PLANK/ROWER FEEDBACK: Due to the Facebook announcement by CNO Admiral Richardson, the PRP Office would like to offer some amplifying information on the way forward with incorporating the plank and rower modalities as part of the PRT:

- The Navy does plan to incorporate the plank and rower into the current PRT.
- These changes support a fitness program that embodies a true "Culture of Excellence" and increases mission readiness, lethality, improves long-term health and wellness, and inspires personal fitness achievement.
- Concept 2 Rowers will be the rower used as the alternate cardio test modality.
- The double-leg, forearm arm plank will replace the curl-up as physical readiness test (PRT) modality.

Additionally:

- Performance norms specific to Navy personnel and scoring tables do not exist and require development before launching to the fleet.
- The Naval Health Research Center is currently conducting an evidence-based study (as has been done for all current PRT components) to collect best effort 2K rowing times and plank times among male and female Sailors throughout the standard PRT age brackets.
- Plank and rower performance norms for male and female Sailors, active and reserve will be developed using the results from the study.
- The rower will be a timed 2K rowing event (distance for time) like the 1.5-mile run.
- Rowing machines have low impact on the body, which reduces stress on legs, they can be used for cardio workouts, are space saving and can be used on both ships and submarines.
- The plank is a timed event with scoring based on the amount of time a Sailor can maintain the plank position.
- Training for the plank strengthens the core, improves posture, and reduces risk of lower back injuries. Sailors can prepare for future implementation of the forearm plank by incorporating core strength exercises within their fitness routine. Proper core strength exercises can be located within the free NOFFS Apps. NOFFS terminology for a plank is a “bridge” (e.g. pillar bridge, glute bridge) and variations of bridge exercises.
- The plank is a better test of core strength and endurance and will likely reduce lower back injuries or strain due to poor form when doing the curl-up. There is no data that supports curl-ups are the cause of lower back injuries however, they may aggravate pre-existing conditions.
- PRIMS IT solution for the new modalities requires development and testing to synchronize the release of new physical fitness assessment policy.
- At this time, we do not have a firm date for the NAVADMIN release for the PRT changes. The goal is to release the NAVADMIN after the performance norms are complete in 2020.
FAQ: Since last quarters E-Gram, the Physical Readiness Program (PRP) has received several FAQs in regards to PRP policies which we would like to share a few with the fleet for transparency:

Q1: What form should CFL/AMDR/COs utilize to medically clear a Sailor for participation in the Bad Day Makeup PRT?
A1: Sailors who require medical clearance to participate in the Bad Day Makeup PRT, must seek approval on NAVMED 6110/4 Physical Fitness Assessment Medical Clearance/Waiver form.

Q2: If a member is medically cleared to participate in the Bad Day Makeup PRT and fails, which scores are entered in PRIMS?
A2: The scores from the initial PRT are to be entered in PRIMS.

Q3: If a member fails a PFA, then is medically waived from the next, and then fails the following PFA (e.g. 18-1=F, 18-2=W, 19-1=F) do they receive an adverse EVAL?
A3: No. As outlined in NAVADMIN 304/17, adverse EVAL/FITREPs are required for “consecutive” (two in a row, back-to-back) PFA failures. Being the member received a medical waiver for a PFA cycle in between the two PFA failures; it does not warrant an adverse EVAL/FITREP.

Q4: Can a member participate in the PRT if it exceeds 45 days from the day the official BCA was conducted?
A4: No. Under no circumstance can a PRT or Bad Day Makeup PRT be administered past 45 days from the official BCA. Additionally, only one official BCA (per cycle) will be conducted and entered in PRIMS.

Q5: How do I close out a member’s FEP record?
A5: Once a member meets all the criteria to be dis-enrolled from FEP, CFLs are required to select the “Departure Reason” for dis-enrollment using the drop down window under the members FEP tab in PRIMS.

PRIMS UPDATE (PARFQ): With Cycle 19-2 already upon us, CFLs are reminded that the PARFQ is to be utilized only by members who are participating in the PRT. Although a new PARFQ form was updated in July 2019, the current PARFQ in PRIMS should be the preferred method of use to ensure members receive proper medical screening (if needed) prior to participation in the official PFA.