

FREQUENTLY ASKED QUESTIONS AND ANSWERS

QUESTION 1: Will the 2 Physical Fitness Assessment (PFA) failures in 3 years be retroactive once the new policy is implemented?

ANSWER: No, effective 1 January 2016, all PFA (Body Composition Assessment (BCA) or Physical Readiness Test (PRT)) failures in the most recent 3-year period will be reset to one failure. A Sailor's most recent failure will carry over to Cycle 1, 2016. Note: A Cycle 2, 2015 BCA failure will not count as a carry-over failure, but a PRT failure incurred in Cycle 2, 2015 will count as a carry-over failure.

QUESTION 2: Is there a cap on how many PFA failures one can have in a career?

ANSWER: No, policy will not be based on the number of PFA failures in a career. Effective 1 January 2016, a Sailor who fails two PFA cycles in the most recent 3-year period shall be processed for administrative separation. Failing either the BCA or the PRT will constitute a PFA failure for the cycle in which it is incurred.

QUESTION 3: How will maternity leave tripling impact time a female has afterwards to take/pass PRT?

ANSWER: The Physical Readiness Program (N170B) staff is working and coordinating with Women's Policy (N134) to develop a Physical Readiness Program policy that supports SECNAV's policy, is clear and well defined and does not have a negative impact on service women. Current policy is still in effect and states: OPNAVINST 6110.1J (dated 11JUL11), Enclosure (1), page 4, paragraph (3) and PRP Operating Guide 8 "Managing Physical Fitness Assessment (PFA) Records for Pregnant Servicewomen" defines pregnancy status as, "from the time pregnancy is confirmed by a military health care provider (HCP) or civilian HCP...until the end of the six months following convalescent leave (postpartum)."

QUESTION 4: Gym hours are increasing, but, does this extend to pool hours?

ANSWER: The fitness center/gym hours will be extended from 90 to 118 hours. The aquatic facilities operate less than 90 hours per week and the increase in fitness hours will not impact these facilities. Installations are able to adjust pool hours as necessary to meet customer demand but no current plan is in place to increase overall operating hours of the aquatic facilities. In

many cases, installations are authorized to operate multiple pools to meet peak demand during the summer.

Question 5: If Cycle 2, 2015 BCA doesn't count as a failure, why am I being enrolled into the Fitness Enhance Program (FEP)?

ANSWER: It is still a failure and indicator of a need to improve your personal health and fitness. FEP is designed to do just that, assist Sailors in improving their personal health and fitness thus ensuring mission readiness. Sailors enrolled in FEP will receive nutrition education, participate in an effective dietary intervention program and engage in fitness activities until they are able to be within the new Navy BCA standards and/or pass the physical readiness test (PRT).

Question 6: If I am out of body fat standards do I need a medical waiver/clearance form completed to participate in the PRT?

ANSWER: Yes, all Sailors who fail the BCA are required to be medically cleared prior to participating in the PRT. All Sailors who are medically cleared, regardless of BCA failure, shall take the PRT.

Question 7: Can a Sailor participate in the PRT if they have failed the HT/WT, Abdominal Circumference and the graduated BCA?

ANSWER: Yes, all Sailors who are medically cleared, regardless of BCA failure, shall take the PRT. The PRT, in this case, will be used to assess the physical abilities of Sailors despite failing the BCA.

Question 8: If I failed one, two or three PFA(s) in the most recent 3 years, all my failures will be reset to 1 as of January 01 2016. How and when do I apply the new 2 failures in a 3 years period ADSEP rule?

1. Does the 3-year period for ADSEP start from my most recent PFA failure date?
2. If the most recent failure is “carried over” to 1 Jan 2016, will the 3-year window for ADSEP start 1 Jan 2016?

ANSWER: The 3-year window for ADSEP starts at the member's most recent PFA failure date. Ex: If your most recent failure was April 5th of Cycle 1 2013, this failure will drop off April 5th Cycle 1 2016.

Question 9: Will the BCA for CY 2 2015 count towards a PFA failure?

ANSWER: No. CY 2 2015 BCA will only be used to monitor member. Sailors who exceed current standards shall be enrolled into FEP and Nutritional counseling.

Question 10: Will the PRT for CY 2 2015 count towards a PFA failure?

ANSWER: Yes. PRT failures incurred will be documented in PRIMS and count as a PFA failure.

Question 11: Can a Sailor who fails the current Navy BCA standard per OPNAVINST 6110.1J participate in CY 2 2015 PRT?

ANSWER: Yes. This release of this NAVADMIN authorizes members must be cleared by their medical provider before they are allowed to participate in the Cycle 2 2015 PRT. All medically cleared Sailors shall participate in the PRT regardless of BCA outcome.

Question 12: What must happen if a Sailor cannot participate in the PRT?

ANSWER: A NAVMED 6110/4 Medical Waiver and Clearance form must be annotated for documentation.

Question 13: How often must members assigned to FEP be required to participate in a mock BCA and PRT?

ANSWER: Every 30 days, result must be entered into PRIMS.

Question 14: What are the new graduated Navy Body Fat Standards?

ANSWER: Males: (Age) 18-21=22%, 22-29=23%, 30-39=24%, 40+=26% / **Females:** (Age) 18-21=33%, 22-29=34%, 30-39=35%, 40+=36%.

Question 15: What is the “New” Body Composition Assessment (BCA) Methodology?

ANSWER:

Step 1: Apply the current height/weight tables per OPNAVINST 6110.1J to a Sailor. If the Sailor is within height/weight standards, he or she will pass the BCA.

Step 2: Apply a single-site abdominal circumference measurement, if abdominal circumference is less than or equal to 39.0 inches for males and less than or equal to 35.5 inches for females, he or she will pass the BCA. If the Sailor exceeds the abdominal circumference measurement, proceed to step 3.

Step 3: Apply the body circumference measurement technique to determine body fat percentage per OPNAVINST 6110.1J. The Sailor will pass the BCA by meeting the DoD maximum allowable body fat limit of less than or equal to 26% for males or DoD maximum body fat limit of less than or equal to 36% for females. However, any Sailor who exceeds the Navy’s updated graduated body fat standards set forth in paragraph 3.b above shall be enrolled in FEP.

Question 16: What is the new PFA failure determination for Administrative Separation Processing?

ANSWER: Effective 01 January 2016, a Sailor who fails two PFA cycles in the most recent 3 year period shall be processed for Administrative Separation. Failing either the BCA or the PRT will constitute a PFA failure for the cycle in which it is incurred.

Question 17: What will happen if a Sailor has an approved or pending administrative separation due to multiple PFA (BCA or PRT) failures, who has not been separated?

ANSWER: Sailor shall be offered the opportunity to be retained. A Sailor who desires to be retained must notify his or her commanding officer, be medically cleared to participate in the PRT, and pass either a mock or the official PRT before 01 December 2015. All mock PFA data shall be recorded in PRIMIS under the FEP tab in each Sailors profile. A Sailor who desires to separate from the Navy will continue processing for administrative separation.

Question 18: What is resetting the PFA?

ANSWER: Effective 01 January 2016, all PFA failures in the most recent 3-years will be reset to one failure.

Question 19: Does a BCA failure constitute a PFA failure starting Cycle 1 2016? If so, what constitutes a BCA failure?

Answer: A member fails the BCA if over the DoD body fat maximums, i.e. over 26% for males and over 36% for females. If a member is over the Navy's new graduated body fat maximums by age, this does NOT constitute an official failure. The graduated body fat maximums are only used for the purposes of determining if a member enrolls in FEP. For example: if a member is over the Navy's graduated body fat maximums by age per the new scale, but under the DoD maximums, then the member passes the BCA but will be enrolled in FEP.