GUIDE 15

CONDUCT OF THE PHYSICAL FITNESS ASSESSMENT (PFA) IN COVID-19 CONDITIONS
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1. **Policy.** Navy considers physical fitness an important component of the general health, well-being, and readiness, which defines physical fitness as including cardiorespiratory endurance, muscular strength and endurance. Due to the COVID-19 situation, the physical fitness assessments (PFA) will be conducted utilizing the procedures outlined in this guide. Service members feeling ill prior to the PFA must report to medical department or local Medical Treatment Facility (MTF) for further medical evaluation. Updates to this guide will be based on recommended changes from the Center for Disease Control and BUMED.

2. **Authorization.** Planning is the key for ensuring minimizing risk to personnel during the COVID-19 situation. Based on local health protection conditions (HPCON), commands are authorized to conduct official and unofficial (mock) PFAs, Body Composition Assessments (BCAs) spot-check, and group physical training (command/department/division PT, Fitness Enhancement Program).

3. **Physical Fitness Assessment (PFA).** The CFL/ACFLs will ensure all participants have proper medical screening (PHA, PARFQ, Pre-physical activity questions) and will adhere to all local HPCON safety measures prior to execution of the PFA. The PFA will be conducted with no more than 18 Service members per PFA session, which consist of:
   
   a. 1-CFL/ACFL: Official Timekeeper
   
   b. 1-ACFL: Official Observer
   
   c. 8-Participants: Group A
   
   d. 8-Partners: Group B
   
   e. Upon completion of each PRT modality, Groups A and B are to switch from participant to partner before participating in the next modality.

4. **Body Composition Assessment (BCA).** The CFL/ACFLs will conduct BCAs as described in Guide 4 with the following modifications to follow social distancing practices:
   
   a. CFL/ACFLs:

      (1) Perform COVID-19 symptom screening and temperature check immediately prior to the BCA.

      (2) Limit close contact to less than 15 minutes per person.

      (3) Must wear a mask at all times during the BCA.
(4) Must wear disposable gloves during all circumference measurements. Disposable gloves must be replaced after each circumference measurement per Service member.

(5) Disinfect scales, height measurement apparatus, pens and tape measures between each Service member.

(6) Designate only one person as recorder for each BCA session.

b. Service member must wear a mask at all times during the BCA.

5. **Physical Readiness Test (PRT).** The CFL/ACFL will conduct the PRT as described in Guide 5 with the following modifications to follow social distancing practices:

a. **CFL/ACFLs:**

   (1) Must wear a mask at all times during the PRT.

   (2) Designate only one person as recorder for each PRT session.

   (3) Ensure floor-mats and alternate cardio equipment is properly disinfected before each group (A and B) participates in PRT modalities.

b. Sailors are authorized to remove their mask only while actually participating in the PRT modality. Upon completion of the PRT modality, Sailor must immediately place their mask back on and follow all local HPCON until participating in the next PRT modality.