



GUIDE 11

CONDUCT OF THE PHYSICAL FITNESS ASSESSMENT (PFA) IN COVID-19 CONDITIONS

Approved

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1. Policy. Physical fitness, which encompasses both cardiorespiratory endurance and muscular strength and endurance, is an essential contributing factor to a Sailor's overall health, well-being, and readiness. During COVID-19 pandemic conditions, the Physical Fitness Assessment (PFA) will be conducted using the procedures outlined in this guide. Sailors feeling ill prior to the PFA must report to the 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 (CDC) and the Bureau of Medicine and Surgery (BUMED).

IMPORTANT REMINDER – AS THIS GUIDE WILL BE UPDATED WITH CURRENT CDC GUIDANCE, CHECK TO ENSURE THIS IS THE LATEST GUIDE

2. Authorization. Planning is the key for ensuring minimized risk to personnel during the COVID-19 pandemic. Based on local health protection conditions (HPCON), commands are authorized to conduct official and unofficial (mock) PFAs, Body Composition Assessment (BCA) spot-checks, and group physical training (to include command/department/division PT and the Fitness Enhancement Program (FEP)). All DoD personnel must comply with Department of Defense, CDC, and local guidance regarding areas where masks must be worn. CFL/ACFLs should not ask about a Sailor's vaccination status or use information about a Sailor's vaccination status to make decisions about how to conduct the command's PFA.

3. Physical Fitness Assessment (PFA). The CFL/ACFLs will ensure all participants have proper medical screening (PHA, DHA, PARFQ, Pre-Physical Activity Questions) and will adhere to all local HPCON safety measures prior to execution of the PFA.

4. Body Composition Assessment (BCA) and Physical Readiness Test (PRT).

a. Commands shall continue to observe the most recent safeguards as recommended by the CDC located at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

b. All participants should engage in safe hygiene practices, which may include wearing a mask, hand washing, maintaining social distance, and refraining from touching their face or as stated by CDC guidance.

c. Sailors are authorized to remove their mask while actually participating in each PRT modality. Upon completion of the PRT modality, a Sailor (if required) must immediately place their mask back on and follow all local HPCON guidelines until participating in the next PRT modality.

d. Commands must adhere to the maximum personnel capacity for COVID-19 social distancing purposes that is in place for the designated facility being used for the PRT.

e. Participants should wipe down all surfaces contacted (after each contact) throughout PFA data collection to include mats, alternate cardio equipment, scales, etc. as recommended by the CDC.