



**DEPARTMENT OF THE NAVY**  
COMMANDER TRAINING AIR WING ONE  
101 FULLER ROAD SUITE 250  
MERIDIAN MS 39309-5403

COMTRAWINGONEINST 6110.1F  
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20 Dec 11

COMTRAWINGONE INSTRUCTION 6110.1F

From: Commander, Training Air Wing ONE

Subj: PHYSICAL READINESS TRAINING PROGRAM

Ref: (a) OPNAVINST 6110.1J

1. Purpose. To provide policy and guidance for a Physical Training Readiness Program for Training Air Wing ONE (TW-1) per reference (a).

2. Cancellation. COMTRAWINGONEINST 6110.1E

3. Policy. Every member should strive to achieve and maintain the highest standard of physical readiness to ensure the operational effectiveness of TW-1. Members failing to achieve standards are a detriment to readiness and compromise the overall mission effectiveness of the Navy. Physical readiness training is a complete conditioning program that develops and maintains the flexibility, aerobic capacity and muscular strength required to perform routine and emergency tasks.

4. Action

a. Commanding Officers shall establish an active physical readiness program and, as a minimum:

(1) Appointment in writing a Command Fitness Leader (CFL) and assistant CFLs (as necessary) to carry out the responsibilities outlined in this instruction.

(2) Ensure the CFL has completed the NAVPERSCOM CFL training course.

(3) Administer an effective Fitness Enhancement Program (FEP).

(4) Ensure that those individuals conducting and monitoring the Physical Readiness Program are CPR certified.

(5) Upon transfer of an enlisted member or officer, ensure that all administrative remarks and/or PFA counseling letters are forwarded to the member's next command. These documents should be retained for four years.

(6) Enter PFA results per reference (a) in NAVPERS 1610/2, 1611/2, or 1616/2 as required, and forward results to NAVPERS via the Physical Readiness Information Management System (PRIMS) database.

(7) Ensure that two PFAs are conducted each year.

(8) Appropriately recognize members who achieve and maintain outstanding fitness, or who have made significant improvements in physical readiness.

(9) Issue a NAVPERS 1070/613, Administrative Remarks, each time an enlisted member fails to meet readiness standards, and forward a copy to NAVPERSCOM (PERS-31) per reference (a).

(10) Issue a written counseling letter for each officer who fails to meet readiness standards. If the failure represents the third one in a four-year span, the counseling documents shall be forwarded to NAVPERSCOM (PERS-834) along with a copy of either NAVPERS 1610/2 or 1611/2, per reference (a). Commanding Officer's are not required to make an adverse entry in the permanent service record for the first or second failure in a four-year span, nor should they forward any document to NAVPERS.

(11) Refer members to medical upon their initial failure to meet body composition assessment standards.

b. The Command Fitness Coordinator shall:

(1) Become thoroughly familiar with the components of reference (a), and advise the chain of command on all physical readiness program matters.

(2) Conduct an FEP per guidelines of reference (a).

(3) Conduct a semiannual Physical Fitness Assessment (PFA) that includes the Body Composition Assessment (BCA) and Physical Readiness Test (PRT) per guidelines of reference (a).

(4) Report any injuries related to the Physical Readiness Program to the command safety officer.

(5) Obtain and maintain updated physical readiness resources for use by command personnel.

(6) Maintain PFA data on the PRIMS database located at <https://www.bol.navy.mil>

(7) Advise the chain of command on all physical readiness program matters, particularly about members who need assistance in meeting physical readiness standards.

(8) The CFL and assistant CFLs shall be CPR certified.

c. Individual service members shall:

(1) Maintain a lifestyle that promotes optimal health and physical readiness.

(2) Complete a Preventative Health Assessment (PHA) annually in conjunction with the annual physical for aviation-related personnel, or in the birth month for non-aviation personnel. Each member will ensure completion of the Physical Activity Risk Factor Screening Questionnaire (PARFQ) and corresponding SF600 during each PRT cycle (twice each year). This can be completed by the member by going to PRIMS via BUPERS Online at <https://www.bol.navy.mil>. All yes answers must be reviewed by the flight surgeon unless they have been previously addressed and cleared. If a PRT waiver is granted, the member will then return a copy of the completed SF600 to his CFL/assistant CFL for disposition and documentation in the PRIMS database.

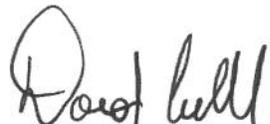
(3) Participate in the PFA and FEP as directed unless specifically waived by an authorized medical officer.

#### 5. Remedial Exercise Program

a. Individuals who fail to pass any part of the PFA shall be enrolled in the Fitness Enhancement Program. Commanders will ensure that each member is afforded time to participate in this program during working hours.

b. Prior to participation in the FEP, individuals shall be referred to medical for evaluation and clearance. Further, individuals shall meet with the base nutritionist for evaluation and dietary modification recommendations.

c. As an FEP participant, members are required to maintain a prudent diet and PT three to five times per week. This can be completed on ones own as supervised by the CFL/assistant CFL, with Air Operations during their weekly PT sessions, or with the base Morale Welfare Recreation fitness coordinators. The program is deliberately flexible to permit the individual the opportunity to meet flight obligations and physical fitness requirements. The member and CFL/assistant CFL/assistant CFL will meet to devise a personal program for the individual, and the CFL/assistant CFL will monitor each participant's progress and intervene to ensure compliance as necessary.



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Electronic only, via TRAWING ONE website:

[https://www.cnatra.navy.mil/TW1/pubs\\_instructions.asp](https://www.cnatra.navy.mil/TW1/pubs_instructions.asp)

[https://www.cnatra.navy.mil/TW1/pubs\\_notices.asp](https://www.cnatra.navy.mil/TW1/pubs_notices.asp)

[https://www.cnatra.navy.mil/TW1/pubs\\_cancellations.asp](https://www.cnatra.navy.mil/TW1/pubs_cancellations.asp)