



## FACT SHEET

## PRP Changes CY21 Cycle

To continue to mitigate COVID-19 impacts to the fleet, Navy will conduct one PFA cycle in CY2021 from 1 July to 31 December 2021. Shifting the PFA cycle to July allows the Navy to execute the official PFA after the primary influenza season, while allowing time for COVID-19 vaccines to be more widely distributed.

The Navy has also issued a number of updates to the Physical Readiness Program (PRP) in order to accommodate the single PFA cycle, COVID mitigations and changes to the fitness modalities.

Legacy PRIMS is migrating into a new system known as PRIMS-2 as part of MyNavy HR transformation efforts. This new system does not refresh legacy PRIMS, it is a completely new system for CFLs to manage Official PFA documentation for Sailors. The Initial launch of the new system for CFLs only is scheduled for March 2021.

### What you need to know

CY21 Cycle	Validation	Group PT
<ul style="list-style-type: none"><li>• In order to continue to mitigate COVID-19 impacts to the fleet, the Navy will conduct one PFA cycle in CY2021 from 1 July to 31 December 2021.</li><li>• Shifting the PFA cycle to July allows the Navy to execute the official PFA after the primary influenza season, while allowing time for COVID-19 vaccines to be more widely distributed.</li></ul>	<ul style="list-style-type: none"><li>• All Sailors must participate in the CY2021 PFA cycle (the excellent or above validation from previous cycles does not apply).</li><li>• Service Members who meet the criteria for *Validation* in CY2021 PFA cycle as outlined in NAVADMIN 141/17 will be exempt from participation in PFA cycle one 2022.</li></ul>	<ul style="list-style-type: none"><li>• Leadership and CFLs are to ensure all proper health and fitness procedures are performed in accordance with local Health Protection Condition guidance when conducting Body Composition Assessments (BCAs), Physical Readiness Tests (PRTs) and organized group physical training (command, department, division or FEP).</li></ul>
CFL Certification	Regaining Eligibility	Fitness Modalities
<ul style="list-style-type: none"><li>• CFL certifications that were issued after 1 January 2016 are extended until 31 December 2021 due to limited course availability.</li><li>• Commanders may designate former CFLs who were initially certified after 1 January 2016, to act as CFLs until 31 December 2021.</li><li>• CFLs who have not recertified on or before 1 January 2016 are prohibited from being designated as the CFL and must take the 5-day CFL recertification course.</li></ul>	<ul style="list-style-type: none"><li>• All Sailors with PFA failures, including those with two or more consecutive PFA failures, may regain eligibility for advancement or retention by passing a mock or official PFA prior to 31 December 2021.</li><li>• COs have the authority to determine how many mock PFA attempts a Sailor can have to pass prior to 31 December 2021.</li></ul>	<ul style="list-style-type: none"><li>• Effective immediately, curl-ups are prohibited from the PRP and shall not to be performed during any group PT or official and mock PFAs.</li><li>• The new fitness modalities (forearm plank and 2000-meter row) were implemented to improve the physical readiness of Sailors in alignment with the Culture of Excellence (COE).</li></ul>
Policy Guidance:		
<ul style="list-style-type: none"><li>• NAVADMIN 024/21</li><li>• NAVADMIN 304/20</li><li>• NAVADMIN 193/20</li><li>• NAVADMIN 141/17</li><li>• OPNAVINST 6110.1J</li></ul>		

## PRP Changes CY21 Cycle

### ~ Questions & Answers ~

#### **Q1. Why is the Navy only doing one PFA cycle in 2021?**

**A1.** To continue to mitigate COVID-19 impacts to the fleet, Navy will conduct one PFA cycle in CY2021 from 1 July to 31 December 2021. The Department of Defense (DOD) requires service members to do one physical fitness assessment per year. Shifting the PFA cycle to July allows the Navy to execute the official PFA after the primary influenza season, while allowing time for COVID-19 vaccines to be more widely distributed.

#### **Q2. If a Sailor scored an excellent on their last PRT, do they still have to do the PRT in 2021?**

**A2.** All Sailors must participate in the single PFA cycle in 2021. If you validate again in 2021, you will be exempt from the first cycle in 2022.

#### **Q3. I received my CFL certification in 2017 but it is set to expire soon, can I still run this cycle?**

**A3.** CFL certifications that were issued after 1 January 2016 are extended until 31 December 2021 due to limited course availability. Commander, Navy Installations Command has resumed teaching the CFL Course, which has also began introducing the new modalities including requiring new students to complete a mock PFA including the plank.

#### **Q4. My command has been unable to send anyone to the CFL course, but we have former CFLs here, can they act as CFLs for this cycle?**

**A4.** Commanders may designate former CFLs who were initially certified after 1 January 2016, to act as CFLs until 31 December 2021. CFLs who have not recertified on or before 1 January 2016 are prohibited from being designated as the CFL and must take the 5-day CFL recertification course.

#### **Q5. How will the single PFA cycle affect Sailors with PFA failures?**

**A5.** All Sailors with PFA failures, including those with two or more consecutive PFA failures, may regain eligibility for advancement or retention by passing a mock or official PFA prior to 31 December 2021. COs have the authority to determine how many mock PFA attempts a Sailor can have to pass prior to 31 December 2021.

#### **Q6. If I enjoy doing curl-ups, can I continue to do them as part of command PT?**

**A6.** Effective immediately, curl-ups are prohibited from the PRP and shall not to be performed during any group PT or official and mock PFAs. The new fitness modalities (forearm plank and 2000-meter row) were implemented to improve the physical readiness of Sailors in alignment with the Culture of Excellence (COE).

#### **Q7. What do I need to know about Physical Readiness Information Management System 2 (PRIMS-2)?**

**A7.** PRIMS-2 is a completely new system for CFLs to manage Official PFA documentation for Sailors. The initial launch for CFLs only is scheduled for March 2021.

#### **Q8. Who needs access to PRIMS-2 once available?**

**A8.** The initial launch will be for CFLs only. CFLs must be current with their CFL Certification requirements to gain access. Sailors will not need to gain access to PRIMS 2 unless they have a back office role (CFL, ACFL, Read Only). Access by other authorization roles (ACFL, Special Users, Physical Readiness Control Officer, etc.) will be granted as they become available.