



DEPARTMENT OF THE NAVY

U.S. NAVAL SUPPORT ACTIVITY
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NAVSUPPACT NAPLES INST 6110.1A
N00
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NAVSUPPACT NAPLES INSTRUCTION 6110.1A

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

Subj: COMMAND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 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 (NAVSUPPACT), 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 is a complete revision and should be reviewed in its entirety.

2. Cancellation. NAVSUPPACT NAPLES INST 6110.1

3. Scope. This instruction describes NAVSUPPACT Naples command physical readiness, defines the responsibilities for compliance, and establishes required minimum standards of physical fitness. Per reference (a), the Physical Readiness Program Operating Guide is the official supplement guide to this instruction. All information contained within the guide is available for download on the Navy Personnel Command (NPC) website at http://www.public.navy.mil/bupers-pc/support/21st_Century_Sailor/physical/Pages/default2.aspx.

4. Policy. All Navy personnel assigned to NAVSUPPACT Naples shall 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 NPC website under '21st Century Sailor'.

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b. Fitness Enhancement Program (FEP). This is a command-wide program to improve fitness and nutrition. Any member who fails an official PFA is required to be formally enrolled into FEP. A member who fails PFA due to BCA is also required to attend a nutrition counseling class. Command directed enrollment into FEP for other than official PFA failure, is at department head discretion, this is to ensure the Sailors receive the additional attention to health and fitness before they become a PFA failure. FEP attendance is mandatory at a minimum of three times per week. "No shows" will be marked as unauthorized absences (UA) unless excused by the Command Fitness Leader (CFL). Physical training (PT) sessions are held at Support Site or Capodichino gym from 0645 to 0800, Monday through Friday. Members will be dis-enrolled from FEP when he or she passes a mock PFA (with CFL recommendation and CO approval) or official PRT and is within the new Navy BCA standards.

c. Acclimatization Period. Newly reported personnel shall be provided a 14 day acclimatization period starting from the date of arrival to the command. In the event the acclimatization period extends into the next PFA cycle, the member shall participate in the BCA only, 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).

d. Command Indoctrination. All personnel are required to check in with the CFL during Professional Development or Command Indoctrination. CFL will brief the command physical readiness program and provide/collect PRIMS verification worksheet.

e. BCA Spot Check. If a Sailor fails STEP 1 (weigh/height) they will be required to complete STEP 2 (abdominal circumference) and STEP 3 (body circumference) measurements. If they fail STEP 3, they will be enrolled into FEP. A BCA failure incurred during spot check has no punitive repercussions. The intent is to get the member additional help they need to ensure success during the next official PFA. CFL/ACFL shall administer BCA spot checks to personnel:

(1) Attending command indoctrination except during the command PFA cycle.

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(2) Returning from extended leave/TAD for period of 45 days or longer.

(3) Recommended by his/her chain of command. Recommendation shall be from pay grades E-7 and above.

(4) Returning to full duty status after six months following child delivery (females only)

4. Precautions. All medical and safety precautions shall 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/PT programs per reference (a).

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

(4) Perform height/weight measurements of all personnel per reference (a). BCA courtesy measurements will be offered 10 to 12 weeks out to identify personnel requiring assistance prior to commencement of command PFA cycle, and again, officially, within 45 days but not less than 24 hours prior to participation in the PRT. 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 report:

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(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 administration 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 ACFL.

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

(4) Comment on program emphasis and support in enlisted evaluation 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) Maintain a current PHA.

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

(5) Participate in the semi-annual PFA as directed by the CFL as per reference (a).



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