

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N135F – March 2013

The Navy's shift from a Culture of Testing to a "Culture of Fitness" can be attained by following a few simple steps.

1. Promote a command climate which fosters healthy eating habits (smaller meals/snacks more frequently throughout the day).
2. When providing food at the command level, make the healthy choice the easy choice (move high calorie, less nutrient rich foods to the back of the space).
3. When the CO, XO, and CMC support and attend command PT, fitness becomes the culture.
4. Make monthly courtesy BCAs available to your Sailors. This will help maintain readiness, assist them in maintaining awareness of their BCA status and provide a tool they can use to monitor their progress.
5. Maintaining a year-round physical fitness regimen enables Sailors to be "Always Ready" for anything, especially a Physical Readiness Test.

What are the PFA requirements for a collegiate? As per COMNAVCRUITCOMINST 1131.2E, Active Duty personnel designated as a "Collegiate" are required to complete the Physical Fitness Assessment (PFA) twice a year IAW OPNAVINST 6110.1. The PFA must consist of the following: 1.5 mile run, curl-ups and push-ups. Alternatives for the run (swimming, stationary bike, or elliptical) are not authorized for an Active Duty Collegiate. Every Collegiate must complete a manual PARFQ form prior to each PFA. CFLs must upload the PARFQ in PRIMS for collegiate. An annual PHA is also required and will be documented on the DD Form 2766 annually by their TRICARE provider or military physician.

Can a medical waiver be signed by the AMDR but not the CO prior to participating in the PFA? No! The NAVMED 6110/4 medical waiver form must be completely filled out by the physician, the AMDR, and approved by the Commanding Officer prior to any member participating in the BCA portion of the PFA.

If an after-the-fact medical waiver is signed and approved by the CO after the date of a PFA failure, what must be done prior to requesting a correction to PRIMS?

1. Submit a copy of the completed/signed command safety report.
2. A copy of any applicable SF600 form to document pre-existing medical conditions that resulted in the need for a medical waiver. SF600s shall contain annotation which directly addresses that the condition was not a result of poor conditioning.
3. Completed/approved NAVMED 6110/4.

What must be done to correct an error in a PRIMS record of a Reservist Component member?

1. Letter of Correction request must be endorsed by the Commanding Officer.
2. Submit all official documentation from PFA cycle in question (i.e., original BCA score sheet, original PRT score sheet/roster, original command notification, orders).

Best Practice

Completing all medical screening prior to the beginning of the command PFA will allow CFLs to focus their attention on conducting a safe and effective Physical Fitness Assessment. CFLs must know the medical status of every command member prior to the PFA to ensure all members are medically cleared to participate.

Tip of the Month!

March is Navy Nutrition Month. The entire month will focus on the importance of food procurement and healthy eating habits.

Let's start making a change for the better, today!