Guide 15

Conduct of the Physical Fitness Assessment in COVID-19 Conditions
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1. **Policy**

Navy considers physical fitness an important component of the “general health and well-being” and readiness and defines physical fitness as including cardiorespiratory endurance, muscular strength and endurance. However, due to the COVID-19 situation physical fitness assessments or either suspended or conducting utilizing the procedures outlined in this operation guide. Updates to this guide will be based on recommended changes from the Center for Disease Control and BUMED.

2. **Physical Fitness Assessment (PFA)**

   The PFA will be conducted with no more than 10 people, to include the CFL and ACFL. The CFL will ensure all participants have proper medical screening.

3. **Body Composition Assessment (BCA)**

   The CFL will conduct BCAs with the following modifications to follow social distancing practices:
   
   a. CFL/ACFLs:
      
      1. Perform COVID-19 symptom screening and temperature check immediately prior to the BCA.
      2. Limit close contact to less than 15 minutes per person.
      3. Must wear a mask at all times during the BCA.
      4. Must wear disposable gloves during all circumference measurements. Disposable gloves must be replaced after each circumference measurement for each member.
      5. Disinfect scales, height measurement apparatus, pens and tape measures between each use.
      6. Designate only one person as recorder for each BCA session.

   b. Service Member:
      
      1. Must wear a mask at all times during the BCA.
      2. Self-reporting. If feeling ill during BCA, Service Member must report to medical department or local Medical Treatment Facility for further medical evaluation.

4. **Physical Readiness Test (PRT) Events**

   CFLs will adhered to the guidance in OP Guide 5 for the proper testing of the PRT events.

   The PRT Event sequence will be: push-ups, forearm plank, followed by cardio or alternate cardio. There will be at least 5 minutes, but no more than 15 minutes between each event. Protective face masks are prohibited for members while performing the PRT. CFLs will designate only one person as recorder for each PRT session.
There will be no more than eight Sailors to one Command Fitness Leader / Assistant Command Fitness Leader when performing the PRT. CFLs/ACFLs will ensure they disinfect floor-mats and all alternate cardio equipment between each use.