



DEPARTMENT OF THE NAVY  
COMMANDER  
TRAINING AIR WING FIVE  
7480 USS ENTERPRISE STREET SUITE 205  
MILTON, FLORIDA 32570-6017

IN REPLY REFER TO

COMTRAWINGFIVEINST 6110.1G  
00F  
25 Aug 11

COMTRAWING FIVE INSTRUCTION 6110.1G

From: Commander, Training Air Wing FIVE

Subj: HEALTH AND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1J  
(b) OPNAVINST 6120.3  
(c) COMDTINST M1020.8G  
(d) AFI 10-248  
(e) MCO P6100.12 W/CH-1

1. Purpose. To provide policies, procedures, and guidelines for the identification of personnel who do not meet Navy physical fitness standards, and assist those individuals in meeting and maintaining minimum standards to support the Navy's Physical Readiness Program outlined in reference (a).

2. Cancellation. COMTRAWINGFIVEINST 6110.1F.

3. Background. The Chief of Naval Operations requires all Naval personnel to maintain a degree of physical readiness that will enable them to perform at peak levels in a combat situation. The ability to function under pressure, withstand the stress of prolonged physical activity, endure fatigue, and perform duties with vigor and alertness is directly related to physical fitness. For this reason, the Navy implemented programs which generate standards for Physical Readiness Testing of its personnel. The Physical Readiness Program implemented by reference (a) established fitness classification based on physical fitness standards.

4. Policy. All Naval personnel shall attain and maintain a condition of health and physical readiness to at least the minimum degree required by reference (a). All personnel, except those excused by competent medical authority, or those whose military duties make it impossible, will participate in a Physical Readiness Program, either individually or in a group, at least three times per week. Personnel attached to Training Air Wing (TRAWING) FIVE will be evaluated semi-annually against the standards in reference (a). Remedial physical conditioning shall be required for those who fall below the prescribed standards or for those presenting a poor military appearance. Reference (a) lists the Height/Weight Screening Table. Body fat measurements will be taken for those personnel who do not meet the weight standards. Failure to meet standards will be documented using a NAVPERS 1070/613 (Page 13) entry for enlisted

personnel and a Letter of Notification for officers to inform the member of the Physical Fitness Assessment (PFA) failure and enrollment in the Fitness Enhancement Program (FEP). Frocking or advancement will be withheld for enlisted members who do not meet physical readiness standards. Officers shall be ineligible for promotion if they have failed the most recent official PFA. Member may regain eligibility upon passing next command directed PFA. Failure of three or more Physical Fitness Assessments (PFAs) in the most recent four year period shall result in further administrative action per reference (a).

5. Periodic Health Assessment (PHA). The PHA provides mechanisms for clearance to participate in the PFA for a 12-month period, and shall be completed per references (a) and (b). It is recommended that PHAs be completed during member's birth month. Per reference (a), members are not allowed to participate in the Physical Readiness Test (PRT) portion of the PFA if their PHA is not current. If it is determined by the Commanding Officer (CO) that a member's non-compliance with the PHA requirement was due to the member's negligence and not due to the limitation or unavailability of a military treatment facility, the CO has the authority to determine that the member's non-participation in the PRT was unauthorized. The Command Fitness Leader (CFL) will assign the member "UA" in PRIMS and PRIMS will automatically score the PFA a failure.

6. Physical Activity Risk Factor Screening Questionnaire (PARFQ). Each member shall bring a completed PARFQ to the PHA appointment. PARFQ questions are available on PRIMS website at <https://prims.persnet.navy.mil/prims>.

7. Physical Fitness Assessment (PFA). The PFA, which consists of the Body Composition Assessment (BCA) and PRT, shall be conducted semi-annually per reference (a). Semi-annual PRTs shall be announced in writing to command personnel at least 10 weeks prior to testing.

8. Fitness Enhancement Program (FEP). The FEP is a means through which members improve health and physical readiness using regular physical activities, healthy nutrition, and learning of self-help strategies. The FEP is not exclusively for members who do not meet PFA standards. Any member that fails to meet Physical Fitness Assessment (PFA) standards is required to be formally enrolled into a monitored FEP. CO's may direct FEP participation if a member fails a check-in BCA or is a borderline PFA failure. Members are required to remain enrolled in FEP until passing one official PFA. Members failing the BCA will be removed from FEP upon meeting standards during the next regularly scheduled command PFA. Members failing the PRT will remain in FEP until successfully passing an official PRT with an overall PRT performance of a "Good" or better in all PRT components. If member is waived from the BCA and/or the same PRT event for which member failed, he/she will remain on FEP until the member is able to successfully pass the failed event during an official PFA. Monthly FEP PFAs, including BCAs, do not constitute an official PFA and

official PFA and may not be used to determine duty screening eligibility or reenlistment/extension eligibility.

9. Operational Risk Management (ORM). Per reference (a), an ORM analysis shall be completed at least 24 hours prior to the PRT.

10. Applicability. PFA standards apply equally to all personnel. Only in exceptional cases will medical waivers be granted. Members presenting an overweight appearance in uniform may be placed on the FEP at the Department Head's discretion. Members out of body composition standards shall have Authorized Medical Department Representative (AMDR) approval prior to participating in the FEP.

Body Composition Standards	age 17-39	age 40-40+
Male	22%	23%
Female	33%	34%

11. Responsibilities

a. The Chief Staff Officer (CSO)/Executive Officers shall:

(1) Enforce the Physical Readiness Program.

(2) Periodically review progress of remedial program participants and make recommendations to the Commander/Commanding Officers regarding continuation in the program or administrative processing.

b. TRAWING FIVE Command Fitness Leader (CFL) shall:

(1) Administer the Physical Readiness Program for TRAWING FIVE Staff per reference (a) and under the direction of the CSO.

(2) Prepare letters of appreciation and certificates associated with PRT performance.

(3) Ensure Medical is notified in writing, requesting an ambulance and a Corpsman be on call during the administration of the PRT.

(4) If required, submit written request to Security to open the gate across the East Gate running path during administration of the PRT.

c. TRAWING FIVE Assistant Command Fitness Leader shall:

(1) Assist CFL in conducting height/weight and body fat measurements, administering PRT, tracking progress of FEP participants, and reporting PFA data as necessary.

(2) Obtain CPR qualification prior to PRT. Per reference (a), a minimum of one CPR qualified person must be available for every 25 persons at the PRT test site, and must be non-participants.

12. Incentives. Persons scoring "Outstanding" on the PRT shall:

a. Have specific documentation included in the narrative section of evaluation or fitness report, as appropriate.

b. Be granted one day of special liberty at the discretion of the Commander/Commanding Officer.

c. Receive a certificate of accomplishment from the Commander/Commanding Officer.

13. Other Military Members. All other TRAWING FIVE military members will comply with their respective services physical readiness instructions.

a. Reference (c) clarifies weight and physical fitness policy for all Coast Guard military personnel, officer and enlisted, active and reserve, and Public Health Service (PHS) officers detailed to TRAWING FIVE. The Unit Health Promotions Coordinator for all Coast Guard personnel at TRAWING FIVE can be reached at 623-4932.

b. All members of the Air Force (AF) must adhere to reference (d) in order to support the AF mission. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness. The AF Unit Fitness Program Manager for TRAWING FIVE can be reached at 623-7566.

c. Every Marine of TRAWING FIVE must comply with reference (e) in order to remain physically fit, regardless of age, grade, or duty assignment. Fitness is essential to the day-to-day effectiveness and combat readiness of the Marine Corps. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. All TRAWING FIVE Marines' Physical Fitness Test scores will be recorded and maintained by the MATSG-21 Admin Staff 623-7546.

  
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COMTRAWINGFIVEINST 5216.1S  
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