



DEPARTMENT OF THE NAVY

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

Canc frp: Jul 16

NAVSUPPACT NAPLES NOTICE 6110  
N00

**29 FEB 2016**

NAVAL SUPPORT ACTIVITY NAPLES NOTICE 6110

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

Subj: PHYSICAL FITNESS ASSESSMENT (PFA) CYCLE 1, 2016

Ref: (a) OPNAVINST 6110.1J  
(b) NAVSUPPACT NAPLES INST 6110.1  
(c) CNO WASHINGTON DC 031159Z AUG 15 (NAVADMIN 178/15)

Encl: (1) Physical Fitness Assessment Timeline  
(2) Physical Fitness Assessment Schedule

1. Purpose. To promulgate specific details in the execution of the Physical Fitness Assessment (PFA) Cycle 1, 2016 per references (a) and (b). Schedule of events is outlined in enclosures (1) and (2).

2. Official Ten Week Notification

a. U.S. Naval Support Activity (NAVSUPPACT) Naples Detachment, Gaeta, Italy, on 15 February 2016.

b. U.S. NAVSUPPACT Naples, Italy, on 22 February 2016.

3. 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 Command Fitness Leader (CFL) via e-mail no later than 4 April 2016 for coordination.

4. Physical Activity Risk Factor Questionnaire (PARFQ)

a. Each service member shall login into Physical Readiness Informational Management System (PRIMS) database and add a PARFQ for PFA Cycle 1, 2016. PRIMS will not allow member to add a PARFQ if member's Physical Health Assessment (PHA) is not current.

b. If a medical waiver is required, the waiver must be issued on the official PFA medical waiver/clearance (NAVMED 6110/4) and approved by the CO prior to the Body Composition Assessment portion of the PFA.

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c. PARFQ signed by a medical provider and medical waiver/clearance shall be forwarded to the CFL for record keeping purposes.

5. Medical Screenings

a. All personnel are required to have a current PHA and must not expire prior to participation in the PRT portion of the PFA. The PHA must be validated through PRIMS by all service members. Command ACFLs will assist personnel with verification as needed.

b. Personnel waived from any portion of the PRT must provide the CFL with the completed medical waiver form (NAVMED 6110/4) no later than 8 April 2016. Waiver form must be signed and approved by the CO prior to participation in PRT.

c. Body Composition Assessment (BCA) waivers will require two signatures from the physician recommending the waiver and the Authorized Medical Department Representative (AMDR) physician. If the AMDR is the recommending physician, the AMDR supervisor's signature is required. BCA waivers submitted after 18 April 2016 are not authorized.

6. Body Composition Assessment. BCAs will be conducted at the Support Site Fitness Forum and Capodichino Fitzone in official Navy Physical Training Uniform (PTU). Starting 4 March through 25 March 2016, trained ACFLs will conduct courtesy BCAs at the Capodichino Fitzone every Friday from 0800 to 0830.

a. Personnel who completed the BCA will have 45 days or end of command's official PFA cycle to participate in the PRT portion of the PFA. PRT shall not be conducted within 24 hours of BCA completion.

b. Personnel who report to the command on or after 17 June 2016 and have not completed a PFA are required to complete the BCA portion only of the PFA.

7. Physical Readiness Test (PRT)

a. All PRT participants shall wear the official Navy PTU.

b. All medically cleared personnel shall participate in the PRT regardless of BCA outcome.

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c. Personnel who report to the command on 9 May through 16 June 2016 and have not completed the current PFA cycle will conduct a straggler PFA. Members who report to the command on or after 17 June 2016 will be excused for non-participation for "Acclimatization" as per reference (b).

d. PRT sign-up sheet is located on the I:\NSA PFA 2016\PRT folder. Early sign-up is highly recommended for planning purposes and coordination with MWR facilities .

8. Award Recognitions. For E-6 and below only. Individuals who receive an overall score of Maximum or Outstanding on their PFA are eligible for the following award recognitions:

a. Maximum. Letter of Commendation and 24 hours of special liberty (1st maximum score). Flag Letter of Commendation (FLOC) and 48 hours of special liberty (2nd consecutive maximum score). FLOC will be one-time award recognition. For follow-on maximum scores, member may be awarded 48 hours of special liberty.

b. Outstanding. 24 hours of special liberty

9. CFL Point of Contact. ASC(AW/SW) Hector U. Aspurias, DSN: 626-6219, COMM: 081-568-6219 or via e-mail: hector.aspurias(at)eu.navy.mil.



D. W. CARPENTER

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NAVSUPPACT NAPLES INST 5216.4BB  
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**PHYSICAL FITNESS ASSESSMENT SCHEDULE**

• BCA Completion - Personnel who completed the BCA portion have 45 days or end of command's official cycle of 6May16 to complete the PRT portion of the

<p><b>4APR – Monday</b> Event: BCA Time: 0600-0800 Location: SS Gym "Early Bird"</p>	<p><b>5APR – Tuesday</b> Event: Bike/Elliptical/Treadmill Time: 0800 Location: SS Gym "Early Bird"</p>	<p><b>6APR – Wednesday</b> Event: Bike/Elliptical/Treadmill/Swim Time: 0800 Location: Capo Gym "Early Bird"</p>	<p><b>7APR – Thursday</b> Event: 1.5 mile run Time/Location: 0800 (SS Gym) "Early Bird"</p>	<p><b>8APR – Friday</b> **CFL Admin Day**</p>
<p><b>11APR - NO PFA</b> <b>SPRING BREAK</b></p>	<p><b>12APR - NO PFA</b> <b>SPRING BREAK</b></p>	<p><b>13APR - NO PFA</b> <b>SPRING BREAK</b></p>	<p><b>14APR - NO PFA</b> <b>SPRING BREAK *</b></p>	<p><b>15APR - NO PFA</b> <b>SPRING BREAK *</b></p>
<p><b>18APR – Monday "Gaeta"</b> Event: BCA Time: 0600-0800 Location: Gaeta admin</p>	<p><b>19APR – Tuesday "Gaeta"</b> Event: Bike/Elliptical/Treadmill Time: 0800 Location: Gaeta gym</p>	<p><b>20APR – Wednesday "Gaeta"</b> Event: Bike/Elliptical/Treadmill Time: 0800 Location: Gaeta gym</p>	<p><b>21APR – Thursday "Gaeta"</b> Event: 1.5 mile run Time: 0800 and 1400 Location: Gaeta track</p>	<p><b>22APR – Friday "Gaeta"</b> Event: 1.5 mile run Time: 0800 and 1400 Location: Gaeta track</p>
<p><b>25APR – Monday "Naples"</b> Event: BCA Time 0600-0800 &amp; 1100-1300 Location: Support Site gym</p>	<p><b>26APR – Tuesday "Naples"</b> Event: Bike/Elliptical/Treadmill/Swim Time: 0800 &amp; 1400 Location: CAPO gym</p>	<p><b>27APR – Wednesday "Naples"</b> Event: 1.5 mile run Time: 0800 Location: Support Site gym</p>	<p><b>28APR – Thursday "Naples"</b> Event: 1.5 mile run Time: 0800 Location: Support Site gym</p>	<p><b>29APR – Friday "Naples"</b> Event: Bike/Elliptical/Treadmill Time: 0800 Location: Support Site gym  **CFL Admin Day**</p>
<p><b>2MAY – Monday "Naples"</b> Event: BCA Time 0600-0800 &amp; 1100-1300 Location: CAPO gym</p>	<p><b>3MAY – Tuesday "Naples"</b> Event: Bike/Elliptical/Treadmill/Swim Time: 0800 &amp; 1400 Location: CAPO gym</p>	<p><b>4MAY – Wednesday "Naples"</b> Event: 1.5 mile run Time: 0800 Location: Support Site gym</p>	<p><b>5MAY – Thursday "Naples"</b> Event: 1.5 mile run Time: 0800 Location: Support Site gym</p>	<p><b>6MAY – Friday "Naples"</b> Event: Bike/Elliptical/Treadmill Time: 0800 Location: Support Site gym  **CFL Admin Day**  <b>***END OF PRT CYCLE***</b></p>

PFA (i.e. curl-ups, push-ups and selected cardio event)

- 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.
- Late Days - Only for members who were on Emergency LEAVE, TAD, or SIQ. All members who have not completed their PFA after that date are considered 'UA' unless determined excused by the CO. An "Early Bird" PFA is scheduled to accommodate personnel going on regular leave, PCS, etc.

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**PHYSICAL FITNESS ASSESSMENT TIMELINE**

- 15 Feb 16** U.S. Naval Support Activity Naples Detachment (NSAND), Gaeta, Italy official ten week notice
- 22 Feb 16** U.S. Naval Support Activity Naples, Italy official ten week notice
- 31 Mar 16** Physical Activity Risk Factor Questionnaire (PARFQ) requirements shall be completed on this date. PARFQ which require medical screening will be provided to the Command Fitness Leader CFL upon completion no later than 31 March 2016
- 04 Apr 16** If Temporary Assignment of Duty/Temporary Duty or leave request conflicts with official Physical Fitness Assessment (PFA) cycle dates, member shall contact the CFL, provide supporting documents and participate in the "Early Bird" PFA
- 18 Apr 16** No Body Composition Assessment waivers shall be accepted after this date. Provide copy of medical waiver for any portion of the PFA to the CFL
- NSAND Gaeta PFA
- 25 Apr 16** NAVSUPPACT Naples PFA
- 06 May 16** End of PFA Cycle 1, 2016