



## FACT SHEET

## 2020 PFA Cycle 2 - EXCUSED

NAVADMIN 193/20 outlines a significant update to 2020 Physical Fitness Assessment (PFA) – Cycle 2 by canceling the Fall cycle. This update also provides procedures for Sailors who need to pass a PFA to regain advancement or retention eligibility to safely conduct a mock PFA as part to the Fitness Enhancement Program (FEP). Beginning Cycle 1 of 2021 (January 2021), the plan is to implement plank and rower as two new modalities.

### What you need to know

Cycle 2, 2020, Excused	NOFFS 5-Week Plan	How to Regain Eligibility
<ul style="list-style-type: none"><li>To minimize risk of COVID-19 transmission, all personnel will be excused for PFA Cycle 2, 2020</li><li>Suspension includes official Body Composition Assessment (BCA) and Physical Readiness Test (PRT)</li><li>Sailors will be able to regain advancement or retention eligibility by passing an unofficial (mock) PFA</li></ul>	<ul style="list-style-type: none"><li>To maintain fitness standards during the pandemic, Sailors are encouraged to visit the Navy App Locker</li><li>CNIC put together a 5-week conditioning plan to assist Sailors in maintaining fitness standards</li><li>Individuals and commands are highly encouraged to use the NOFFS 5-week conditioning plan to improve operational readiness and reduce the severity of injury</li></ul>	<ul style="list-style-type: none"><li>The mock PFA:<ul style="list-style-type: none"><li>will NOT include curl-up to maintain social distancing</li><li>must follow local area and installation guidance</li><li>have no more than 10 people</li><li>will ensure proper medical screening prior to test</li></ul></li></ul>
		<b>Rower/Plank Replaces Curl-Ups</b> <ul style="list-style-type: none"><li>Rower added as additional cardio option</li><li>Will be implemented Cycle 1 - 2021</li></ul>

### Additional Guidance For COs/OICs

COs/OICs should consider the following factors for the Navy's Physical Readiness Program policy update:

- All mock PFAs must be entered in PRIMS under the Fitness Enhancement Program (FEP) tab of the service member to document their BCA and PRT results within 30 days and prior to regaining advancement/retention.
- Command Fitness Leaders (CFL) and Assistant CFLs (ACFL) are directed not to make any official PFA entries in PRIMS for the official Navy PFA Cycle 2, 2020.

### Policy Guidance Links:

- NAVADMIN 193/20 – PHYSICAL READINESS PROGRAM POLICY UPDATE FOR PHYSICAL FITNESS ASSESSMENT CYCLE TWO 2020 DUE TO COVID 19 MITIGATION:

<https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMIN/NAV2020/NAV20193.txt>



## Personal Movement UPDATE

### ~ Questions & Answers ~

#### **Q1. Why is this happening again?**

A1. As we continue to evolve through COVID-19, we recognize the importance of social distancing. This situation requires that we continue to minimize risk to personnel, therefore all personnel will be “EXCUSED” from participation in Navy PFA Cycle 2, 2020. The suspension includes both the official Body Composition Assessment (BCA) and Physical Readiness Test (PRT) components of the PFA.

#### **Q2. I need a PFA to regain eligibility and now Cycle 2, 2020, is cancelled. What do I do?**

A2. Sailors will be able to regain eligibility by passing an unofficial (mock) PFA within Navy PFA Cycle 2, 2020. To mitigate COVID-19 concerns, curl-ups are prohibited for the mock PFA. There are some specific rules to conducting a mock PFA. These are in place to protect Sailors from COVID-19 and maintain social distance. The mock PFA must have no more than 10 people, ensure a proper medical screening before beginning, and conduct the BCA while following all practices listed in NAVADMIN 193/20

#### **Q3. How should my command enter this exemption?**

A3. Command Fitness Leaders (CFL) and Assistant CFLs (ACFL) are directed NOT to make any official PFA entries in PRIMS for the official Navy PFA Cycle 2, 2020. The Physical Readiness Program (PRP) office will update Physical Readiness Information Management System (PRIMS) to reflect “EXCUSED” for Navy PFA Cycle 2, 2020 (only) for both BCA and PRT.

#### **Q4. Will we have to do the plank next Cycle?**

A4. Yes, however Sailors will be given ample time to practice the plank before it is officially counted for a PRT score (i.e., no plank failures will be counted on initial implementation). Also, the addition of an alternative cardio option (rower) will be available.

#### **Q5. Will failing the plank be counted against me?**

A5. No. Sailors will be given ample time to practice the plank before it is officially counted toward a PRT score.

#### **Q6. I do not have access to the gym, how am I supposed stay in shape or pass the next PRT?**

A6. Commander Navy Installations Command (CNIC) Morale, Welfare and Recreation Fitness Program has put together a NOFFS 5-week conditioning plan, which can be located at <https://www.navyfitness.org/fitness/5-week-training-plan> to assist Sailors in maintaining Navy physical fitness standards. Some other examples of how to prepare for the next cycle are going for a jog or practicing the planks at home. If you are feeling more creative, you can even use water containers as weights.

#### **Q7. COVID-19 is not affecting my area. Can my command PT?**

A7. All Navy commands are to continue the suspension of all group physical training (PT) until further notice with limited exceptions. We do recommend that individuals and commands follow the NOFFS 5-week conditioning plan, which can be located at <https://www.navyfitness.org/fitness/5-week-training-plan> to assist Sailors in maintaining Navy physical fitness standards.