



DEPARTMENT OF THE AIR FORCE
UNITED STATES AIR FORCES CENTRAL COMMAND
AL UDEID AIR BASE, QATAR

21 September 2010

MEMORANDUM FOR ALL USAFCENT AOR PERSONNEL

FROM: COMUSAFCENT
APO AE 09309

SUBJECT: Fitness Policy in the USCENTCOM AOR

1. In order to maintain peak physical fitness for USAF personnel in the USCENTCOM AOR, as of 1 September 2010, deployed commanders will have a Physical Training (PT) Program, to include Fitness Assessments (FAs), as specific locations allow and in accordance with AFI 36-2905, *Fitness Program*, and below guidance.
2. All 365-day deployers and permanent party personnel assigned to USAFCENT will complete mandatory FAs as indicated in AFI 36-2905. Any personnel deployed for shorter duration (less than 1-year) may complete FAs on a volunteer basis only. In accordance with AFI 36-2905, para 2.12.4, members must have a current fitness score on file prior to deployment.
3. In accordance with AFI 36-2905, commanders will adhere to the following guidelines while conducting their PT Program:
 - A. Air Expeditionary Wing Commanders or equivalent will:
 1. Execute and enforce the PT Program and ensure compliance with appropriate administrative action in cases of non-compliance.
 2. Determine if a safe and secure location exists for all components of the FA.
 3. If feasible at location, establish 1.5 mile run and 1.0 mile walk assessment courses. Conditions for testing, both course and weather, must be within the parameters established in Attachment 8, AFI 36-2905.
 4. Provide an environment that supports and motivates a healthy lifestyle through optimal fitness and nutrition.
 - B. Deployed Unit Commanders will:
 1. Appoint deployed personnel as the Unit Fitness Program Manager (UFPM) and unit Physical Training Leader(s) (PTL). In accordance with AFI 36-2905, para 6.2.1.1., the UFPM and/or PTL will fulfill the FA roles since no Fitness Assessment Center (FAC) is available. Once on-line training is available, PTLs can be appointed/trained in the field (if he/she is not already certified at home station).

2. Ensure personnel enrolled in the Fitness Improvement Program, as defined in AFI 36-2905, Attachment 1, will continue to meet program requirements, as feasible.
3. If determined reasonable and safe, conduct official FAs with the necessary elements required to support the fitness program standards: trained PTL(s), health screening process, appropriate medical support (emergency response, access to advanced life support as needed).
4. May direct unofficial practice FAs to afford members the opportunity to assess their compliance with AF fitness standards and to minimize any surprise assessment failures at the time of official assessments.
5. Personnel scoring unsatisfactory on their FA will receive Healthy Living Program (HLP)/Healthy Living Program Reserves (HLPR) on-line since HAWCs are not available, IAW AFI 36-2905, para 5.2.4.

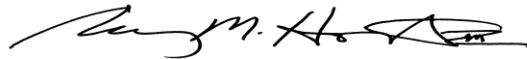
C. Physical Training Leaders (PTL) will:

1. Complete initial PTL certification prior to overseeing and conducting the unit FP. When it is not feasible to receive classroom training, complete the virtual training course on the AF Portal, when available. Since Fitness Assessment Cells (FACs) do not exist in the AOR, the PTL will fulfill the roles of the FAC. PTLs must maintain a minimum satisfactory score on their FA.
2. Lead Commander-approved unit PT program. Coordinate with their home station FAC, if needed, to establish appropriate fitness programs for the environment/unit needs.
3. Conduct all portions of the FA to include unofficial practice tests and review completed Fitness Screening Questionnaire (FSQ) prior to members performing the FA. Anyone who meets criteria per the screening questionnaire must receive medical clearance prior to testing OR any fitness program.
4. Document FA results on a hard copy score sheet, sign the score sheet, and obtain member's signature acknowledging each fitness component score and overall FA score. Provide a copy of the signed score sheet to member for their records and to the PERSCO (to forward to AFFOR/A1 staff) for Air Force Fitness Management System (AFFMS) update (reference para 4 below).

D. Medical Group will:

1. Evaluate members who present with positive screenings indicating need for medical evaluation.
2. As an Exercise Physiologist (EP) is not available in the deployed environment to write prescriptive exercise program, the provider will note physical limitations in AHLTA, write a note for member's UFPM of these restrictions, and refer for additional evaluation/treatment as needed.

4. Upon completion of an FA, the PTL will forward the signed score sheet to PERSCO, who will in-turn forward it to AFFOR/A1 (AFFOR.A1.PRC@auab.afcent.af.mil) to update scores into AFFMS. AEWs may create unit specific score sheets; adding additional information needed to ensure scores have been sent to AFFOR/A1. The local Medical Treatment Facility will provide applicable medical information/recommendations to unit commanders. Unit commanders are the approval authority for determinations related to FAs and fitness participation.
5. Questions regarding this policy may be addressed to USAFCENT/A1P, DSN: 965-3039, or e-mailed to USAFCENTA1RP@afcent.af.mil.



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