PHYSICAL READINESS PROGRAM
FREQUENTLY ASKED QUESTIONS

1. When can CFLs/ACFLs conduct BCA Spot-checks?
ANS: With the approval of the CO, BCA Spot-checks can be conducted any time outside of the command's official PFA cycle. It is the responsibility of every Sailor to be within PFA standards at all times. If at any time a Sailor fails a BCA spot-check, they will be enrolled in FEP and will actively participate in mock PFAs until they are within their BCA Age Adjusted Standards (AAS) and PRT standards. The term "Courtesy BCA" is no longer valid and has been replaced by the term "BCA Spot-check".
Ref.: PRP Guide 1

2. Are pregnant Sailors required to provide proof of pregnancy to the CFL for non-participation in the official PFA?
ANS: Yes, pregnant Sailors must provide the CFL with proof of pregnancy (DD 689 Individual Sick Slip). To comply with HIPAA, the CFL is prohibited from keeping a copy.
Ref.: PRP Guide 8

3. How many months do pregnant Sailors have to recover from a Qualifying Birth Event (QBE)?
ANS: A minimum of 12 months.
Ref.: PRP Guide 8

4. Are postpartum Sailors required to perform a wellness PFA before their official PFA?
ANS: Yes, postpartum Sailors will perform a Wellness PFA Screening between 6 and 9 months postpartum following a QBE and medical clearance from their HCP prior to participating in any organized PT led by a CFL/ACFL.
Ref.: PRP Guide 8

5. Does the Postpartum Wellness PFA count as an official PFA for the Navy PFA cycle?
ANS: No. The postpartum Wellness PFA is prohibited from being conducted as an official PFA. It is used to determine when the Sailor may return to command/unit PT.
Ref.: PRP Guide 8

6. What are the plank participation requirements for the CY2021 PFA Cycle?
ANS: Although the score for the plank is not included in the CY2021 PRT final score, all medically cleared Sailors must participate in the plank modality and should give their best effort. Plank scores will be analyzed to determine if any adjustments need to be made for future PFAs.
Ref.: NAVADMIN 024/21 and PRP Guide 5.

7. What is the new alternate-cardio modality for the PRT and where can I find the procedures?
ANS: The 2000-meter row on the Concept-2 Rower.
Ref.: NAVADMIN 024/21, Para 4 and PRP Guide 5.

8. What is the policy concerning consecutive PFA Failures for CY2021?
ANS: Due to both 2020 PFA cycles being excused, PFA failures prior to 2021 will not be used in determining future consecutive failures. For clarification:
    - If a Sailor failed PRT Cycle 2-2019 and the official CY2021 PFA Cycle, it will not count as two consecutive PFA failures.
    - However, going forward, if a Sailor fails the official CY2021 PFA Cycle and CY2022 PFA Cycle, this will be two consecutive failures and member will be subject to adverse administrative action.
Ref.: NAVADMIN 129/21. Para 4.b

9. How can a member regain eligibility from PFA failures?
ANS: Sailors with PFA failures may regain eligibility for advancement or retention by passing an unofficial (mock) or official PFA. Commanding officers have the authority to determine how many mock PFA attempts a Sailor can have to regain eligibility.
Ref: PRP Guide 10

10. How should CFLs maintain CY2021 PFA Records and Data Management?
ANS: CFLs are required to retain original paper copies (notes, worksheets, BCA and PRT score sheets, etc.) of official command PFAs and Fitness Enhancement Program for a period of five years and in line with current personal identifiable information (PII) policy. All official PFA forms can be downloaded on the PRP Website forms section:
Https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/Forms
Ref: PRP Guide 10 and OPNAVINST 6110.1J

11. How do you determine which PFA code is used on Fitness Reports and Evaluations?
ANS: Per BUPERSINST 1610.10E, enter the one-letter code for the result of each official PFA conducted in the reporting period in block 20. Due to both PFA cycles being "*excused*" in 2020, the one-letter code *N* is to be used if the performance report for each PFA Cycle in 2020. Format for block 20 must be from oldest to most recent PFA performed during the reporting period. For example, a performance report from 16SEP20-15SEP21 would reflect the following:
-   Block 20: NP (indicates member was excused for PFA Cycle 20-2 and passed the CY2021 PFA Cycle. **Note**: PFA Cycle 20-1 is not listed because that cycle ended 30JUN20 and the report doesn't begin until 16SEP20)
-   Block 29: PFA: 20-2/CY2021
Ref.: BUPERSINST 1610.10E

12. When should Deployed/Operations (DEP/OP) be used for CY 2021 PFA?
ANS: Based on deployment and operational commitments (DEP/OP), COs have the authority to elect DEP/OP for the PRT component of the official PFA for the entire command. To DEP/OP the entire PFA (BCA and PRT), the CO must request and receive ISIC approval. If COVID-19 conditions have prevented a CO from safely executing the official CY2021 PFA cycle, the CO may use DEP/OP for the PRT component for the entire command. However, the BCA must be conducted on all personnel prior to 31DEC21. DEP/OP is normally used for Ships at Sea in a DEP/OP status.
Ref.: OPNAVINST 6110.1J, Encl. 1, Page 1, CO's Authority.