

Proper Conduct of the Physical Fitness Assessment (PFA)



Objectives

- Apply OPNAVINST 6110.1 (Series) to the PFA
- Discuss the PFA timeline

Physical Fitness Assessment (PFA)

The PFA provides:

- Members with goals to promote basic physical fitness, health and readiness
- COs/OICs a means of assessing the general fitness of command members

PFA Components

- Medical Screening
- Body Composition Assessment (BCA)
- Physical Readiness Test (PRT)

PFA Scheduling

- Physical Readiness Program Guide 3:
 - Provides details on scheduling the PFA
 - Provides instructions on “How to conduct a safe and efficient PFA” each cycle
 - Lists all tasks of the PFA, starting 15 weeks before PFA to 1-3 weeks following PFA

15 Weeks Prior to PFA

- Meet with CO
- Establish dates for PFA cycle
 - Cycle 1, 1 Jan – 30 Jun
 - Cycle 2, 1 Jul – 31 Dec
- PFA must be:
 - At least 4 months since last PFA
 - One official PFA per cycle

15 Weeks (cont.)

- Reserve PFA spaces/equipment
 - Weigh-ins / BCA
 - Swimming pool
 - Alternate cardio
 - Running track



15 Weeks (cont.)

- Pre-plan alternate cardio
 - How many treadmills/bikes are available?
 - This determines how many members can sign up for one time slot
 - Remember: Only 2-15 min between events



15 Weeks (cont)

- Select ACFLs:
 - Ensure they are qualified (CPR, PFA, non-smokers)
 - Screened by medical, if required
- Train ACFLs:
 - How to use PRIMS
 - Proper BCA techniques
 - Proper warm-up, cool-down, and exercise event procedures
 - Responsibilities during an emergency

No Less than 10 Weeks Before PFA

- Release official notice to command
 - Written directive, signed by CO or OIC
 - Dates and alternate dates
 - Location and times
 - Cardio options authorized
 - Sign up process
 - PARFQ due date
 - Reminder of PHA required

No Less Than 10 Weeks (cont.)

- BCA Spot Check (optional anytime)
 - CO discretion to identify Sailors in need of additional support
 - No administrative/punitive consequences
 - If member fails, FEP enrollment until passing mock PRT and within Age-adjusted Standards (AAS)
- Verify current PHA in PRIMIS
- Recommend:
 - General Military Training on PFA with a PFA sign-up sheet

No Less Than 10 Weeks (cont.)

- Members complete PARFQ in PRIMS
 - Print and sign hard copy
 - Schedule Medical Appointment as directed by PARFQ and return to CFL once completed
- Develop PRT safety plan
- Confirm arrangements
 - Medical support
 - Lifeguards
 - Alternative cardio equipment
- Coordinate with MWR, base, security, and medical as needed

8 Weeks Before PFA

- Ensure confirmed medical appointments for members
 - No current PHA
 - Exceeding BCA standards during the courtesy BCA
 - Directed to medical as a result of a PARFQ answer.

45 Days > 24 Hours before PRT

- Conduct Official BCA
 - Failures require medical clearance for PRT participation



45 Days > 24 Hours Before PRT (cont.)

- Enter all BCA data into PRIMIS
- Provide Nutrition Resource Guide 2017 to anyone who failed BCA
 - Available for download on Physical Readiness Program website

Day Before Conducting PRT

- Confirm site, equipment, safety, and test personnel availability
- Cancellation criteria and procedures as approved by CO/OIC



Day Before (cont.)

- Review safety plan and procedures with ACFLs
- Test safety plan at the time of day you plan to run your PRT



Day of PRT

- Consider weather conditions and safety
- Review testing site, equipment, and run/walk location
- Have drinking water available at test site
- No tobacco use 30 minutes before to 15 minutes after PRT
- Ask Pre-physical Activity Questions

Day of PRT (cont.)

- Prohibit participation of all ineligible members:
 - No current PHA
 - No PARFQ or PARFQ not cleared by medical
 - Any signs of illness
 - Answer “Yes” to any of the Pre-physical Activity Questions

Day of PRT (cont.)

- Perform standardized PRT warm-up
- Remind members to cool down after cardio event and sign score sheet
- Notify member's chain of command of non-participation or Unauthorized Absence (UA) (Art. 86 UCMJ)

Bad Day

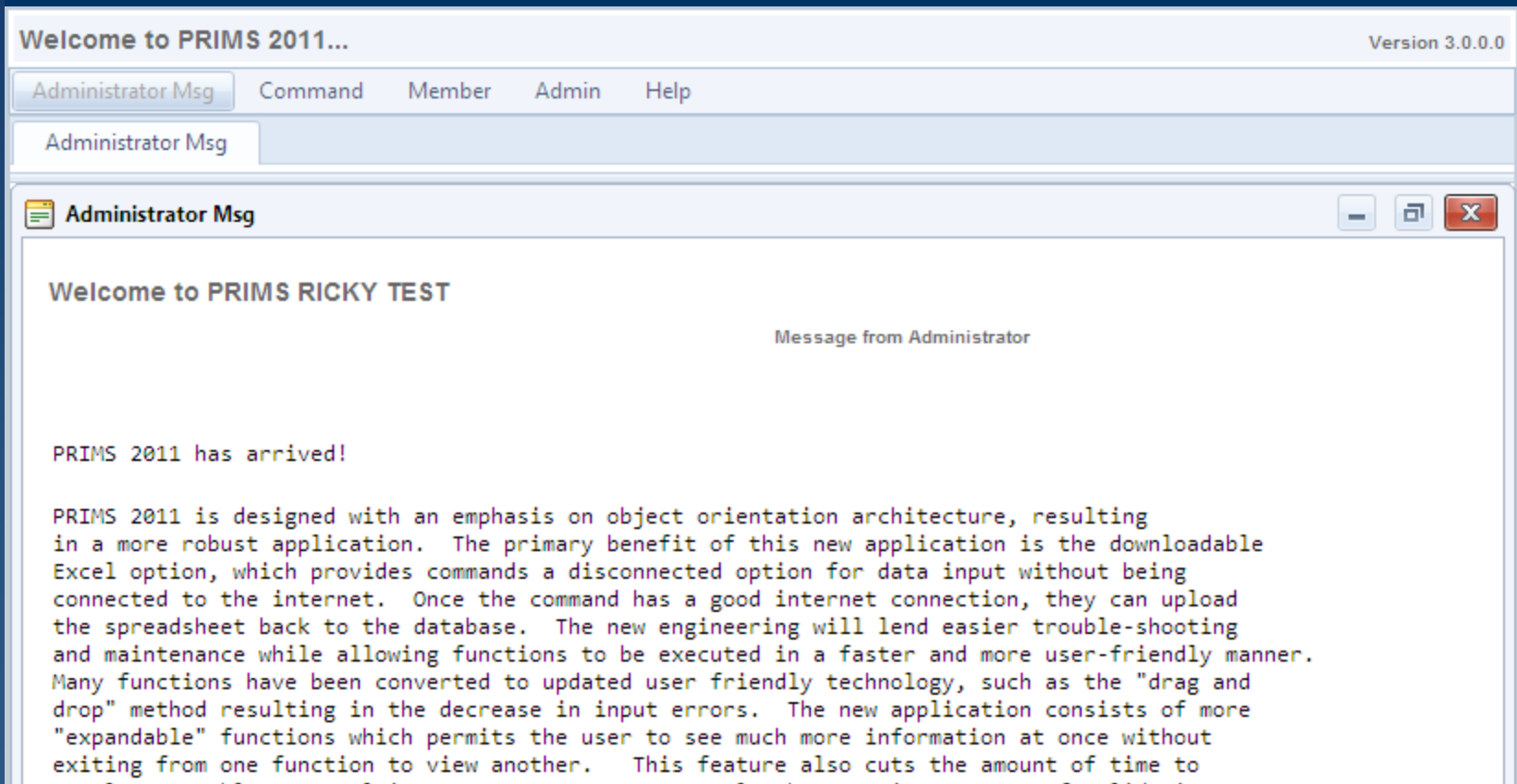
- A CO may authorize one retest to pass the PRT portion of the current PFA cycle
- Member must request a “Bad Day” within 24 hours of completing the PRT
- If approved, the retest must be administered within 7 days of the initial PRT (Reservists have until the end of the following month)
- If member fails to participate, the initial score will be entered in PRIMIS

1 to 3 Weeks Following the PRT

- Provide command with PRT results
 - Inclusion in FITREPS and EVALs
 - Appropriate career counseling
 - Recognition of significant improvement or superior performance
 - Administrative action as required by OPNAVINST 6110.1 (Series)
- Notify the safety officer of any injuries that occurred during the PFA

Within 30 Days Following the PRT

- Enter PRT results into PRIMS



When should the CFL start preparing for the PFA cycle?

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- 15 weeks prior to the first scheduled event

When should the official notice of the PFA be released to the command?

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- 10 weeks prior to the first scheduled event

When should the CFL conduct the official BCA?

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- Between 45 days prior to the PRT and no less than 24 hours before the PRT

Summary

- The PFA must be conducted in accordance with OPNAVINST 6110.1 (Series)
- Use Physical Readiness Program Guide 3
- Develop timeline 15 weeks out
- Train ACFLs and CPR monitors
- Communicate with your command
- Safety first

References

- OPNAVINST 6110.1 (Series)
- Physical Readiness Program Guide 3:
Physical Fitness Assessment (PFA)
Checklist

Questions?

