-year period for the BCA, or cardio event and both push-ups and/or curl-ups

- CO determines the member is not mission ready due to multiple medical waivers

What if a member refuses to take the PFA? Is this a failure?

What if a member refuses to take the PFA? Is this a failure?

- At the end of each PFA cycle, the CO has authority to determine whether non-participation was authorized or unauthorized

- All unauthorized non-participation shall be designated as "UA" in PRIMS and scored as a PFA failure

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How can a CFL correct an error in PRIMS?

How can a CFL correct an error in PRIMS?

- Current Cycle
  - CFL can edit records up to 3 months
  - CFL cannot change BCA participant status to non-participant
  - There is no time limit on entering a missing record
- Previous Cycle(s) (up to 1 year)
  - Command must submit a LOC signed by CO
    - Along with supporting documents to OPNAV N17 (include original hand written PFA sheets)
    - Forms on Physical Readiness Program website
  - CFL may not sign LOC by direction

Do PFA results apply if a member transfers to or from Navy Reserve or commissioning program?

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- Yes
- PFA data is still valid for 3 calendar years

How are PFAs tracked?

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- Day for Day

Are PFAs required during deployments?

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- If official PFA notification has been provided and CO supports it, go for it
- If due to operational commitments, a PFA would not be feasible
  - Participant PRT status is "DEP/OP" in PRIMS
  - BCA is still completed
  - ISIC approval required for:
    - Any BCA DEP/OP
    - More than 2 PRT DEP/OP in a row
  - Keep a memo for the record

What is the Bad Day rule?

What is the Bad Day rule?

- CO may authorize one retest to pass the PRT portion of the current PFA cycle

- Member must request a "Bad Day" within 24 hours of completing the PRT

- If approved, the retest must be administered within 7 days of the initial PRT and within the same PFA cycle for which the "Bad Day" was requested (Drilling reservists must retest by the end of the following month)

- Member must retake all components of the PRT

- "Bad Day" option does not apply to the BCA

Bad Day Rule (Cont.)

- If the individual is approved for a "Bad Day" but:
  - does not participate in the retest,
  - becomes "medically waived" before the retest, or
  - transfers to another assignment before the retest
- Enter the initial test score into PRIMS as the official PFA

Who can I enroll in FEP?

Who can I enroll in FEP?

- Members, who fail the PFA, are automatically enrolled in FEP

- Spot-check failure

- Members exceeding age-adjusted body fat standards

- Any member may self-enroll with their CFL

- Discuss with CO for local policy

  - Borderline PFA performance?

  - Check-in BCA failures?

  - Command PT UA?

- Document process for non-failure enrollment to avoid discrimination (Amend Page-13)

What local Command Policies should be published regarding the Physical Readiness Program?

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- Command PT during working hours?

- Days and times of FEP?

- Managing UA for FEP or PFA?

- Check-in BCA for all personnel?

- Enroll in FEP for a check-in BCA failure?

In PRIMS how do I…?

In PRIMS how do I…?

- PRIMS training manual is available on Physical Readiness Program website and under the HELP link in PRIMS

How do I gain CFL access to PRIMS?

How do I gain CFL access to PRIMS?

- Submit CFL transfer letter to Physical Readiness Program office via e-mail
- Template is on Physical Readiness Program website
- Must list current CFL and new CFL
- Transfer access from ___ to____
- If multiple UICs, list everyone with current access
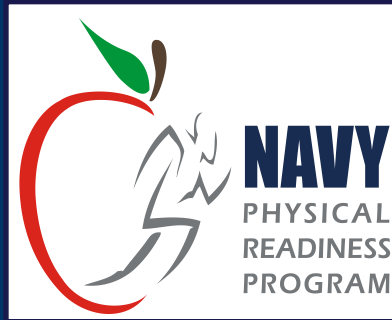
Additional Resources

- Physical Readiness Program website
  - Policy and all NAVADMINS
  - 6110.1 references
  - FAQ
  - E-gram published quarterly
- Physical Readiness Program help desk

Point of Contact

- Enlisted Separations
  - (901) 874-4333
- Officer Separations
  - (901) 874-3185
- PERS 313 (Page 13 master copies)
  - (901) 874-3352
- PERS 4 (transfer waivers)
  - (901) 874-2216

Summary

- Become familiar with the 6110.1 (series), NAVADMINS, and related references

- Visit the Physical Readiness Program website for program resources

- Call Physical Readiness Program help desk for policy interpretations

Questions?