



## DEPARTMENT OF THE NAVY

U.S. NAVAL SUPPORT ACTIVITY

PSC 817 BOX 1

FPO AE 09622-0001

NAVSUPPACT NAPLES INST 6110.1  
N00

**23 OCT 2013**

### NAVSUPPACT NAPLES INSTRUCTION 6110.1

From: Commanding Officer, U.S. Naval Support Activity, Naples,  
Italy

Subj: COMMAND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINTST 6110.1J  
(b) MILPERSMAN 1910-170

1. Purpose. To implement a health and physical readiness program for all Navy personnel assigned to U.S. Naval Support Activity, Naples, Italy. This program establishes the minimum criteria for physical fitness and weight control standards, provides guidance for meeting the minimum standards, and emphasizes the need for all personnel to show concern and participation in personal lifestyle enhancing activities. This instruction has major revisions and should be read in its entirety.

2. Cancellation. NAVSUPPACT NAPLES INST 6100.2F.

3. Policy. All Navy personnel assigned to NAVSUPPACT Naples will attain and maintain a condition of health and physical readiness consistent with their duties and meet the minimum standards required in reference (a).

a. Physical Training Program. Per reference (a), all command personnel are required to participate in a physical conditioning program for a total of 150 minutes per week and strength training of all major muscle groups twice per week. Detailed requirements for exercise sessions are located in the Physical Readiness section of the Navy Personnel Command "21<sup>st</sup> Century Sailor" website.

b. Fitness Enhancement Program (FEP). The FEP is mandatory four times a week for individuals failing the official Physical Fitness Assessment (PFA). It is also required, at department head discretion, for personnel whose body composition is not within reference (a) Body Composition Assessment (BCA) standards as identified during any courtesy check. FEP will be held at the support site gym from 0645-0800 Monday through Friday. Attendance is mandatory unless excused

**23 OCT 2013**

by the Command Fitness Leader (CFL). Personnel who fail the official PFA will remain on FEP until the member passes the next official PFA with a score of "good" or better on all events.

d. Newly Reporting Personnel. Newly-reported personnel shall have a 14 day acclimatization period from the time they check into the command. In the event the acclimatization period extends into a new PFA cycle, the member shall participate in the BCA, and the Physical Readiness Information Management System (PRIMS) record for the PRT shall reflect "excused". All other authorized PFA non-participation shall follow instructions as set forth in reference (a).

(1) All personnel are required to check in with the CFL. This check-in will be done as a part of Professional Development (PD) or Command Indoctrination for E6 and below and part of the check in sheet completion for E-7 and above.

(2) This check-in will cover command policies, PRIMS verification, and a courtesy fitness evaluation. A recommendation will be made to the member's chain of command for participation in FEP, if required.

4. Precautions. All medical and safety precautions will be strictly enforced per reference (a).

5. Responsibilities.

a. CFL will

(1) Be an E-6 or above, and will be designated in writing.

(2) Be thoroughly familiar with and coordinate the command PFA/physical training (PT) programs per reference (a).

(3) Ensure documentation of Risk Factor Screening for all personnel is completed 10 - 12 weeks prior to the PFA and all medical waivers are obtained in an expeditious manner.

(4) Perform height/weight measurements of all personnel per reference (a). Measurements will be offered eight to ten weeks out, as a courtesy, to identify personnel requiring assistance prior to the PFA, and again, officially, between 45

**23 OCT 2013**

days and 24 hours prior to the PFA. Body fat measurements are the only measurements considered when entering into PRIMS and when processing for ADSEP. Personnel who fail the height/weight measurements will immediately have circumference measurements taken per reference (a).

(5) Organize and direct FEP per reference (a).

(6) Enter results into PRIMS per reference (a).

(7) Provide the following reports:

(a) Command PFA results to the Commanding Officer, Executive Officer, Administrative Officer, and Command Master Chief.

(b) Departmental PFA results to all Department Heads.

b. Alternate Command Fitness Leader (ACFL) will

(1) Familiarize themselves with the contents of this instruction and references (a) and (b).

(2) Assist in administering and facilitation of the semi-annual PFA.

(3) Ensure departmental personnel are participating in a PT regimen consistent with the guidance of this instruction.

(4) Assist with FEP on a regular basis.

c. Department Heads will

(1) Ensure all Navy personnel assigned to their department are encouraged and involved in a program of physical conditioning in order to achieve and maintain the minimum physical readiness requirements of reference (a).

(2) Assign a departmental fitness coordinator. This individual will serve as an ACFL.

(3) Ensure that PFA failures are cited in enlisted evaluations and officer fitness reports.

**23 OCT 2013**

(4) Comment on program emphasis and support in enlisted evaluations and officer fitness reports.

d. Command personnel will

(1) Familiarize themselves with the contents of this instruction and references (a) and (b).

(2) At a minimum:

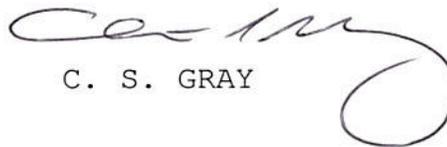
(a) Participate in moderate activity at least two hours and 30 minutes (150 minutes) per week, i.e., 50 minutes three times per week.

(b) Perform strength training exercises at least twice per week to work all major muscle groups.

(3) Complete risk factor screenings and height/weight/body fat measurements as directed by the CFL and maintain physical readiness standards as per this instruction.

(4) Complete the Physical Assessment Risk Factor Questionnaire (PARFQ) as per reference (a) and verify PRIMS data is correct.

6. The Command point of contact is the Command Fitness Leader.

  
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