

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - December 2013

What requirements must be met for newly reporting members who arrive within the last month of a Navy cycle?

When the CFL is checking in a newly reported member that does not have a PFA for the current cycle and is within 45 days of the end of the Navy cycle, the CFL should acquire the member's BCA immediately. Members who anticipate a BCA medical waiver should be deferred long enough to get to medical. Members are now expected to perform the PFA upon checking in. Acclimatization is not a replacement or substitute for the previous <10 weeks policy. "Acclimatization" status is to be used sparingly and on a case-by-case basis, which must be approved by the CO. The time afforded is limited to allow members to prepare to PT in a new climate and not used to excuse members from participating. Members that clear all medical screenings (PHA, PDHA, PDHRA, PARFQ, Medical Waiver) should be allowed to participate up to the last day of the Navy cycle (30 June or 31 December). When members provide proof that medical will not be able to process them for medical clearance prior to the end of the Navy cycle, the CO should consider excusing the member from the PRT portion of the PFA. All efforts should be exhausted to allow members to participate versus granting members be excused.

If a Drilling Reservist is in an IRR status and needs to perform a PFA for the purpose of advancement eligibility, what are their options?

Some Drilling Reservists in an IRR status are not required to participate in one official PFA per Navy cycle. In these circumstances, a Drilling Reservist may need to participate in either an official PFA or regularly scheduled mock PFA in order to regain eligibility for frocking/promotion. In these cases, a Drilling Reservist must find a command with a CFL to conduct the PFA. The member must provide proof of medical clearance to the supporting command prior to participating in the PFA. Since Drilling Reservists are in a "transfer" status in PRIMIS when in an IRR status, the command conducting the PFA must transfer in the member to their UIC and conduct the PFA as per policy. The CFL will then enter the PFA results as an official PFA for the cycle or enter the member into FEP under the "voluntary" selection and input PFA data as a mock PFA. Once the PFA is complete, the CFL will transfer out the member from PRIMIS in a PCS "transfer" status.

NOTE:

Be sure to visit the Physical Readiness Program Newsletters located at the Physical Readiness Program webpage by utilizing the link below. Each monthly newsletter will showcase a different command and how they promote a culture of fitness. You will also find a new workout routine for your fitness toolbox.

http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/PHYSICAL/Pages/Newsletter.aspx

Best Practice

Participating in physical activity does not have to be a chore, it can be fun. Moderate-intensity activity can be accomplished by:

1. Playing volleyball for 45–60 minutes.
2. Playing touch football for 45 minutes.
3. Water aerobics for 30 minutes.
4. Jumping rope for 15 minutes.
5. Basketball (shooting baskets) for 30 minutes
6. Dancing fast (social) for 30 minutes
7. Swimming laps for 20 minutes
8. Basketball (playing game) for 15–20 minutes

Tip of the Month!

When eating out, ask if the restaurant will:

1. Accommodate special requests?
2. Serve salad dressing on the side?
3. Trim visible fat from poultry or meat?
4. Leave all butter, gravy, or cream sauces off a dish?