



# **Actions and Responsibilities for Physical Readiness Program**

**OPNAVINST 6110.1 (Series)**

# Objectives

- Review responsibilities for the Physical Readiness Program
- List CFL responsibilities
- Discuss member responsibilities

# Deputy Chief of Naval Operations (N1)

- Develops physical readiness policy and provides oversight
- Provides “Train-The-Trainer”
- Provides direct community management for all PFA related matters affecting Office of Chief of Naval Operations (OPNAV) and Nuclear Propulsion Program Management Branch (N133) personnel

# OPNAV N17

- Physical Readiness Program policy guidance
- QA of CFL course
- Certify CFL instructors
- Manage Physical Readiness Information Management System (PRIMS)
- Manage CFL curriculum

# COMNAVPERSCOM (PERS)

- Ensure PFA incorporated into
  - Advancement, Promotion, and Reenlistment process
- Ensure compliance with PFA requirements for transferring and detailing decisions

# Echelon III Commanders

- Appoint a collateral duty Physical Readiness Control Officer (PRCO)
- Ensure PFA compliance reporting from PRCO at least semi-annually

# Immediate Superior in Command (ISIC)

- Ensures commands comply with Physical Readiness Program policy

# Commander Navy Installations Command (CNIC)

- Provide staff and facilities for fitness training and overall wellness support
- Schedule and execute the CFL certification course



# Naval Safety Center (NSC)

- Collect and analyze data on Physical Readiness Program injuries and deaths
  - Statistics located at NSC website

# Bureau of Medicine and Surgery (BUMED)

- Establish guidelines to ensure consistency of the Authorized Medical Department Representative (AMDR) BCA and PRT waiver recommendations process
- Develop and execute a training program for medical staff on proper procedures for PFA medical screening and waivers
- Manage ShipShape program

# Naval Education and Training Center (NETC)

- Establish PRIMS record on all recruits
- Conduct PFA on all members attending schools greater than 10-weeks in duration
- Ensure all recruits meet or exceed physical readiness standards

# Commanding Officer (CO) / Officer in Charge (OIC)

- Comply with Physical Readiness Program instruction
- Integrate PT into workweek:
  - Moderate activity for 150 mins per week (50 mins 3 times per week, or 75 mins 2 times per week)
  - Plus strength training 2 times per week, working all major muscles
- Designate 1 CFL and as many ACFLs as needed
  - CFL certified within 3 months
  - 1 ACFL per 25 members

# CO / OIC Cont.

- Ensure proper safety during PFA, Unit PT, and FEP
- Ensure members receive proper medical screening
- Ensure FITREPs/EVALs reflect appropriate marks
- Issue NAVPERS 1070/613 (page 13) / LON's
- Ensure officers and enlisted are counseled for failing the PFA

## CO / OIC Cont.

- Ensure the management of an effective FEP (FEP Guide)
- Ensure data entered into PRIMS within 30 days
- Initiate ADSEP within 14 days of 2nd PFA failure
- Ensure compliance with reporting injuries to NSC

# Command Fitness Leader (CFL)

- Maintain CFL qualification
- Manage Physical Readiness Program per instruction
- Administer PFA per instruction and operating guides
- Advises the CO on all Physical Readiness Program matters at least quarterly

# CFL Cont.

- Maintain oversight of command PT and FEP
- Use PRIMS to manage PFA data
- Maintain original documentation of official command PFAs for five years
- Report all Physical Readiness Program related injuries to the command safety officer



# CFL Cont.

- Verify NSIPS, Electronic Service Record (ESR), and Official Military Personnel File (OMPF) against PRIMS for all newly reporting personnel
- Draft and submit written counseling for PFA failures not reflected in ESR/OMPF
- Inform members of PHA and PDHA status
- Ensure members without current PHA and PDHA do not participate in unit PT, PFA, or FEP

# Member

- Participate in a year-round physical fitness program to meet Navy fitness and BCA standards
- Review and verify accuracy of PRIMS data within 60 days of the PFA cycle
- Maintain an updated annual PHA and PDHA
- Complete a PARFQ for every PFA cycle
- Fulfill FEP requirements in the event of a PFA failure

**Who is responsible for  
ensuring that every member  
has a PHA and PDHA?**

# Who is responsible for ensuring that every member has a PHA?

- CO ensures with assistance from CFL and medical

**Who is responsible for ensuring that any member without a PHA and PDHA does not take the PRT?**

# Who is responsible for ensuring that any member without a PHA does not take the PRT?

- CFL ensures any member without a PHA and PDHA does not participate

**Who is responsible for  
reporting injuries to the NSC?**

# Who is responsible for reporting injuries to the NSC?

- Command Safety Officer



**Who is responsible for  
ensuring the accuracy of the  
PRIMS record?**

# Who is responsible for ensuring the accuracy of the PRIMS record?

- The member

**Who is responsible for assuring the quality of the CFL course?**

# Who is responsible for assuring the quality of the CFL course?

- OPNAV N17

# Summary

- There are many organizations with responsibilities for Physical Readiness Program
- Know your responsibilities
  - OPNAVINST 6110.1 (Series)
- Keep your chain of command informed

# References

- OPNAVINST 6110.1 (Series)
- BUPERSINST 1610.10 (Series)

# Questions?

