



## Guide-8

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# Managing Physical Fitness Assessment Records for Pregnant Sailors

(Including Postpartum Management)

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1. Pregnancy Status Defined. A Sailor enters pregnancy status at the time pregnancy is confirmed by a military Health Care Provider (HCP) or civilian HCP (in cases of inaccessibility to a Military Treatment Facility (MTF)). The post-pregnancy/postpartum period is defined as the 12-month period after a Sailor gives birth, loses a pregnancy, or has a stillbirth.
2. Pregnancy Status Policy. Navy Guidelines Concerning Pregnancy and Parenthood (OPNAVINST 6000.1 series) and Guidance on Pregnant Sailors in the Navy Reserve (COMNAVRESFOR 6000.1 series) dictate that "...the utmost discretion must be exercised to ensure service member's privacy" for pregnant Service Members. Sailors should follow the standardized notification timeline set forth in ALNAV 017/23, which extends the time Sailors must fulfill their obligation to notify commanders of a pregnancy to no later than 20 weeks, unless special circumstances dictate otherwise.
  - a. A Sailor intending to carry the pregnancy to term is encouraged to inform their commander upon confirmation of pregnancy, validated by either a military health system (MHS) or civilian HCP, where the Sailor is receiving care. This notification should include the MHS HCP's assessment of the Sailor's duties and the potential impact to their pregnancy. To comply with Health Insurance Portability and Accountability Act of 1996 (HIPAA), the command fitness leader (CFL) is **prohibited** from keeping a copy of the notification. When a Sailor chooses to delay notification, the MHS HCP will follow current Navy policy to care for the Sailor. A Sailor who chooses to delay notification to command leadership is advised that delayed notification may also delay access to non-medical resources or assessments that may benefit the Sailor when command leadership is unaware of the pregnancy status.
  - b. A Sailor is deferred from participation in the Physical Fitness Assessment (PFA) during pregnancy and for 12 months after giving birth, losing a pregnancy, or having a stillbirth as per federal law 10 U.S.C. §701 (2024).
  - c. Physical Readiness Information Management System (PRIMS) Documentation. Pregnancy is **not** a medical waiver. At no time will pregnancy status be considered terms for a medical evaluation board (MEB) when counting medical waivers. Sailors already in a "pregnancy" status in PRIMS are not required to complete the PARFQ.
    - (1) To document in PRIMS, the CFL must choose the "Pregnant" status for both the Body Composition Assessment (BCA) and Physical Readiness Test (PRT) or Combat Field Test (CFT) when entering the Sailor's PFA data for each cycle during the pregnancy and for 12 months after a Sailor gives birth, loses a pregnancy, or has a stillbirth.
    - (2) If the Sailor was unaware of pregnancy, participated in the BCA, PRT, and/or CFT and was later confirmed pregnant, a Letter of Correction (LOC) may be signed by the Commanding Officer/Officer in Charge (CO/OIC) requesting the Sailor's PFA participation status for that cycle be updated to "Pregnant". CFL/ACFLs do not have the capability to make this change.

d. The overriding concern for CO/OICs, supervisory personnel, and HCPs who are responsible for pregnant Sailors is to provide for the health and safety of the Sailor and their unborn child while maintaining optimum job and career performance.

(1) Pregnant Sailors will not be mandated to participate in command/unit PT or FEP (or the combat arms equivalent remedial program). If a Sailor chooses to delay pregnancy notification, the Sailor can participate in command/unit PT at their own risk, or the Sailor can obtain a light duty chit from their HCP to exclude them from command/unit PT or FEP (or the combat arms equivalent remedial program).

(2) It is HCP's responsibility, not the CFL, to provide exercise guidance. CFLs should ensure pregnant/post-pregnant/postpartum Sailors are aware of the official Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook to facilitate discussion with their HCP on maintaining readiness during this time. This resource includes pregnancy/post-pregnancy/postpartum nutrition information and a safe physical training program with recommended and contraindicated exercises during pregnancy/post-pregnancy/postpartum period. Additional information for pregnant/post-pregnant/postpartum Sailors can be located at: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/>.

(3) Sailors are strongly encouraged to maintain a regular fitness routine during their pregnancy and are required to gradually resume an exercise program under the guidance of their HCP and the Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook during the post-pregnancy/postpartum period.

3. PFA Participation. Sailors are deferred from participation in the official PFA during pregnancy and for a period of 12 months after giving birth, loss of pregnancy, or having a stillbirth as per federal law 10 U.S.C. §701 (2024). At the time that the Sailor's 12-month post-pregnancy/postpartum PFA deferment period ends, Sailors are directed to begin the process of obtaining medical clearance specifically to resume participation in the official PFA. Once the 12-month post-pregnancy/postpartum PFA deferment period ends, Sailors are required to participate in the current official PFA cycle, provided they are medically cleared to participate.

a. Medical screening and clearance to participate in the official PFA includes the annual Periodic Health Assessment (PHA) or Deployment-Related Health Assessment (DRHA), the Physical Activity Risk Factor Questionnaire (PARFQ), and Pre-Physical Activity Questions (PPAQ) as per PRP Guide-6.

b. If the Sailor has a current PHA, the Sailor is then directed to complete the PARFQ (NAVPERS 6110/3) as per PRP GUIDE-6. If the Sailor answers "No" to all the PARFQ questions, then no additional medical documentation is required; the Sailor is medically cleared and must participate in the current PFA cycle. If the Sailor has any "Yes" answers on the PARFQ, they are not considered medically cleared, and the Sailor is required to undergo additional screening by an AMDR before participating in the PFA.

c. For Sailors that require additional medical screening prior participating in the official PFA, medical clearance or medical waiver **must** be documented either on the PARFQ (NAVPERS 6110/3) form in the “PRT Participation Status” section or on the official Physical Fitness Assessment Clearance/Medical Waiver form (NAVMED 6110/4).

d. If a Sailor is medically cleared and has obtained the appropriate documentation for full or partial participation before the official PFA cycle ends, then the Sailor is required to participate in the PFA. When the Sailor is unable to obtain the necessary medical clearance before the end of the official PFA cycle, CFL will select the appropriate participation status as per PRP Guide-7.

4. Assisted Reproductive Technology (ART). During ART (e.g., In-Vitro Fertilization (IVF)) cycles, CO/OICs are authorized to approve a medical waiver via NAVMED 6110/4 to exempt Sailors from participating in the PFA to better ensure ART success and reduce risk to the Sailor. If the ART treatment results in a successful pregnancy, the provisions of the pregnancy policy will pertain. If the ART treatment is unsuccessful, the Sailor must return to medical and obtain clearance from their HCP (Refer to PRP Guide-6 for more information) prior to resuming PFA participation.

**Note:** If a Sailor is medically cleared by their HCP to participate before the official PFA cycle ends, then the Sailor is required to participate in the PFA.