

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – March 2014

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 is not used to excuse members from participating. Members that clear all medical screenings (PHA, PDHA, PDHRA, PARFQ, and Medical Waiver) shall participate in the PFA 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.

Is there a certain model or type of scale that must be used during an official PFA?

NO! Any scale can be used as long as it is calibrated. A calibrated scale just means the scale accurately reflects the amount of weight on top of it.

Is a member required to participate in the BCA if their PHA is not current?

YES! However, the CFL is not authorized to redo the BCA if the PRT portion of the PFA cannot be accomplished within 45 days of the BCA.

What if the PHA is completed after the command PFA cycle?

If the command cycle has ended the CO has the authority to direct an official PFA (BCA and PRT) on those members before 30 June or 31 December. This testing can be accomplished during a Fitness Enhancement Program (FEP) session or at another approved time.

Can a member receive a retroactive PRT waiver?

YES! If a member is injured during the PRT and medical has determined that the injury was not due to lack of preparation on the member's part, the CO has the authority to approve a retroactive PRT waiver.

Tip of the Month!

Common Exercise-Related Shoulder Injuries

Common injuries to the shoulder include rotator cuff impingement, rotator cuff tendonitis, and rotator cuff tears. Shoulder instability is found in 68 percent of individuals with rotator cuff problems. Factors leading to the rotator cuff tendonitis and tears include: Sudden trauma, overuse of overhead activities, with improper form, poor posture, and improper exercise selection and technique.