

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – November 2016

When does my CFL Certification expire and how do I recertify?

OPNAV N170B Physical Readiness Program staff conducts CFL Seminar training in your local area/region, all are invited to attend. Per NAVADMIN 061/16, effective 01 JAN 2016 in order to maintain certification the NEC 95PT, CFL's and ACFL's must attend a CFL 2 day seminar or a 5 day certification course at a minimum of every three years to maintain their CFL credentials. In order to attend a CFL Seminar refer to FY17 CFL Seminar located on the Physical Readiness Program website. To register for a Seminar, the registration request can be located on the PRIMS website under the "HELP" tab. Classes do fill up so register early.

Why do Letters of Correction not get processed?

The PRIMS team receives thousands of correction requests each year. We are not able to process many of these requests due to a multitude of reasons. Common correction request problems:

1. Request is not on command letterhead
2. Request is not signed by the Commanding Officer
3. Supporting documentation is missing or insufficient
4. Score sheets are incomplete
5. Requests submitted that are older than one year. (The instruction requires requests to be submitted within one year.)
6. Correction requests from a different command than the one responsible for reporting the member's PFA results

Examples of insufficient documentation:

1. Score Sheets - We need all of score sheets associated with a request (BCA and PRT score sheets). If the member participated in a re-test for a bad day, we need the original BCA and PRT score sheets and the PRT score sheet from the re-test.
2. Orders that support the request.
3. Medical waiver documentation (NAVMED 6110/4).
4. Pregnancy notification and convalescent leave documentation.

Here are examples of incomplete documentation.

1. Missing test dates
2. Missing UIC
3. Alternate cardio option is missing or not clearly indicated
4. Alternate cardio model is not annotated on the score sheet.
5. Score sheet is illegible.
6. All sections of the NAVMED 6110/4 have not been completed.

Operating Guide 1 requires the use of NAVPERS 6110-10 and NAVPERS 6110-11 to capture the scores for the PFA cycle. These scores sheets were developed to ensure the necessary data is collected and the integrity of the command's physical readiness program is above reproach.

Effective immediately, the PRIMS team will return any request submitted not in accordance with the above guidelines.

Do I have to complete a PFA on an IA assignment?

If you are assigned to an “IA” you are only required to participate in the PFA if you are assigned to a duty location that has a qualified CFL (ie: Djibouti). If your IA assignment completes the PFA then parent units are advised to transfer the member in PRIMS so the IA UIC can gain them and complete the PRIMS record. When the member checks back into the parent command following the IA, the parent command will have to gain them in PRIMS.

Reminder

CFLs Operating Guide 3 is the Physical Fitness Assessment (PFA) checklist. This is designed for your use in planning your PFA cycle!!

Tip of the Month!

HOLIDAY EATING.

The Navy Physical Readiness Letter is published monthly by the Physical Readiness Office (N170B), 5720 Integrity Drive, Millington TN, 38055.