

GUIDE 6

Physical Fitness Assessment (PFA) Medical Readiness

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Section 1: Overview

1. Medical Clearance. The medical clearance process ensures appropriate screening and clearance is obtained prior to testing or physical training. The medical screening includes the annual Periodic Health Assessment (PHA), the Physical Activity Risk Factor Questionnaire (PARFQ) (NAVPERS 6110/3), and Pre-Physical Activity Questions (PPAQ).

2. Periodic Health Assessment (PHA) and Deployment-Related Health Assessment (DRHA). Sailors must have a current PHA, and, if required, complete any due or overdue DRHA to include the Post-Deployment Health Assessment (PDHA – DD 2796) or Post Deployment Health Re-Assessment (PDHRA – DD 2900) to participate in the PRT portion of the PFA. PDHA must be completed within 30 days before or after return from deployment. PDHRA must be completed within 90-180 days after return from deployment. If a full PFA (BCA and PRT) is not completed due to a delinquent PHA or DRHA, the CO has the authority to assign a “UA” status in PRIMIS-2.

3. Physical Activity Risk Factor Questionnaire (PARFQ (NAVPERS 6110/3)). Safety and health of Sailors will be ensured through proper medical clearance.

a. Sailors will complete a PARFQ before participating in each PRT. If the PHA is not current or DRHA is required and is not completed, the Sailor will not be able to complete the PARFQ.

b. The PARFQ is not required to be completed if the Sailor is anticipated to be in a PRT non-participation status (DEP/OP, Validation, Pregnancy, etc.).

c. If there are any responses on the current cycle PARFQ that require a Sailor to be cleared by a health care provider (HCP) prior to participation, the Sailor is responsible for providing the completed PARFQ form and official PFA Medical Clearance/Waiver form (NAVMED 6110/4) for evaluation and clearance. Sailors may be cleared to participate by their HCP but may only be waived from any event with proper Authorized Medical Department Representative (AMDR) endorsement. Sailors without organic medical capabilities adequate to meet this requirement will take the forms to the Navy Medicine Readiness and Training Commands (NMRTC) with medical cognizance (MEDCOG) over their command for evaluation and clearance or waiver as applicable. It is the responsibility of the Sailor to ensure the form is properly routed to their CFL.

(1) If a PFA medical waiver is not recommended for any portion of the PRT, to include no recommendation for alternate cardio, the HCP or AMDR will document medical clearance on the bottom of the PARFQ and the NAVMED 6110/4 is not required.

(2) If a PFA medical waiver is not recommended for any portion of the PRT but the Sailor is recommended to utilize an alternate cardio event and the CO requires indication of the medical requirement due to accessibility of resources, the AMDR will

document the PARFQ as medically cleared and complete the applicable portions of the NAVMED 6110/4. If the Sailor's CO is not authorizing alternate cardio events and the Sailor is not clear for the 1.5-mile run/walk, the ADMR must recommend a medical waiver for the cardio event.

(3) If a medical waiver is recommended, the recommendation must be issued on the NAVMED 6110/4 and routed to the CO for final determination each PFA cycle via the CFL. The PARFQ will be documented as follows:

(a) **Member cleared for entire PRT** indicating Sailor is cleared to complete all portions of the PRT.

(b) **NAVMED 6110/4 Medical Waiver Required** indicating at least one PRT event is recommended to be medically waived.

4. Pre-Physical Activity Questions (PPAQ). Prior to participation in the PRT and any organized group PT, the PPAQ must be asked by the CFL/ACFL. Refer to Guide 5 for the Pre-Physical Activity Questions and additional amplifying information.

5. Responsibilities

a. Commanding Officer/Officer in Charge (CO/OIC):

(1) CO/OICs with an organic medical department that includes at least one HCP and is authorized to provide at least primary or readiness care must designate an AMDR in writing, authorizing the AMDR to make recommendations on PFA medical waivers. The CFL cannot be designated as the AMDR.

(2) CO/OICs without an organic medical department in which care is provided, will designate the NMRTC with MEDCOG for their command to allow their AMDRs to make recommendations on PFA medical waivers for their personnel.

(3) Approve or disapprove all command PFA waivers prior to the official command PFA. "By direction" authority for a PFA medical clearance/waiver request is strictly prohibited.

(4) Refer Sailors who receive medical waivers for two (2) consecutive PFA cycles for the same medical condition or three (3) medical waivers in the most recent four (4)-year period for a medical record review (MRR) via the Medical Evaluation Board (MEB) process.

b. Authorized Medical Department Representatives (AMDR). The AMDR must be a physician, adult or family nurse practitioner, physician assistant, or Independent Duty Corpsman (IDC) and must be appointed in writing by the CO/OIC of the Sailor's unit or MEDCOG NMRTC. Designated AMDRs are authorized to make PFA medical recommendations to the CO via NAVMED 6110/4.

(1) AMDR must review all positive PARFQs and recommended medical waivers if initiated by a treating healthcare provider (HCP) that is not an AMDR and complete section four (4) of the NAVMED 6110/4, final waiver recommendation prior to routing.

(2) AMDR will facilitate uploading a copy of the NAVMED 6110/4 and/or PARFQ into the Electronic Health Record prior to returning to the Sailor for further routing.

(3) Prior to being appointed, all AMDRs are directed to complete the AMDR training slide deck located on the Physical Readiness Program website. This training is recommended to be reviewed prior to each PFA cycle and at a minimum every calendar year.

c. Non-Military Providers. If a Sailor is treated by a non-military provider (e.g. civilian HCP that is not working within the Military Health System), the Sailor must present the NAVMED 6110/4 to the treating HCP for completion of sections 2 and 3. Both the partially completed NAVMED 6110/4 and PARFQ must be forwarded to the command or MEDCOG NMRTC / Naval Medical Readiness and Training Unit (NMRTU) AMDR for military endorsement prior to the CFL forwarding to the Sailor's CO/OIC. Alternatively, the Sailor may provide necessary supporting medical documentation to the AMDR for review and completion of the NAVMED 6110/4 and PARFQ. The AMDR may require an appointment with the Sailor at their discretion to determine the appropriateness of the medical waiver recommendation made by the non-military provider. Use of telehealth is encouraged for any Sailor not located within 50 miles of the MEDCOG NMRTC/NMRTU.

d. NMRTC/NMRTU:

(1) Designate AMDR(s) to conduct PFA medical screenings.

(2) Convene a MEB for Sailors with multiple waivers in coordination with the CFL, as requested by the CO, determine appropriate course of action, and provide report back to the Command. (See Table 1: PFA Medical Waiver Management Chart.)

e. Command Fitness Leader (CFL):

(1) Ensure no Sailor participates in the PFA without proper medical screening/clearance.

(2) Ensure Sailors who require medical evaluation and clearance based on PARFQ responses report to medical prior to participating in the PFA.

(3) Review all NAVMED 6110/4 medical waiver recommendations and document PFA medical waiver status prior to forwarding to CO/OIC.

(4) Ensure CO/OIC approved PFA waivers for the current cycle are documented in PRIMS-2.

(5) Inform CO/OIC of Sailor's meeting requirements for MEB referral.

(6) Coordinate with command medical department or, if capability does not exist, with the MEDCOG NMRTC on all Sailors who meet requirements for MEB review.

f. Sailors:

(1) Ensure annual PHA and any required DRHA is complete prior to command PFA cycle.

(2) Complete PARFQ (NAVPERS 6110/3) with accurate information.

(3) Schedule appointment with HCP for any evaluation and clearance if required based on PARFQ responses.

(4) Obtain command or MEDCOG NMRTC AMDR recommendation for any PFA waiver.

(5) Provide PARFQ and NAVMED 6110/4 to HCP and/or AMDR, as indicated, at time of appointment and route to the CO/OIC for final approval via the CFL.

(6) Ensure honest answers to the pre-physical activity questions are provided when asked prior to the PRT and any organized group PT.

6. PRT Injury/Illness. The CFL is responsible for reporting any injuries incurred during organized group PT or the PFA to the Command Safety Officer. Commander, Naval Safety Command (COMNAVSAFECOM) must be informed if a death occurs during or within one hour of completion of the PRT or organized group PT.

a. If an injury/illness prevents a Sailor from finishing a PRT, the CFL/ACFL must refer the Sailor to medical for an evaluation. If medical determines that the Sailor's injury/illness was due to the Sailor's failure to actively participate in a physical conditioning program, a medical waiver will not be approved. Additionally, if the injury/illness occurred:

(1) During the push-ups, and Sailor did not complete the forearm plank (and it was determined that the Sailor's injury was due to non-conditioning), the CFL/ACFL will enter the amount of properly performed push-ups in PRIMS-2, resulting in a failed PRT.

(2) During the forearm plank, and Sailor did not complete the cardio (and it was determined the Sailor's injury was due to non-conditioning), the CFL/ACFL will record the number of push-ups completed and enter "00:10" (10 seconds) in PRIMS-2 for the forearm plank, resulting in a failed PRT.

(3) During the cardio portion, the CFL/ACFL will record the number of push-ups completed and time of forearm plank prior to injury/illness. The CFL/ACFL will enter 59:59 for cardio in PRIMIS-2 (20 for bike), resulting in a failed PRT.

b. If the injury/illness is *not due* to lack of physical conditioning, the Sailor may be authorized a Bad Day PRT or be medically waived from the PRT modality which they did not complete or the entire PRT.

7. Light Duty (LD). Individual Sick Slip (NAVMED 6310/1) may be issued by a medical provider when, due to an injury/illness, a Sailor will not be able to participate in individual or command/unit PT for a specific amount of time. Per NAVMED P-117, LD is only to be granted for a maximum of 30 days. If necessary, medical may grant additional days of LD up to 90 days (maximum of 30 day increments). If the issue will not be resolved prior to the end of the command's PFA cycle, the Sailor will be required to obtain a medical waiver documented on the official NAVMED 6110/4.

8. Limited Duty (LIMDU). Any Sailor in a LIMDU status with documented PFA limitations, is required to obtain a medical waiver on the official NAVMED 6110/4. Sailors on LIMDU who do not have specific PFA limitations will not be waived from any portion of a PFA unless they have another injury/illness/condition which indicates the need for a PFA medical waiver.

9. Return to Full Duty. If a Sailor is medically cleared to return to full duty status before the end of the Navy PFA cycle, the Sailor is required to participate in the PFA (BCA/PRT). Sailors who do not participate will receive a failing score for non-participation (UA) in the portions of the PFA in which they were medically cleared to participate.

Section 2: Medical Clearance/Waiver Management

1. Periodicity. Medical waivers are valid for one (1) PFA cycle only. Medical waivers granted for the entire PFA cycle are not to exceed the end of the official Navy PFA cycle. If the expiration date of the medical waiver occurs prior to the end of the Navy PFA cycle, the Sailor will be required to complete the PFA.

Note: Pregnant and postpartum Sailors typically do not receive a medical waiver. Refer to Guide 8, *Managing Physical Fitness Assessment Records for Pregnant Sailors* for guidance on when a medical waiver may be indicated.

2. Documentation. The CFL must ensure the NAVMED 6110/4 is properly documented, signed, and entered into PRIMIS-2. The NAVMED 6110/4 must include an effective and expiration date. Standard Form (SF) 600s are not authorized. A Sailor's treating HCP who is not an AMDR may initiate the NAVMED 6110/4. However, the form must be routed to the command or MEDCOG NMRTC AMDR for review and final recommendation. Instructions for completing the NAVMED 6110/4 are provided in Section 3.

3. PRT Medical Clearance/Waiver:

a. Sailors that require medical clearance as indicated by the PARFQ may be cleared by their HCP or designated AMDR for participation in the PRT on the bottom of the PARFQ, without documenting on the NAVMED 6110/4, if no PRT medical waiver is recommended.

b. PRT medical waivers are authorized for Sailors with an injury, illness, or for Sailors recovering from a surgical or medical procedure, which will prevent them from participating in an official PFA with the command or prior to the end of the Navy PFA cycle. The HCP and/or AMDR are to conduct an evaluation, as appropriate, to determine if a PRT medical waiver is warranted for one or multiple PRT modalities (push-up, plank, cardio).

c. Individuals who receive a BCA or PRT medical waiver for two consecutive PFA cycles for the same medical condition or three in the most recent four (4)-year period must receive a MRR via the MEB process. See Table 1: PFA Medical Waiver Management Chart for further details.

4. BCA Medical Clearance/Waiver. It is each Sailor's responsibility to address potential medical circumstances affecting accurate measurements **prior** to their official BCA. Once the command PFA cycle commences, only one official BCA result is authorized. A BCA medical clearance/waiver may only be recommended by a medical board eligible or certified Physician. The inability to exercise is **not** a valid reason for a BCA medical waiver.

a. BCA medical waiver recommendations will require two physician signatures:

(1) Treating Physician (military or civilian) recommending the waiver; and

(2) AMDR Physician. A military health system physician must endorse the waiver. If the AMDR is the recommending physician, either another AMDR physician or the supervising physician's signature is required.

b. Acceptable reasons for a BCA waiver:

(1) The inability to obtain an accurate weight (e.g., leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA).

(2) A medical condition or medical therapy which has been newly diagnosed, worsened in severity, or an increase in medication dosage which is known to result in weight gain.

Note: If a Sailor is approved for a BCA medical waiver, the bike alternate cardio option cannot be used. An official BCA must be conducted in order to determine a cardio score for the bike.

5. MEB Procedures and Requirements. Sailors with multiple PFA medical waivers must be referred for further review via the MEB process. The MEB findings must document whether Sailor's condition(s) which resulted in the medical waivers are deployment limiting, whether Sailor meets current retention standards (i.e., DODI 6130.03 Volume 2), and must include a final disposition. Additionally, the MEB findings must be documented in LIMDU SMART, via completion of NAVMED 6100/5 and will represent the MEB report (MEBR). The purpose of the MEB is to evaluate medical conditions resulting in a Sailor's inability to successfully complete the Navy PFA.

a. A MEB will be conducted for Sailors who:

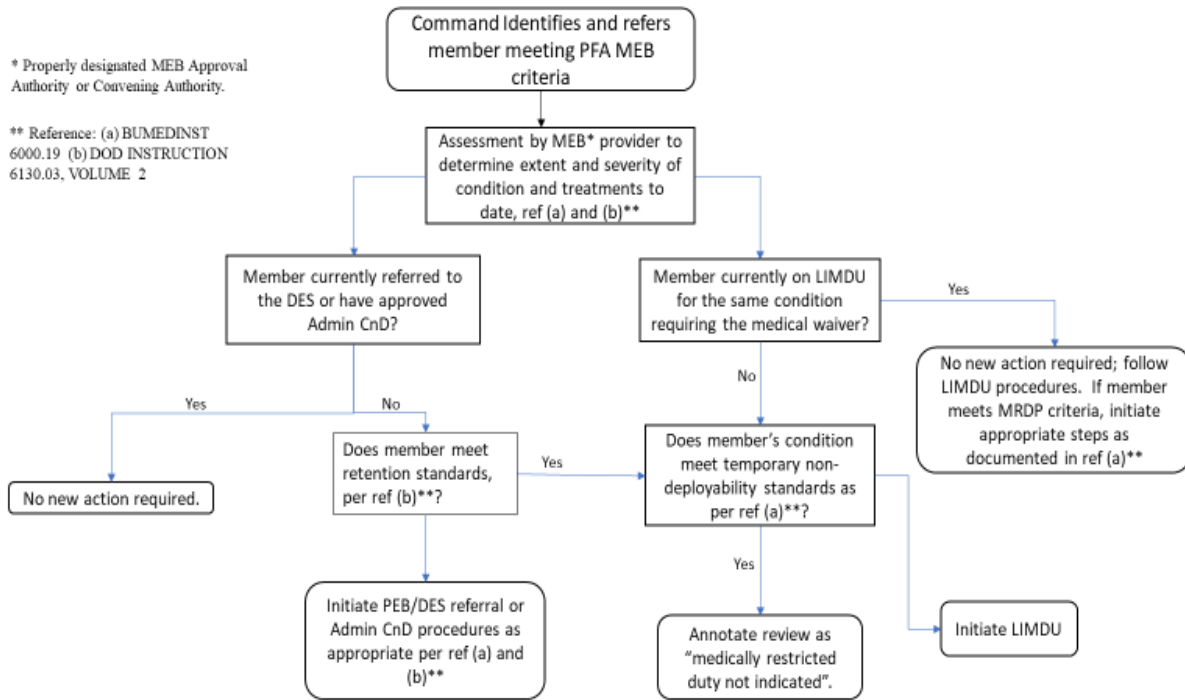
(1) Receive a PFA medical waiver for two consecutive PFA cycles for the same medical condition that resulted in the Sailor not participating in the BCA; or two or more PRT events.

(2) Receive three PFA medical waivers in the most recent four-year period for any medical condition that resulted in the Sailor not participating in the BCA; or two or more PRT events.

(3) Prior to completion of each PFA cycle, the CFL is required to inform the CO on any Sailor that meets these requirements. Once notified by the chain of command, the Sailor must report to the command medical department or the MEDCOG NMRTC, which initiates the MEB. The CFL will coordinate with the respective medical department regarding the Sailors who require a MEB review (MEBR). The MEBR will

be provided to the unit CO via their designated deplorability coordinator. See Table 1: PFA Medical Waiver Management Chart for additional guidance.

Table 1: PFA Medical Waiver Management Chart



Section 3: Completing NAVMED 6110/4

1. Member and CFL Information. This section is to be completed by the Sailor:

- a. **Command Name:** Full name of the command
- b. **UIC/RUIC:** Five-digit code
- c. **CFL/POC:** Name of CFL or ACFL
- d. **CFL Telephone No:** Phone number of CFL or ACFL
- e. **Reason for referral:** (check all that apply)

- (1) Positive PARFQ Screening

- (2) Injury/Illness. The Sailor acquired in injury during Physical Training (PT) or while participating in the PRT

2. PRT Clearance/Waiver Information. To be completed by the Treating Provider or AMDR.

- a. **PRT Waiver.** Indicate which PRT event is being recommended for a medical waiver.

- (1) Push-ups

- (2) Forearm Plank

- (3) 1.5 Mile Run/Walk

- b. **Cardio Event Modification Clearance.** Use this section to indicate which alternate cardio event(s) the Sailor is cleared to participate for the current PFA. If Sailor is cleared for one or more modifications, a 1.5 Mile Run/Walk waiver is not required, **unless** command is not authorizing the modification in their official PRT.

- (1) Treadmill

- (2) Rower

- (3) Stationary Bike

- (4) Swim

c. **Physical Training Clearance.** Indicate whether Sailor is cleared to participate in the following physical training activities. If Sailor is not cleared, a comment is required and NAVMED 6310/1 or light duty chit should be provided:

(1) Command/Unit PT and FEP

(2) Individual PT

d. **AMDR/Treating Provider Name.** Printed Name.

e. **AMDR/Treating Provider Signature.** Signature block.

f. **Date.** Date recommendation is made.

3. **BCA Waiver Information.** This section is reserved for BCA medical waiver recommendations. If Sailor is recommended for a BCA waiver, two different physician signatures are required, with one signature from an AMDR physician. See Section 2, Paragraph 4 for BCA waiver requirements.

a. **BCA Waiver Recommended.** “Yes” if recommended and “No” if not recommended.

(1) **AMDR/Treating Physician Signature.**

(2) **AMDR/AMDR Supervising Physician Signature.** If an AMDR physician is the provider recommending the BCA waiver, the AMDR’s supervisory physician signature is also required.

b. **Reason per OPNAVINST 6110.1 (series).** See Section 1, Paragraph 9 for BCA waiver requirements. Inability to exercise is not a valid reason for a BCA waiver. Check all that apply:

(1) Inability to obtain BCA measurement

(2) Medical Treatment/Therapy

4. **AMDR Endorsement.** This section is to be completed by a designated AMDR only. All sections must be completed.

a. **Member Cleared for full PFA.** “Yes” if no waiver is recommended. “No” if PFA medical waiver is recommended.

b. **PRT Waiver Recommended.** “Yes” if recommended, “No” if not. If “Yes”, specify which event(s) should be waived.

c. **BCA Waiver Recommended.** “Yes” if waiver is recommended, “No” if not.

d. ***Is this a second consecutive waiver for the same medical condition?***

e. ***Waiver Expiration Date.*** This date should be at the end of the current official navy PFA cycle.

f. ***AMDR Name.*** Print name.

g. ***AMDR Signature.*** Signature block.

h. ***Date.*** (DD/MMM/YYYY)

5. **CO/OIC Endorsement.** PRT and BCA medical waivers must be approved by the CO/OIC before CFL enters waiver into PRIMS-2. CO/OICs have authority to request a second medical opinion on whether Sailor requires a medical waiver for the PRT or BCA portion for the entire PFA cycle prior to approving a medical waiver.

a. ***Waiver Status.*** To be completed by CFL, prior to the CO/OIC signature:

(1) ***Number of waivers in last four years.*** Include the number of waivers documented in PRIMS-2 in the most recent four-year period including the current waiver.

(2) ***Meet MEB requirements?*** “Yes” or “No”. If the current waiver is approved, will the Sailor require a MEB? Include the current waiver in the count.

(3) ***CFL Signature:*** CFL signs here.

(4) ***Date:*** Date signed by the CFL.

b. ***PRT Waiver Approved.*** “Yes” if approved, “No” if disapproved.

c. ***BCA Waiver Approved.*** “Yes” if approved, “No” if disapproved.

d. ***Member CO/OIC Signature:*** Signature of CO/OIC.

e. ***Date:*** Date CO/OIC approved or disapproved the waiver.