

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS
5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – January 2015

When can IA be used for a member's PFA?

Per policy, due to the nature of IA assignments, IAs may be designated in PRIMS as "IA" participation status if either the BCA, PRT, or both were not completed due to **conditions at the deployed location**, such as safety or the nature of the assignment. CFLs from the parent command and the IA location should communicate to ensure members are complying with policy. A complete PFA shall be completed unless unsafe to do so.

How to capture BCA data?

The PRIMS website has a BCA score sheet template, under the help tab, which should be used to obtain all BCA data. Even though the form is not mandatory, the form contains all the pertinent information to support data in PRIMS. The form shall be filled in its entirety. The CFL, observer (ACFL), and the member shall all sign the form. Members should sign the form a second time once they have verified their BCA data is in PRIMS. Refer to Op Guide 4 for BCA procedures.

How to capture PRT data?

The PRIMS website has a PRT roster style score sheet template, under the help tab, which should be used to obtain all PRT data. The form contains all the pertinent information to support data in PRIMS. The PRT roster should be used to capture all PRT participants for the date the PRT is conducted. PRT score sheets should not be used to capture just one member's PRT scores when more than one member is testing. All members testing at the same location and event should be on the same PRT score sheet.

How do I obtain the CFL NEC?

Enlisted Sailors who have attended the certification course and qualified since October 2014 should automatically see the NEC when they check their records. Those that received the certification prior to October can make the appropriate updates by filling out the NEC change request form NAVPERS 1226/6. It can be found at:

http://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Documents/NAVPERS_1221-6_Rev09-13.pdf

Members must have attended the course since January 2009. Include a copy of your certificate with the NAVPERS 1221-6.

Note

Do not mail ACFL Designation Letters to OPNAV N170B. Maintain in command files for period of no less than 5 years. CFLs are responsible to train and assign ACFLs with departmental access in PRIMS.

Tip of the Month!

Live Actively

- Join an exercise group, and enroll your children in community sports teams or lessons
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Pace the sidelines at kids' athletic games
- Avoid labor-saving devices, such as a remote control or electric mixers
- Buy a set of hand weights and play a round of Simon Says with your kids - you do it with the weights, they do it without.