



PRP E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV N135F – Jan 2011

Happy New Year!

What's new? ...In the Sep 2010 NEWSGRAM, the Navy Uniform Office addressed a question from the Fleet regarding the wear of five fingers footwear in Navy PTU. The answer is quoted below: "The Vibram Five Fingers is being evaluated for safety and practicality. Uniform regulations require athletic shoes and socks to be worn with the Navy PTU during command/unit PT. When performing individual PT, Sailors may wear PT gear and footwear of their choice (Navy Uniform Regulations Chapter 3)."

Are we allowed to assign members as "<10 weeks" for the BCA in PRIMS? ...No. IAW NAVADMIN 247/09, all members are required to participate in the BCA, even if onboard less than 10 weeks. It is the CFL's job and responsibility to follow BCA techniques and policies for all official BCAs, including taping the member three times.

There continues to be a problem with CFLs not transferring members out of their UIC! ...The proper management of member PFA records is the responsibility of the CFL to ensure PFA records are properly documented in PRIMS. When a CFL fails to transfer a member, the gaining command is not able to do their job and the record is often left blank. TRANSER! TRANSFER! TRANSFER!

Updating the Command Screen in PRIMS is a must! ...The Command Screen is the primary source for a gaining command CFL to obtain email and phone contact information for the CFL from the previous command when a member has not been transferred in PRIMS. Help make everybody's job easier and keep the Command Screen updated at all times.

TIP OF THE MONTH!

Healthy eating begins with learning how to "eat smart"—it's not just what you eat, but how you eat. Expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.