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SUBJ/PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR YEAR 2022 PHYSICAL
FITNESS ASSESSMENTS//

REF/A/MSG/CNO WASHINGTON DC/241517ZNOV21//
REF/B/DOC/OPNAV/11JUL11//
REF/C/DOC/OPNAV/AUG21//
REF/D/DOC/OPNAV/FEB22//
REF/E/DOC/OPNAV/FEB22//

NARR/REF A IS NAVADMIN 264/21, PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR
YEAR 2021 (CY2021).
REF B IS OPNAVINST 6110.1J, PHYSICAL READINESS PROGRAM.
REF C IS NAVY PHYSICAL READINESS PROGRAM GUIDE 15, CONDUCT OF THE PHYSICAL
FITNESS ASSESSMENT (PFA) IN COVID-19 CONDITIONS.
REF D IS NAVY PHYSICAL READINESS PROGRAM GUIDE 5, PHYSICAL READINESS TEST.
REF E IS NAVY PHYSICAL READINESS PROGRAM GUIDE 10, PHYSICAL READINESS
INFORMATION MANAGEMENT SYSTEM TWO (PRIMS-2).//

RMKS/1. This NAVADMIN announces:

- a. PRIMS-2 will be available for the Calendar Year 2022 (CY2022)
Physical Fitness Assessment (PFA).
- b. Revised forearm plank standards.
- c. Provides additional guidance for the CY2022 PFA.

2. PFA Cycle 2022. The cycle will be conducted from 1 April to 30 September
2022 in line with references (a) and (b). All medically cleared Sailors will
participate in all three fitness modalities (push-ups, forearm plank, cardio
or alternate cardio) to determine their CY2022 PFA cycle overall score.
Forearm planks will count for PFA score. Physical Readiness Guides to
include references (c) through (e) are located at:
[https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-
Readiness/Guides/](https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/Guides/).

- a. The Physical Readiness Office will open the PFA Cycle 2022 in
February 2022. This PFA Cycle will be labeled PFA Cycle 1 2022 in PRIMS-2.
- b. Sailors will have access to physical readiness information through
MyNavy Portal My Records and will electronically submit their Physical
Activity Risk Factor Questionnaire (PARFQ) via MyNavy Portal upon their

respective commands 10-week notification. This is a change from the previous version of PRIMS.

c. Revised Forearm Plank Standards.

(1) We learned from an analysis of 26,000 forearm plank records from the CY2021 PFA that Sailors performed well overall, there is a minor gender performance differential.

(2) As a result, we revised the forearm plank standards to be gender specific (i.e., separate male and female scoring tables) with a gradual age group stratification. The Updated male and female forearm plank standards can be found in reference (d). PFA calculators in both MyNavy Portal and the official PFA App are scheduled to be updated prior to 1 April 2022.

d. Command Fitness Leaders (CFLs) and Assistant CFLs (ACFLs) guidance:

(1) CFL/ACFLs will enter PFA data into PRIMS-2 for the PFA Cycle 2022.

(2) Prior to 1 April 2022, CFLs will be able to verify command rosters, assign members to departments and divisions, see commands reports and release/gain Sailors.

(3) On 1 April, CFL/ACFLs may enter scores into PRIMS-2. CFL/ACFLs are prevented from entering scores until the PFA cycle commences.

(4) The number of ACFLs having access to PRIMS-2 for data entry will be limited based on command size (1 per 100 members due to licensing costs) and is different than the required number of ACFLs per command to effectively administer the PFA (1 per 25 members).

(5) CFLs should refer to reference (e) for detailed guidance.

e. PRIMS-2 Training. PRIMS-2 training will be offered bi-monthly for CFLs and ACFLs via Microsoft Teams. Requests for training should be submitted to PRIMS(at)navy.mil. Familiarization training materials are posted on the Physical Readiness program (PRP) website at:

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/> and also available to back-end users (CFL, ACFL, and Special User) via PRIMS-2.

f. Validation. Sailors who meet the criteria for *validation* in PFA Cycle 1 2022 will be eligible for exemption from participation in the PRT portion of PFA Cycle 1 2023 provided Sailors meet Age Adjusted Standards for the Body Composition Assessment (BCA) (i.e. everyone needs to take the BCA). This validation is contingent upon the Navy conducting two PFA cycles in 2023.

g. COVID-19 Environment. The PFA Cycle 1 2022 will be conducted using procedures outlined in reference (c) and based on local health protection conditions (HPCON). CFLs will adhere to all local HPCON safety measures prior to execution of the PFA.

3. PRIMS-2. To gain access to PRIMS-2, the following must be provided to PRIMS(at)navy.mil:

a. CFL access: CFL Certification Course Certificate, CFL Transfer Designation Letter and SAAR-N Form.

b. ACFL access: Command ACFL Designation Letter and SAAR-N Form.

Step by step instructions for completing a SAAR-N Form are located at:

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/Forms/>.

4. Contact the PHP Office for additional information:

a. For policy related questions via e-mail at PRP(at)navy.mil.

b. For PRIMS related questions via e-mail at PRIMS(at)navy.mil.

c. For policy or PRIMS related questions via phone at (901) 874-2210/
DSN 882.

5. This NAVADMIN will remain in effect until superseded or canceled,
whichever occurs first.

6. Released by Vice Admiral John B. Nowell, Jr, N1.//

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