DEPARTMENT OF THE NAVY
U.S. NAVAL SUPPORT ACTIVITY
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NAVSUPPACT NAPLES INST 6100.2F
N00

12 JUL 2012

NAVSUPPACT NAPLES INSTRUCTION 6100.2F

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

Subj: HEALTH AND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINTST 6110.1 (Series)
(b) NAVADMIN 041/06

1. Purpose. To implement a health and physical readiness program for all Navy personnel assigned to U.S. Naval Support Activity (NAVSUPPACT), Naples, Italy. This program establishes the minimum criteria for physical fitness and weight control standards, provides guidance for meeting the minimum standards, and emphasizes the need for all personnel to show concern and participation in personal lifestyle enhancing activities.

2. Cancellation. NAVSUPPACT NAPLES INST 6100.2E.

3. Policy. All Navy personnel assigned to NAVSUPPACT Naples will attain and maintain a condition of health and physical readiness consistent with their duties and meet the minimum standards required in references (a) and (b).

a. Physical Training Program. Per reference (a), all command personnel are required to participate in a physical conditioning program for a total of 150 minutes per week. Detailed requirements for exercise sessions are located in the command fitness section of the Operating Guide on the Physical Readiness Program Web site: http://www.public.navy.mil/buper-npc/support/physical/Pages/default2.aspx.

b. Fitness Enhancement Program. The Fitness Enhancement Program (FEP) is mandatory four times a week for individuals failing any portion of the official Physical Fitness Assessment (PFA). FEP will be held at the Support Site Gym from 0600-0800 Monday through Friday. Attendance is mandatory unless excused by the Command Fitness Leader (CFL). Personnel who fail any event of the official PFA will remain on FEP until the member passes the next official PFA with a body fat percentage below the age adjusted standard and score a "good" or better on all events. Anyone mandated to attend FEP for reasons other than failing an official PFA will no longer be required to attend once they are 21 percent body fat or below for males, 32 percent body fat or below for females, and score a "good" or better during a mock PFA arranged by the CFL and ACFL.

c. Height/Weight Standards. Personnel will be evaluated using the standards in reference (a) bi-annually and upon checking in. Those onboard NAVSUPPACT Naples who fail to meet these standards will constitute a body fat measurement as specified in reference (a). Attendance in FEP will be required for those at or above 22 percent body fat for males, 33 percent body fat for females, or score an overall failure of 44 points or below on the PFA. Three failures of any part of the official PFA within a four year period will result in processing for Administrative Separation (ADSEP), per reference (b).

d. Acclimatization. Newly-reported personnel shall have a 14 day acclimatization period from the time they check into the command. In the event the acclimatization period extends into a new PFA cycle, the member shall participate on the BCA, and the Physical Readiness Information Management System (PRIMS) record for the PRT shall reflect "excused." All other authorized PFA non-participation shall follow instructions as set forth in reference (a).

4. Precautions. All medical and safety precautions will be strictly enforced per reference (a).

5. Responsibilities

a. The Command Fitness Leader (CFL) will

(1) Preferably be an E-6 or above, and will be designated in writing.

(2) Be thoroughly familiar with and coordinate the command PFA/PT programs in accordance with references (a) and (b).

(3) Ensure documentation of Risk Factor Screening for all personnel is completed 10-12 weeks prior to the PFA and all medical waivers are obtained in an expeditious manner.

(4) Perform height/weight measurements of all personnel in accordance with reference (a). Measurements will be conducted 12 weeks out (courtesy measurements) to identify personnel requiring assistance prior to the PFA, and again no more then 10 days but never less then 24 hours before the PFA. Body fat measurements are the only measurements considered when entering into PRIMS and when processing for ADSEP. Personnel who fail the height/weight measurements will immediately have circumference measurements taken in accordance with reference (a). Anyone not within body fat standards must be screened, as per reference (a), prior to taking the PFA.

(5) Organize and direct the Command FEP per references (a) and (b).

(6) Organize and direct a tobacco cessation program for the command.

(7) Enter results into PRIMS in accordance with reference (a).

(8) Provide the following reports:

(a) Command PFA results to the Commanding Officer, Executive Officer, Administrative Officer, and Command Master Chief.

(b) Departmental PFA results to all Department Heads.

b. Assistant Command Fitness Leaders (ACFL) will

(1) Familiarize themselves with the contents of this instruction and references (a) and (b).

(2) Assist in administering and facilitation of the semi-annual PFA.

(3) Ensure departmental personnel are participating in a PT regimen at least three times per week.

(4) Assist with FEP on a regular basis.

c. Department Heads will

(1) Ensure all Navy personnel assigned to their department are encouraged and stimulated to become involved in a program of physical conditioning in order to achieve and maintain the minimum physical readiness requirements of references (a) and (b).

(2) Assign a departmental fitness coordinator. This individual will serve as an ACFL.

(3) Ensure that PFA failures are cited in enlisted evaluations and officer fitness reports.

(4) Comment on program emphasis and support in enlisted evaluations and officer fitness reports.

d. Command Personnel will

(1) Familiarize themselves with the contents of this instruction and references (a) and (b).

(2) At a minimum:

(a) Participate in moderate activity at least two hours and 30 minutes (150 minutes) per week, i.e., 50 minutes three times per week.

(b) Perform strength training exercises at least twice per week to work all major muscle groups.

(3) Complete risk factor screenings and height/weight/body fat measurements as directed by the CFL and maintain physical readiness standards as per this instruction.

(4) Complete the Physical Assessment Risk Factor Questionnaire (PARFQ) as per reference (a) and verify PRIMS data is correct.

(5) Contact the CFL or ACFL for further guidance or questions.

6. Points of contacts are MAC Bryan Garvey, Command Fitness Leader, at DSN: 314-626-5549 COMM: 081-568-5549 E-Mail: bryan.garvey@eu.navy.mil or MMC Alan Sanchez at DSN: 314-626-5097 or COMM: 081-568-5097 or E-Mail: alan.sanchez@eu.navy.mil.

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