

FY2024 PRP GUIDE CHANGE TRANSMITTAL

All Physical Readiness Program (PRP) Guides have been updated and posted for the FY-24 Physical Fitness Assessment (PFA) Cycle. Changes to each Guide are as follows:

Guide 1 - PRP Policies:

- Minor changes to clarify Bad Day Physical Readiness Test policy
- Minor changes to Section 3: Managing PFA Records

Guide 2 – Command PRP Checklists:

- No major changes

Guide 3 – CFL/ACFL and Member’s Responsibilities:

- Minor changes to clarify CFL/ACFL responsibilities, which include:
 - Requirement to complete Operation Supplement Safety (OPSS) training
 - Lengthened CFL course certification window from 3 to 5 years IAW NAVADMIN 258/23

Guide 4 – Body Composition Assessment (BCA):

- No major changes

Guide 5 – Physical Readiness Test (PRT):

- No major changes

Guide 6 – PFA Medical Readiness:

- Minor changes to update form numbers for deployment-related health assessments
- Minor changes to accompany updated NAVPERS 6110/3 (PARFQ)
- Minor changes to accompany updated NAVMED 6110/4 (PFA Medical Clearance/Waiver)
- Updated Table-1: PFA Medical Waiver Management Chart

Guide 7 – PRIMIS-2 Administration:

- Minor changes to provide information about various PFA non-participation statuses that can be selected in PRIMIS-2
- Minor changes to provide information regarding the data load widget, SAAR process for PRIMIS-2 account creation, etc.

Guide 8 – Managing PFA Records for Pregnant Sailors:

- Major change – removed the Postpartum Wellness PFA in accordance with NAVADMIN 258/23

Guide 9 – Command PT and FEP:

- Major changes include:
 - Updated and reorganized fitness programming information in Sections 3 and 4
 - Removed Appendix C (Contraindicated/High Risk Exercises and Stretches)
 - Updated Appendices regarding Sample Workouts, Improving PRT Scores, and FEP Monthly Tracking Log

Guide 10 – Nutrition Resources:

- No major changes

Guide 11 – Conduct of the PFA in COVID-19 Conditions:

- No major changes