

## Example of a PFA Notification

**Physical Fitness Assessment (PFA)**. Cycle \_\_\_ PFA will commence (date and time) and end (date and time). All medically cleared members are required to participate. All leave and TAD requirements are to be managed accordingly.

**Medical Screening**. No member is authorized to participate in the PRT without an updated PHA. Any member with an expiring PHA prior to (date) is required to go to medical to obtain a current PHA. All PARFQS (NAVPERS 6110/3) are to be completed in PRIMIS prior to (date). If there are "yes" responses print, sign and take to medical for clearance. If a medical waiver is required, print the NAVMED 6110/4 (PFA Medical Clearance/Waiver Form) and take to medical. NOTE: This medical appointment can be in conjunction with the PHA, but does not replace the requirement to have a current PHA.

**Medical Waivers**. All medical waivers are to be turned in prior to official testing. After-the-fact (retroactive) BCA medical waivers are not authorized. **It is important to address any unexplained weight gain or medical issues prior to testing. BCA results are final.**

**BCA**. Official BCAs will only be performed by the CFL staff (CFL and authorized ACFLs). Official testing will take place in the (location) (dates and times). No courtesy BCAs will be conducted during the official PFA cycle. Bad Day BCAs are not authorized. All **members requiring taping must be in the official Navy PTU.**

**PRT**. Official PRT testing will take place (location) (dates and times). All participants must perform testing in the official Navy PTU. **The CO has authorized 1 PRT retest (Bad Day)**. All retests must be completed within 7 days of the PRT failure and NLT (date). **Alternate cardio options are / are note authorized.** Members must have trained on machine prior to testing. Sign-up information will provided at a later time.

Please contact the CFL, (Name and POC information) for additional information.