



DEPARTMENT OF THE NAVY

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

Canc frp: Dec 16

NAVSUPPACT NAPLES NOTICE 6110
N00

24 AUG 2016

NAVAL SUPPORT ACTIVITY NAPLES NOTICE 6110

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

Subj: PHYSICAL FITNESS ASSESSMENT (PFA) CYCLE 2, 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 2, 2016 from 24 October to 4 November 2016 per references (a) and (b). Schedule of events is outlined in enclosures (1) and (2).

2. Official Ten Week Notification. 15 August 2016.

3. Discussion. The Cycle 2 2016 PFA will be administered at the Command level with the Body Composition Assessment (BCA) and Physical Readiness Test (PRT) being held at Support Site (SS) Fitness Forum (run and alternate cardio), and Capodichino FitZone (alternate cardio and swim).

4. Action

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

b. Command Fitness Leader (CFL)

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

(2) Ensure PFA Test Administrators are properly trained to administer the PFA and are available on the PFA sites to administer the test.

(3) Ensure test results are entered into Physical Readiness Information Maintenance Systems (PRIMS) within 30 days of cycle completion.

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(4) Ensure all personnel have current physical examinations and Physical Activity Risk Factor Questionnaire (PARFQ) on file.

(5) Input all authorized waivers into PRIMS.

(6) Ensure a safety plan is in place for summoning emergency assistance at each site.

(7) Ensure Assistant Command Fitness Leaders (ACFL) and Test Administrators have current cardiopulmonary resuscitation certification.

(8) Conduct on-site survey of test sites prior to commencement of first PRT.

(9) Report injuries occurred during the PFA to Commander, Navy Safety Center.

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 data within 60 days of the PFA Cycle.

(3) Maintain an updated annual Physical Health Assessment (PHA).

(4) Complete a PARFQ for every PFA cycle.

(5) Fulfill Fitness Enhancement Program (FEP) requirements in the event of a PFA failure.

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 CFL via e-mail no later than 4 October 2016 for coordination. See enclosure (1) for the "early bird" schedule.

4. Physical Activity Risk Factor Questionnaire (PARFQ)

a. Each service member shall log in into PRIMS database and add a PARFQ for PFA Cycle 2. When completed, print/sign and forward completed PARFQ to the CFL/ACFL no later than 30 September 2016. PRIMS database will not allow member to add a PARFQ if member's PHA is not current. If this happens, report to medical and get your PHA in good status.

b. If a Sailor answered YES to either question one (females only), three, four, five, or eight on the current cycle PARFQ, they require medical screening for clearance. If a PRT medical waiver is required, the waiver must be issued on the official medical waiver/clearance form and approved by the Commanding Officer (CO) prior to participating in the PRT.

5. Medical Screenings

a. All personnel are required to have a current PHA and must not expire prior to participating in the PRT. PHA must be validated through PRIMS by all service members or with CFL/ACFL assistance as needed.

b. A medical waiver/clearance form issued by medical to member shall be forwarded to the CFL immediately. This will allow the CFL to thoroughly screen and verify PRIMS data before forwarding to CO for approval.

c. BCA waivers shall 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'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 BCA date as per enclosure (1).

6. Body Composition Assessment (BCA). BCAs will be conducted at the SS Fitness Forum in official Navy Physical Training Uniform (PTU).

a. Courtesy BCAs will be provided at SS Fitness Forum every Friday, starting 26 August through 30 October, from 0800 to 0830.

b. Request for an early BCA measurement can be conducted and shall be coordinated with the CFL. Start date for early BCA measurement request is 21 September 2016. Result is valid for 45 days or end of command's official PFA cycle for participating in PRT portion of the PFA. This is an official BCA measurement and will be recorded as is, "NO REDO".

c. Personnel who fail the BCA shall report to medical for additional medical screening.

d. Personnel who report to the command on or after 18 December 2016 and have not completed a PFA are required to complete the BCA portion only of the PFA.

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7. Physical Readiness Test (PRT). CO has authorized the following alternate cardio options: stationary bike, elliptical trainer, treadmill, and swim.

a. PRT participants shall wear the official Navy PTU.

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

c. All personnel who report to the command on or after 18 December 2016 are exempt from PRT as per reference (b).

d. Probationary score on any event (i.e. curl-ups, push-ups or cardio) will result command directed enrollment into FEP. This has no punitive repercussions. The intent is to get member the additional help they need to ensure success during the next official PFA.

8. Award Recognitions. Individuals who receive an overall score of Maximum or Outstanding on their PFA are eligible for the following award recognitions (for E6 & below only).

a. Maximum: 48 hours of special liberty

b. Outstanding: 24 hours of special liberty.

9. Point of Contact. LSC(SW/AW) Alhaji M. Kabba, CFL Coordinator at DSN: 629-4453, COMM: 081-811-4453 or e-mail at alhaji.kabba@eu.navy.mil.



D. W. CARPENTER

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Physical Fitness Assessment Timeline

- 15 Aug 16** U.S. Naval Support Activity Naples, Italy official ten week notice.

U.S. Naval Support Activity Naples Detachment, Gaeta, Italy official ten week notice.
- 30 Sep 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 30 September 2016.
- 04 Oct 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.
- 11 Oct 16** Start of Early PFA Cycle 2, 2016.
- 14 Oct 16** End of Early PFA Cycle 2, 2016.
- 18 Oct 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.
- 24 Oct 16** Start of PFA Cycle 2, 2016.
- 04 Nov 16** End of PFA Cycle 2, 2016.
- 07 Nov 16** Fitness Enhancement Program begins.
- 05 Dec 16** PFA Cycle 2, 2016 PRIMS input complete.
- 13 Dec 16** Straggler PFA begins.
- 16 Dec 16** Straggler PFA ends.

Physical Fitness Assessment Schedule NAVSUPPACT Naples

<p>10OCT – Monday No Event: COLUMBUS DAY</p>	<p>11OCT – Tuesday Event: BCA Time: 0600-0800 Location: SS Gym "Early Bird"</p>	<p>12OCT – Wednesday Event: 1.5 mile Run/Bike/Elliptical Time: 0800-1000 Location: SS Gym "Early Bird"</p>	<p>13OCT – Thursday Event: 1.5 mile run/Bike/Elliptical/Swim Time: 0800-1000 Location: Capo Gym Event: Bike/Elliptical/Treadmill/Swim Time: 1300-1500 Location: Capo Gym "Early Bird"</p>	<p>14OCT – Friday Event: 1.5 mile run Time/Location: 0800 -1000 Location: SS Gym Event: Bike/Elliptical/Treadmill/Swim Time: 0800-1000 Location: SS Gym "Early Bird"</p>
<p>24OCT – Monday "Naples" Event: BCA Time: 0600-1000 Location: SS Gym Event: BCA Time: 1200-1600 Location: Capo Gym</p>	<p>25OCT – Tuesday "Naples" Event: BCA Time: 0600-1000 Location: SS Gym Event: BCA Time: 1200-1600 Location: Capo Gym</p>	<p>26OCT – Wednesday "Naples" Event: 1.5 mile run Time: 0800-1100 Location: SS Gym Event: 1.5 mile run Time: 1300-1500 Location: SS Gym</p>	<p>27OCT – Thursday "Naples" Event: 1.5 mile run Time: 0800-1100 Location: SS Gym Event: 1.5 mile run Time: 1300-1500 Location: SS Gym</p>	<p>28OCT – Friday "Naples" Event: Bike/Elliptical/Swim/Treadmill Time: 0800-1000 Location: Capo Gym Event: Bike/Elliptical/Treadmill Time: 1200-1400 Location: SS Gym</p>
<p>31OCT – Monday "Naples" Event: BCA Time: 0600-1000 Location: SS Gym Event: Bike/Elliptical Time: 1200-1400 Location: SS Gym</p>	<p>01NOV – Tuesday "Naples" Event: 1.5 Mile Run Time: 0800-1100 Location: SS Gym Event: Bike/Elliptical/Swim/Treadmill Time: 1300-1500 Location: Capo Gym</p>	<p>02NOV – Wednesday "Naples" Event: Bike/Elliptical/Treadmill Time: 0800-1000 Location: Capo Gym Event: Bike/Elliptical/Treadmill Time: 1300-1500 Location: SS Gym</p>	<p>03NOV – Thursday "Naples" Event: 1.5 mile run Time: 0800-1100 Location: SS Gym Event: 1.5 mile run Time: 1300-1500 Location: SS Gym</p>	<p>04NOV – Friday "Naples" Event: Bike/Elliptical/Swim/Treadmill Time: 0800-1000 Location: Capo Gym Event: Bike/Elliptical/Treadmill Time: 1200-1400 Location: SS Gym ***END OF PRT CYCLE***</p>
<p>12DEC – Monday "Naples" No Event</p>	<p>13DEC – Tuesday "Naples" Event: BCA Time: 0600-1000 Location: SS Gym "Straggler PFA"</p>	<p>14DEC – Wednesday "Naples" Event: 1.5 mile Run/Bike/Elliptical/Treadmill Time: 0800-1000 Location: SS Gym "Straggler PFA"</p>	<p>15DEC – Thursday "Naples" Event: 1.5 mile Run/Bike/Elliptical/Treadmill Time: 0800-1000 Location: SS Gym "Straggler PFA"</p>	<p>16DEC – Friday "Naples" Event: Bike/Elliptical/Treadmill Time: 0800-1000 Location: SS Gym "Straggler PFA"</p>

- **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 command PFA cycle (04NOV16), members who were on Emergency LEAVE, TAD, or SIQ. All members who have not completed their PFAs during the official PFA dates are considered 'UA' unless determined excused by the CO. An "Early Bird" PFA is scheduled to accommodate personnel going on regular leave, PCS, etc.

Physical Fitness Assessment Schedule NSAND Gaeta

<p>10OCT – Monday No Event: COLUMBUS DAY</p>	<p>11OCT – Tuesday Event: BCA Time: 0600-0800 Location: Gaeta Gym "Early Bird"</p>	<p>12OCT – Wednesday Event: 1.5 mile Run/Bike/Elliptical Time: 0800-1000 Location: Gaeta Gym "Early Bird"</p>	<p>13OCT – Thursday Event: 1.5 mile Run/Bike/Elliptical Time: 0800-1000 Location: Gaeta Gym Event: Bike/Elliptical/Treadmill Time: 1300-1500 Location: Capo Gym "Early Bird"</p>	<p>14OCT – Friday Event: 1.5 mile run Time/Location: 0800-1000 Location: Gaeta Gym Event: Bike/Elliptical/Treadmill/Swim Time: 1300-1500 Location: Gaeta "Early Bird"</p>
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