Physical Readiness Test (PRT)

Physical Readiness Program
Operating Guide 5

Objectives

- Review the proper conduct of the PRT per OPNAVINST 6110.1

- Discuss PRT Planning

- Provide tips on managing PRT

PRT Safety

- Have safety plan in place before beginning events

- Have monitors on run course
  - At least 2 CPR qualified members on the course at all times
  - Monitors in sight of entire course

- Allow only 2 to 15 minutes between events as determined by the CFL

PRT Procedures

- Ensure all participants have been properly medically screened
- Read all event procedures every time directly from the instruction and:
  - Demonstrate proper form
  - Explain what does not count
  - Explain what will cause event to end (i.e., hands removed from chest)

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PRT Event Sequence

- Pre-physical Activity Questions

- Standardized PRT warm-up

- Curl up

- Push up

- Cardio event

- Cool Down – 5 min

- Verify Scores – members sign

Curl-Up Procedures - 1

- Curl-ups shall be performed on a firm or suitably padded, level surface
- Participant shall start by lying flat on back with knees bent, heels about 10 inches from buttocks
- Arms shall be folded across and <u>touching chest with hands touching upper chest and shoulders</u>
- Feet shall be held to floor by partner's hands

Curl-Up Procedures - 2

- Participant curls body up, touching elbows to thighs while keeping hands in contact with chest and shoulders
- After touching elbows to thighs, participant lies back, touching shoulder blades to deck
- Participant may rest in either up or down position

What is wrong with this picture?
Do you count this curl-up?

Curl Up Event Ends

- Event is ended if participant:
  - lowers legs
  - lifts feet off deck
  - lifts buttocks off deck
  - fails to keep arms folded across and touching chest
  - lowers arms

Push-Up Procedures - 1

- Push-ups shall be performed on a firm or suitably padded, level surface
- Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly under shoulders or slightly wider than shoulder width

Push-Up Procedures - 2

- Shoulders, back, buttocks, and legs shall be <u>straight from head to heels</u> and must remain so throughout the event
- Toes and palms of hands shall remain in contact with floor
- Feet shall not be in contact with the bulkhead or other vertical support surface

Push-Up Procedures - 3

- Participant shall lower entire body until <u>arms bend to at least 90 degrees</u>, while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck

- Participant pushes entire body upward and returns to starting position ensuring <u>arms are fully extended</u>, without locking elbows

- Participant may rest in only the up position, while maintaining a straight line with shoulders, back, buttocks, and legs

Push-Up Event Ends

- Event is ended if participant:
  - touches deck with any part of body except hands and feet
  - raises one hand or foot off the deck
  - fails to maintain proper body alignment (shoulders, back, buttocks, and legs in a straight line with head and heels)

1.5-Mile Run/Walk Set-Up

- Verify course length
- Use approved measuring wheels (big orange wheel) from MWR
  - Do NOT use odometer readings (cars, motorcycles) or GPS units
- Conducted on a flat solid surface without sharp turns
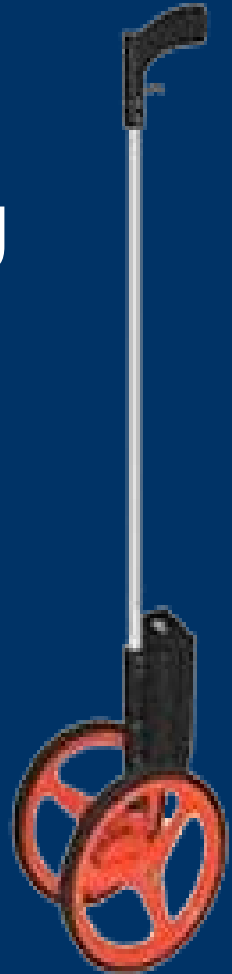
Conducting 1.5-Mile Run/Walk

- Any combination of running or walking is permitted
- Time is recorded with a stop watch to the nearest second
- Time starts when the last runner crosses the line
- If using a track (vice out and back distance), develop a system to track participants laps
- Do NOT run in inclement weather!

Run/Walk Ends

- The Run/Walk ends when participant:
    - Takes a short cut
    - Does not complete the entire 1.5 mile course (59:59 entry in PRIMS)
        - Member will be eligible for a retake under the Bad Day policy once medically cleared
    - Requires medical attention

Treadmill Run

- Must:
  - Be motor-driven with emergency stop button
  - Have adjustable speed and inclination
  - Have odometer that accurately measures distance in miles

Treadmill Setup and Rules

- Set incline to 1.0%
- Test is treated the same as run
- Time starts when participant starts walking and is recorded with stop watch
- Participant may set any speed
- Time or distance is never deducted or added

Treadmill Safety

- If member needs to tie shoe: treadmill is paused, official time continues on the stop watch, press start to re-start belt

- Member never "jumps on or off" a moving belt

- Practice pausing a treadmill and resuming before conducting a treadmill run with a member

Treadmill End of Test

- Treadmill test ends when member:
  - Stops running or walking (other than to tie shoe laces)
  - Changes treadmill inclination from 1.0
  - Supports body weight using arms, hands, torso, or any other device
  - Requires medical assistance

Alternate Cardio Options

- 1.5 mile run is the standard
- Only approved stationary bikes are authorized (see Physical Readiness Program website)
- Elliptical Trainers are no longer authorized for PRT
- Obtain CO's authorization
- Verify that safety, setup/start/stop, and testing procedures work on each machine

Alternate Cardio Machine Procedures

- Verify the clock accurately measures time on each machine
- Ensure member has practiced on the specific machine used for the test
- Goal is to maximize caloric output
- Enter caloric output into PRIMS to convert into runtime

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Stationary Bike Testing Procedures

- Manual program
- Member may vary resistance/load
- Hands must remain on handlebars when not adjusting resistance or level
- Must remain seated on the bike
- Set duration to 14 minutes
- At 12 minute mark, CFL/ACFL records caloric output from machine
- Member cools down before exiting

Stationary Bike End of Test

- The Stationary Bike test ends when a member:
  - Stops the machine or quits operating before 12 minutes have elapsed
  - Requires medical assistance
  - Stands up on the cycle
  - Removes hands from handlebars (other than momentarily to adjust resistance, wipe off sweat, etc.)
  - Announces he/she quits (20 entry in PRIMS)

Sample Run Time Conversion

*For a 190 pound male in age group 40 to 44

Calories	Life Fitness 95C Inspire **Stationary Cycle**		Life Fitness 95Ci **Stationary Cycle**	
	Run Time	Score	Run Time	Score
82	16:15	Fail	15:45	Satisfactory Medium
85	15:52	Probationary	15:25	Satisfactory Medium
135	12:13	Good High	12:02	Excellent Low
185	10:35	Excellent High	10:29	Outstanding Low

- Proper cardio machine selection is critical to correct run time conversion scoring

500-Yard or 450-Meter Swim

- Only 25 or 50 yard/meter pools
- Certified lifeguard on duty
- 2 CPR certified on site
- No more than 3 swimmers per CFL/ACFL in the water at the same time

500-Yard or 450-Meter Swim (cont.)

- Swimmer begins in water
- CFL/ACFL signals start and calls out time intervals
- Record time with stop watch
- Any swim stroke or turn allowed

500-Yard or 450-Meter Swim (cont.)

- Swimmer may
  - Push off from sides
  - Rest by treading water, holding to side of pool, or standing
  - Use goggles, facemasks, swim caps, and/or ear plugs
  - NOT use fins, snorkels, flotation, wet suit, and propulsion devices

Swim Test Ends

- Receives or requires assistance from lifeguard, CFL, ACFL, or another person
- Quits the test

Grading PRT

- PRT is passed when member scores Probationary or better for
  - Curl up, push up, and one cardio event
  - Any 1-2 PRT events when medically waived from event(s) (Partial pass – not scored)
- If member attempts and fails to complete a cardio-respiratory event, it is considered a PRT failure*

* Operating Guide 5, page 17, para 10c

Scoring

- Overall score is a category-level performance corresponding to the average points accumulated on PRT events

- Members must pass all 3 events to receive an overall score

- Members waived from 1 or more event cannot be assigned a score

Bad Day

- Member may have ONE additional opportunity to pass the PRT
- At the discretion of the CO
- Member must request a Bad Day within 24 hours of completing the PRT
- Retest must be administered within 7 days of being medically cleared and within the same Navy PFA cycle (Drilling reservists must retest by the end of the following month)

Bad Day (cont.)

- If Bad Day is approved and
  - The member does not participate in the retest
  - Transfers before the retest
- Then the initial test score is entered in PRIMS as the official PFA

Injury or Illness During PRT

- Medical determines if illness or injury was:
  - Not due to member's failure to condition
    - A medical waiver is authorized
    - PRT may be graded or subsequent PRT taken within 7 days IAW Bad Day policy guidelines
  - Due to member's failure to condition
    - CO shall not authorize medical waiver
    - Use results for PFA
- Report all injuries to safety officer

*Operating Guide 6, para 13, page 8

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How much time can you allow between PRT events?

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- Allow 2 to 15 minutes between events, as determined by the CFL

What is the order of events for the PRT?

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- Pre-physical Activity Questions
- Dynamic Warm-up (5-10 minutes)
- Curl up
- Push up
- Cardio event
- Cool Down
- *Verify Scores / members sign

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- OPNAV establishes options
- CO determines which options are authorized for command members

Summary

- Discuss cardio options with CO

- Have safety plan and support ready

- Always read instruction to participants before PRT events begin

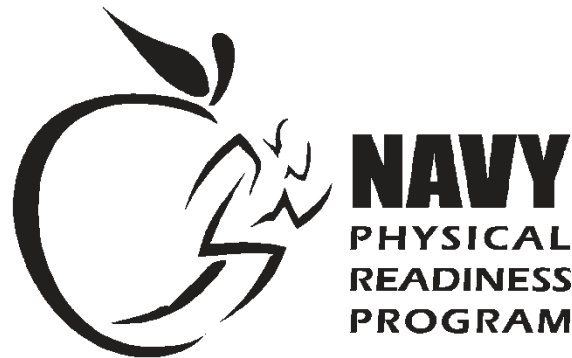- Become familiar with alternate cardio testing procedures

References

- OPNAVINST 6110.1 (Series)
- Physical Readiness Program Operating Guide 5: Physical Readiness Test (PRT)
- Physical Readiness Program Operating Guide 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver

PFA Decision Making

Command Fitness Leader

NAVY PHYSICAL READINESS PROGRAM

PFA Decision Making Activity
PRT Results

Questions?