COMNAVRESFORCOM NOTICE 6110

From: Commander, Navy Reserve Forces Command

Subj: NOTIFICATION OF COMMANDER NAVY RESERVE FORCES COMMAND CYCLE 1 2020 PHYSICAL FITNESS ASSESSMENT

Ref: (a) OPNAVINST 6110.1J
(b) COMNAVRESFORCOM 6110.1B
(c) NAVADMIN 282/19

Encl: (1) Schedule of Events
(2) Command Fitness Leaders

1. Purpose. Per references (a) and (b), this notice is to establish the schedule of events for Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) 2020 Physical Fitness Assessment (PFA) Cycle I (Spring) for COMNAVRESFORCOM Sailors, including Active Duty for Special Work and Temporary Additional Duty members.

2. Official Uniform. The uniform for all official PFA events is the official Navy Physical Training (PT) Uniform. Service members WILL wear the official blue or gold T-shirt with the Navy emblem, Navy PT shorts, athletic shoes, and socks IAW uniform regulations. Navy sweatshirt and sweatpants are optional. Optional wear of full body swimwear is authorized for Sailors who elect to swim during their semi-annual Physical Readiness Test. Optional swimwear will be navy blue or black in color, conservative in design and appearance, and must not prohibit the swimmer from swimming freely, per reference (c). While administering the PFA only, the Command Fitness Leader (CFL) and Assistant CFLs (ACFL) are authorized to wear the command approved CFL T-shirt.

3. Attendance. All Sailors are required to attend. Any other exception requests should be routed through the appropriate department head, COMNAVRESFORCOM CFL, and forwarded to the Chief of Staff (COS) for approval. If an authorized absence (leave, TAD, etc.) occurs during the week of the Body Composition Assessment (BCA), the BCA “MUST” be conducted the following work day. Exceptions to attendance:

   a. Sailors with a valid medical waiver extending through the appropriate PFA cycle with approval from COMNAVRESFORCOM COS. Sailors with medical waivers exempting them from specific sections of the PFA will have annotations on the NAVMED 6110/4.

   b. Sailors with approved leave requests must arrange to take the PFA prior to the established end date for the Spring 2020 Cycle 1.

   c. Sailors with a validated pregnancy from a medical treatment facility.
d. Sailors who pass BCA, are within the Navy age-graduated body fat standards, and score an overall excellent low or better (with no single event lower than good low) during Cycle 2 2019 Physical Readiness Test (PRT) will be exempt from participation in Cycle 1 2020 PRT after being validated by the COMRESFORCOM CFL. If you are exempt from taking the PRT, but fail the BCA or are not within the Navy age-graduated body fat standards, you are required to participate in the PRT, if medically cleared.

4. **Bad Day.** COMNAVRESFORCOM Sailors are authorized one bad day make-up for the PRT portion of the PFA. Sailors are NOT authorized a bad day make-up attempt for BCA. Sailors must request a “Bad Day” within 24 hours of completing the PRT. If approved, the retest must be administered within 7 days of the initial PRT failure and within the same PFA cycle for which the “Bad Day” was requested. Failure to complete the bad day make up PRT prior to the end of the established COMNAVRESFORCOM PFA Cycle 1 (Spring) will result in the CFL recording the original score in the Physical Readiness Information Management System (PRIMS).

5. **Unauthorized Absence (UA).** Any member who has not conducted the BCA and PRT prior to the end date of the cycle will be placed in a UA status and receive a failure for that cycle.

6. **Location.** Per enclosure (1), all official scheduled run/walk PFAs will be conducted at 0800 and 1300 at the designated Naval Support Activity Hampton Roads course. All official scheduled bike/treadmill PFAs will be conducted on designated days and times as scheduled at building NH-30 Gym on NSA Hampton Roads. All swim PFAs will be conducted at the Naval Station Norfolk building Q-80 Gym complex on the designated days and times as indicated in enclosure (1).

7. **Action.** All Sailors must:
   a. Have a current Physical Health Assessment.
   b. Ensure Physical Activity Risk Factor Questionnaires (PARFQ) and NAVMED 6110/4s are turned in on time as outlined in enclosure (1).
   c. Attend the required BCA/PRT as outlined in enclosure (1).

8. Any questions in regards to this notice should be directed to the COMNAVRESFORCOM CFLs/ACFLs listed in enclosure (2).

E. P. ARMTSTRONG
Chief of Staff

Releasability and distribution:
Electronic only via COMNAVRESFORCOM Web site at http://www.public.navy.mil/nrh/Pages/instructions.aspx
SCHEDULE OF EVENTS

Cycle 1 Spring 2020:

PARFQs/NAVMED 6110/4 due to command CFL: 24 April

BCA: Monday through Friday 27 April – 1 May
(0800-0900)

Monday

(Run, Alt Cardio)

Run: NSA Hampton Roads 4 May/0800
Alternate Cardio: NSA Gym 4 May/0800
Run: NSA Hampton Roads 4 May/1300
Alternate Cardio: NSA Gym 4 May/1300

Tuesday

(Alt Cardio, Run)

Alternate Cardio: NSA Gym 5 May/0800
Run: NSA Hampton Roads 5 May/0800
Alternate Cardio: NSA Gym 5 May/1300

Wednesday

(Run, Alt Cardio)

Run: NSA Hampton Roads 6 May/0800
Alternate Cardio: NSA Gym 6 May/0800
Run: NSA Hampton Roads 6 May/1300
Alternate Cardio: NSA Gym 6 May/1300

(Alt Cardio, Swim)

Alternate Cardio: NSA Gym 7 May/0800
Swim: Q-80 7 May/0900
Run: NSA Hampton Roads 7 May/1300
Alternate Cardio: NSA Gym 7 May/1300

Friday

(Run, Alt Cardio)

Run: NSA Hampton Roads 8 May/0800
Alternate Cardio: NSA Gym 8 May/0800

Enclosure (1)
MAKE-UP/STRAGGLER

(Event Location Date/Time)

Run: NSA Hampton Roads 20 May/0800
Cardio: NSA Gym 21 May/0800
Swim: Q-80 21 May/0900

Note 1: Sign-up for cardio events will be available during the 2020 Cycle 1 (Spring) BCA portion.

Note 2: The elliptical is no longer authorized method of performing alternate cardio.

Note 3: 2020 Cycle 1 (Spring) PFA ends on 21 May 2020 for all COMNAVRESFORCOM personnel.

Note 4: The NSA Hampton Roads course is located outside of NSA Hampton Roads before entering the main gate. Please see your CFL or ACFL for directions.
COMNAVRESFORCOM NOTE 6110
10 Feb 2020

COMMAND FITNESS LEADERS

**COMNAVRESFORCOM CFL:**

<table>
<thead>
<tr>
<th>Name</th>
<th>(N)</th>
<th>COMM:</th>
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**COMNAVRESFORCOM ACFLs:**

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<tr>
<th>Name</th>
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