

# Physical Readiness Program Operating Guide

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## Correction / Change Record Updated: 18 May 2012

Guide #	Type /#	Description of Change	Entered By	Date
4	Correction 1	Section 1 paragraph 2 (page 3) Height Measurement will be rounded up to nearest inch.	ITCM (SW/AW) Amanda Alston	18 Jul 2011
5	Correction 1	Replaced the < 5000 ft tables with Greater than 5000 ft tables for both Male and Female.	ITCM (SW/AW) Amanda Alston	18 Jul 2011
Command Fitness//FEP Guide	Correction 1	Chapter 2 paragraph e. Members failing the BCA will be removed from FEP upon meeting standards during the next regularly scheduled command PFA.	ITCM(SW/AW) Amanda Alston	20 Jul 2011
3	Correction 1	Section 6 paragraph 14. PFA documentation will be retained 5 years.	ITCM (SW/AW) Amanda Alston	22 Jul 2011
5	Correction 2	Section 1 paragraph 4. Probationary changed to Satisfactory.	ITCM(SW/AW) Amanda Alston	22 Jul 2011
4	Correction 2	Section 2 paragraph 1. BCA measurement formula fixed in example.	ITCM(SW/AW) Amanda Alston	22 Jul 2011
11	Correction 1	Section 2 paragraph 1. Medical clearance is the member's responsibility and is a requirement for the PFA; however members are not exempt from participating in the BCA if medical clearance has not occurred prior to the scheduled BCA.	ITCM (SW/AW) Amanda Alston	27 Jul 2011
5	Correction 3	Reprint entire guide.	ITCM(SW/AW) Amanda Alston	27 Jul 2011
1	Correction 1	Section 2 paragraph 4c. If, due to mission and scheduling conflicts and an additional PFA is not feasible, the CFL will conduct an official BCA and assign the member < 10 weeks in PRIMS for the PRT.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
1	Correction 2	Section 2 paragraph 12. PRIMS will only feed full PFA failures to NSIPS.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
Command PT/FEP Guide	Update 1	NAVADMIN 238 authorizes minimalist footwear in PTU.	ITCM(SW/AW) Amanda Alston	5 Aug 2011
6	Update	Guide has been revised. Reprint entire guide. Approved by: Director Personal Readiness and Community Support.	ITCM(SW/AW) Amanda Alston	11 Aug 2011

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11	Update	Extended waiver paragraph has been removed due to update to Guide 6.	ITCM (SW/AW) Amanda Alston	11 Aug 2011
7	Clarification	Section 1 paragraph 5 (# 5) Do not wait on message, ADSEP process must have already started.	ITCM (SW/AW) Amanda Alston	30 Aug 2011
10	Update	Reprint Guide. New PRECOR model added and operating procedures of other models were updated.	ITCM (SW/AW) Amanda Alston	31 Aug 2011
11	Update	Section 2 paragraph 1a. Members within one year of medical in-processing only require a PHA during the birth month following the first year of service. Approved by: Director Personal Readiness and Community Support.	ITCM(SW/AW) Amanda Alston	6 Sep 2011
6	Clarification	Section 2 paragraph 5c. If the member is referred to PEB. NAVMED P-117, Chapter 18, SECNAVINST 1850.4 series pertain. Approved: Director Personal Readiness and Community Support.	ITCM (SW/AW) Amanda Alston	6 Sep 2011
4	Update/ Correction	Reprint Guide. BCA charts were updated to reflect PRIMS charts.	ITCM (SW/AW) Amanda Alston	9 Dec 11
5	Update	Page 10, paragraph 2(a).Change sentence to read...., "directly under the shoulders or slightly wider than shoulder width."	ITCM (SW/AW) Amanda Alston	9 Dec 2011
10	Update	Page 3, paragraph 5(a). Switched order of (4) and (5).	ITCM (SW/AW) Amanda Alston	9 Dec 2011
Command PT/FEP Guide	Update	Reprint Guide. Page 12 revised, replaced dynamic warm-up exercises, added standardized PRT warm-up, replaced cheat sheet, replaced top 12 stretches ,added things to avoid while stretching and added the statement that BCA failures are not authorized to participate in the mock PRT.	ITCM (SW/AW) Amanda Alston	9 Dec 2011
Command PT/FEP Guide	Update	Chapter 2 para 2(c) (1). The Page 13 will be generated via NSIPS and may be edited to reflect command specific program requirements. The LON will be generated via PRIMS or manually.	ITCM (SW/AW) Amanda Alston	22 Feb 12

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8	Update	Reprint entire guide. New guidance on when a post partum Servicewoman is required to participate in the PFA. New guidance captures true intention of NAVADMIN 256/08.	ITCM (SW/AW) Amanda Alston	29 May 2012 * corrected copy
13	Update	Readiness Waiver template was updated to reflect ECH 3/2/1 vice ECH 2/1.	ITCM (SW/AW) Amanda Alston	31 May 2012