



Physical Readiness Control Officer Training

Millington TN

7-9 May 2012

PRCO Introduction

Learning Objectives

- State the policy which mandates the PRCO position
- State the qualifications of a PRCO
- Understand the principle functions of the PRCO
- List the current Physical Readiness Program Policies
- Name the Physical Readiness Program Instructions and Guidance

Policy Statement

OPNAVINST 6110.1J

- ECH 3 Commander shall appoint a collateral duty Physical Readiness Control Officer (PRCO) to liaison with the Physical Readiness Program Office to provide assistance to subordinate commands on Physical Readiness Program policy and compliance.

Primary vs Collateral

- The PRCO position is a collateral duty and is intended as a management tool
- The PRCO is granted Echelon access (read-only) to PRIMS for all UICs within their AOR

Qualifications

- E6 or above or civilian equivalent
- Non CFL
- Complete the NKO CFL course
(Highly recommended)
- Graduate of CNIC 5-day CFL course
(Highly recommended)

Principle PRCO Functions

Echelon Policy Expert

- The PRCO will assist the Physical Readiness Program Office with providing expert advice to Echelon commanders and subordinate commands

Primary PRCO Functions

- Program Policy Compliance
- Waiver management
- Inspections Oversight
- Quality Assurance Oversight
- Direct reporting to OPNAV N135F

Meeting Physical Readiness Program Objectives

Current Partnerships

- Physical Readiness Program Office
- CNIC
- CPPD
- BUMED
- COMNAVSAFECEN
- COMNAVPERSCOM
- PSD

Instructions and Guidance

Training and Education

- 5-Day CFL Certification Course
- 2-Day CFL Seminar
- Personal Readiness Summits
- Leadership Symposiums

Instructions and Guidance

- DODI 1308.1

Mandates all service to set and maintain minimum standards for physical fitness.

- OPNAVINST 6110.1J

Navy Physical Readiness Program
Instruction

Instructions and Guidance (cont'd)

- Operating Guide

Divided into:

13 “How To” Guides

Command PT/FEP Guide

Nutrition Resource Guide