



DEPARTMENT OF THE NAVY

U.S. NAVAL SUPPORT ACTIVITY NAPLES ITALY
PSC 817 BOX 1
FPO AE 09622-0001

Canc: Dec 23

NAVSUPPACTNAPLESNOTE 6110
N00
6 Jul 23

NAVSUPPACT NAPLES NOTICE 6110

From: Commanding Officer, U.S. Naval Support Activity, Naples, Italy

Subj: PHYSICAL FITNESS ASSESSMENT FOR CALENDAR YEAR 2023

Ref: (a) OPNAVINST 6110.1J, Physical Readiness Program
(b) NAVSUPPACTNAPLESINST 6110.1B, Command Physical Readiness Program
(c) CNO WASHINGTON DC 041950Z Nov 22 (NAVADMIN 251/22)

Encl: (1) Physical Fitness Assessment Timeline
(2) Physical Fitness Assessment Schedule (Naples and Gaeta)

1. Purpose. To promulgate guidance for the execution of the Physical Fitness Assessment (PFA), calendar year (CY) 2023, from 1 October to 1 November 2023 per references (a) through (c). Schedule of events is outlined in enclosures (1) and (2).

2. Official Ten-Week Notification. 23 July 2023

3. Discussion. The CY 2023 PFA is administered at the command level and will include the Body Composition Assessment (BCA) and Physical Readiness Test (PRT). The PFA for Sailors in Naples will be held at Support Site (SS) Fitness Forum for run and alternate cardio and Capodichino FitZone for alternate cardio and swim. The PFA for Sailors in Gaeta will be held at U.S. Naples Support Activity (NAVSUPPACT), Naples, Italy Detachment Gaeta.

4. Action

a. Department Heads. Ensure all required departmental Sailors participate in the PFA.

b. Command Fitness Leader (CFL)

(1) Ensure Sailors adhere to the planned schedule of events.

(2) Train PFA administrators properly to administer the PFA and verify they will be available to administer the PFA.

(3) Enter test results into Physical Readiness Information Maintenance Systems (PRIMS-2) within 30 days of cycle completion.

(4) Verify all Sailors have current physical examinations and Physical Activity Risk Factor Questionnaires (PARFQ) on file.

(5) Record all authorized waivers into PRIMS-2.

- (6) Prepare a safety plan for summoning emergency assistance at each site.
- (7) Make sure Assistant Command Fitness Leaders (ACFL) and PFA administrators have current cardiopulmonary resuscitation certifications.
- (8) Monitor that all Sailors exercise universal training precautions to reduce risk of exercise-related collapse and death as per reference (d).
- (9) Conduct on-site surveys of test sites prior to commencement of first PRT.
- (10) Report injuries that occur during the PFA to the Commanding Officer (CO), NAVSUPPACT Naples and the Commander, Navy Safety Center.
- (11) Screen and verify PRIMS-2 data before forwarding medical waiver/clearance forms to the CO for approval.

c. Service Member

- (1) Participate in a year-round physical fitness program to meet Navy fitness and BCA standards.
 - (2) Review and verify accuracy of PRIMS-2 data within 60 days of the PFA cycle.
 - (3) Maintain an updated annual Physical Health Assessment (PHA).
 - (4) Complete a PARFQ.
 - (5) Fulfill Fitness Enhancement Program (FEP) requirements in the event of a PFA failure.
 - (6) Immediately forward all medical waiver/clearance forms issued by medical to the CFL.
5. Approved Leave or Temporary Assignment of Duty (TAD)/Temporary Duty (TDY). Sailors with approved leave or TAD/TDY that conflict with prescribed PFA schedule must contact the CFL no later than 1 September 2023 for coordination. These Sailors are expected to use early or straggler PFAs scheduled per enclosure (1) if feasible.

6. PARFQ

a. Each service member will log into the PRIMS-2 database and add a PARFQ for PFA CY 2023 no later than 1 September 2023. The PRIMS-2 database will not allow the member to add a PARFQ if the member's PHA is not current. If this happens, the member is required to report to medical to complete a PHA. If PRIMS-2 is unavailable, the member will fill out a paper copy of their PARFQ and bring it with them to their BCA.

b. If a Sailor answered yes to questions 1 (females only), 3, 4, 5, or 8 on the PARFQ, they require medical screening for clearance to participate in the PFA.

7. Medical Screenings and Waivers

a. All Sailors are required to have a current PHA that must not expire prior to participating in the PRT. PHAs must be validated through PRIMIS-2 by all Sailors or with CFL/ACFL assistance as needed.

b. If a PRT medical waiver is required, the waiver must be issued on the official medical waiver/clearance form and approved by the CO prior to the BCA.

c. BCA waivers require two signatures, one from the physician recommending the waiver and one from the Authorized Medical Department Representative (AMDR) physician. If the AMDR is the recommending physician, the AMDR's supervisor's signature is required. If a BCA medical waiver is required, the waiver must be issued on the official medical waiver/clearance form and approved by the CO prior to the BCA.

8. BCA. BCA is conducted in Navy Physical Training Uniform (PTU) only.

a. Courtesy BCAs will be provided upon scheduling with ACFL until 15 September 2023.

b. The start date for early BCA is 23 July 2023 and will only take place at Support Site Fitness Forum. The result is valid for 45 days for inclusion in PRT portion of the PFA. This is an official BCA and will be recorded as is, "NO REDO". The PRT will be performed the same week as the BCA for accountability reasons.

c. Sailors who fail the BCA must report to medical for additional medical screening.

d. Newly reported Sailors before 1 November 2023 are authorized a two-week acclimatization period. Sailors who report to the command on or after 15 November 2023 and have not completed a PFA are required to complete the full PFA before 30 November 2023.

9. PRT. The following alternate cardio options are authorized: stationary bike, treadmill, row, and swim.

a. All medically cleared Sailors will participate in PRT regardless of BCA outcome.

b. Members who score a probationary on any event (i.e. push-ups, forearm planks, or cardio) will be enrolled into FEP. This is not punitive. The intent is to get the member the additional help they need to ensure success during the next official PFA.

10. Bad Day Procedure. "Bad Day" requests if recommended by Department Head may be routed to the CO or the Executive Officer (XO) within 24 hours of failing a portion or all of the PRT. Any "Bad Day" request will require detailed supporting documentation clearly identifying external or unplanned factor resulting in a "Bad Day". Waiver approval is at discretion of the CO or the XO.

a. If approved, the retest must be administered within seven days of the initial PRT failure and within the same PFA cycle for which the "Bad Day" was requested.

b. The member must retake all components of the PRT.

c. The “Bad Day” request does not apply to the BCA.

d. If a member is approved for a “Bad Day” but does not participate in the retest, becomes “medically waived” before the retest, is injured during the retest, or transfers to another command before the retest, the initial test score will be entered into PRIMIS-2 as the official PFA.

11. Award Recognitions. Individuals who receive an overall score of outstanding on their PFA are eligible for the following award recognitions at Department Head discretion.

a. Outstanding low or higher: 24 hours of special liberty

b. Good High or Higher on Running Modality: 24 hours of special liberty

12. Command Fitness Leader. MAC Raymond Herrera can be reached at DSN: 314-626-5951, or e-mail: raymond.g.herrera2.mil@us.navy.mil.

13. Records Management

a. Records created as a result of this notice, regardless of format or media, must be maintained and dispositioned per the records disposition schedules located on the Department of the Navy Assistant for Administration, Directives and Records Management Division portal page at: <https://portal.secnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/Approved%20Record%20Schedules/Forms/AllItems.aspx>.

b. For questions concerning the management of records related to this notice or the records disposition schedules, please contact the local records manager or the OPNAV Records Management Program (DNS-16).

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Electronic via NAVSUPPACT Naples G2 site:

<https://g2.cniv.navy.mil/TSEURAFCENT/NSANAPLESIT/N1/SitePages/Home.aspx>

PHYSICAL FITNESS ASSESSMENT TIMELINE

<u>23 Jul 23</u>	NAVSUPPACT Naples official 10-week notice
	NAVSUPPACT Naples Detachment Gaeta official 10-week notice
<u>1 Sep 23</u>	If TAD/TDY or leave conflicts with official PFA cycle dates, member contact the CFL by this date, provide supporting documents, and coordinate participation in the early or straggler PFA
<u>1 Sep 23</u>	PARFQ and medical waivers are due
<u>30 Sep 23</u>	No BCA waivers will be accepted after this date
<u>1 Oct 23</u>	Start of PFA
<u>20 Oct 23</u>	End of PFA
<u>23 Oct 23</u>	Start of straggler PFA
<u>1 Nov 23</u>	End of straggler PFA
<u>15 Nov 23</u>	PRIMS-2 input complete
<u>15 Nov 23</u>	FEP begins

6 Jul 23

PHYSICAL FITNESS ASSESSMENT SCHEDULE
NAVSUPPACT NAPLES DETACHMENT GAETA

02 OCT - Monday Event: BCA Time: 0800-1000 Location: Gaeta Gym	03 OCT – Tuesday Event: BCA Time: 0800-1000 Location: Gaeta Gym	04 OCT – Wednesday Event: BCA Time: 0800-1000 Location: Gaeta Gym	05 OCT – Thursday Event: 1.5 mile run Time: 0800-1100 Location: Gaeta Track	06 OCT – Friday Event: 1.5 mile run Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym
09 OCT – Monday Event: 1.5 mile run Time: 0800-1100 Location: Gaeta Track Event: BCA Time: 1300-1400 Location: Gaeta Gym	10 OCT – Tuesday Event: 1.5 mile run Time: 0800-1100 Location: Gaeta Track Event: BCA Time: 1300-1400 Location: Gaeta Gym	11 OCT – Wednesday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym Event: 1.5 mile run Time: 1300-1500 Location: Gaeta Track	12 OCT – Thursday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym Event: 1.5 mile run Time: 1300-1500 Location: Gaeta Track	13 OCT – Friday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym Event: 1.5 mile Time: 1300-1500 Location: Gaeta Track
16 OCT – Monday Event: BCA Time: 0800-1000 Location: Gaeta Gym	17 OCT – Tuesday Event: Bike/Treadmill/Row/Swim Time: 0800-1100 Location: Gaeta Gym	18 OCT – Wednesday Event: Bike/Treadmill/Row/Swim Time: 0800-1100 Location: Gaeta Gym	19 OCT – Thursday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym	20 OCT – Friday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym ***END OF PRT CYCLE***
23 OCT – Monday Event: BCA Time: 0800-1000 Location: Gaeta Gym ***BEGIN STRAGGLERS***	24 OCT – Tuesday Event: BCA/Run/ Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym	25 OCT – Wednesday Event: BCA/Run/ Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym	26 OCT – Thursday Event: Run/Bike/Treadmill/Row Time: 0800-1000 Location: Gaeta Gym	27 OCT – Friday Event: Run/Bike/Treadmill/Row Time: 0800-1000 Location: Gaeta Gym
30 OCT – Monday Event: BCA Time: 0800-1000 Location: Gaeta Gym	31 OCT – Tuesday Event: BCA/Run/ Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym	01 NOV – Wednesday Event: Run/ Bike/Treadmill/Row Time: 0800-1100 Location: Gaeta Gym ***END STRAGGLERS***		

- **BCA** – All BCAs will be conducted in Navy PTU **ONLY**.
- **1.5 mile run** - All participants will muster at Gaeta Gym. In case of foul weather e.g., lightning or heavy rain, event will be postponed to another day.
- **Straggler PFA** - Only for Sailors who report to the command after end of command PFA cycle (01 NOV 23) and members who were on leave, TAD/TDY, or SIQ. All members who have not completed their PFAs during the official PFA dates are considered 'UA' unless determined excused by the CO.

PHYSICAL FITNESS ASSESSMENT SCHEDULE
NAVSUPPACT NAPLES

02 OCT – Monday Event: BCA Time: 0800-1000 Location: SS Gym	03 OCT – Tuesday Event: BCA Time: 0800-1000 Location: SS Gym	04 OCT – Wednesday Event: BCA Time: 0800-1000 Location: SS Gym	05 OCT – Thursday Event: Bike/Treadmill/Row Time: 0800-1100 Location: Capo Gym	06 OCT – Friday Event: Bike/Treadmill/Row/Swim Time: 0800-1100 Location: Capo Gym
09 OCT – Monday Event: 1.5 mile run Time: 0800-1100 Location: SS Gym Event: BCA Time: 1300-1400 Location: SS Gym	10 OCT – Tuesday Event: 1.5 mile run Time: 0800-1100 Location: SS Gym Event: BCA Time: 1300-1400 Location: SS Gym	11 OCT – Wednesday Event: Bike/Treadmill/Row Time: 0800-1100 Location: SS Gym Event: 1.5 mile run Time: 1300-1500 Location: SS Gym	12 OCT – Thursday Event: Bike/Treadmill/Row Time: 0800-1100 Location: SS Gym Event: 1.5 mile run Time: 1300-1500 Location: SS Gym	13 OCT – Friday Event: Bike/Treadmill/Row Time: 0800-1100 Location: SS Gym Event: 1.5 mile Time: 1300-1500 Location: SS Gym
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23 OCT – Monday Event: BCA Time: 0800-1000 Location: SS Gym ***BEGIN STRAGGLERS***	24 OCT – Tuesday Event: BCA/Run/ Bike/Treadmill/Row Time: 0800-1100 Location: SS Gym	25 OCT – Wednesday Event: BCA/Run/ Bike/Treadmill/Row Time: 0800-1100 Location: SS Gym	26 OCT – Thursday Event: Run/Bike/Treadmill/Row Time: 0800-1000 Location: Capo Gym	27 OCT – Friday Event: Run/Bike/Treadmill/Row Time: 0800-1000 Location: Capo Gym
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- **BCA** – All BCAs will be conducted in Navy PTU **ONLY**.
- **1.5 mile run** - All participants will muster at SS Gym basketball court. In case of foul weather e.g., lightning or heavy rain, event will be postponed to another day.
- **Straggler PFA** - Only for Sailors who report to the command after end of PFA cycle (01 NOV 23) and members who were on leave, TAD/TDY, or SIQ. All members who have not completed their PFAs during the official PFA dates are considered 'UA' unless determined excused by the CO.