

RESPERSMAN 1534-050

PHYSICAL READINESS STANDARDS COMPLIANCE REQUIREMENTS FOR MEMBERS
OF THE STRATEGIC SEALIFT READINESS GROUP

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|---------------------------|--------------------------|--------|-----|----------------|
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| References | (a) OPNAVINST 1534.1D (b) BUPERSINST 1001.39F (c) OPNAVINST 6110.1J (d) NAVADMIN 178/15 |
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1. **General.** Per references (a) and (b), all members of the Strategic Sealift Readiness Group (SSRG) must meet minimum Physical Readiness Standards. Strategic Sealift Officers (SSO) in the SSRG perform increasingly important short notice operational Active Duty Training (ADT), Active Duty for Special Work (ADSW), Mobilizations (MOB) and recall assignments both in the continental United States (CONUS) and outside the continental United States (OCONUS). To ensure the operational capabilities of the SSRG, members must maintain minimum prescribed levels of physical readiness necessary for world-wide deployment.

2. **Policy.** All SSRG members shall meet minimum physical readiness standards for continued Naval service. Eligibility for orders is contingent on satisfactory compliance.

a. SSRG members must maintain a current Periodic Health Assessment (PHA). PHAs are valid for 365 days from the date of completion.

b. Effective Fiscal Year 2013, SSRG members must complete one Physical Fitness Assessment (PFA) per calendar year; the PFA may be completed during either Cycle 1 (January-June) or Cycle 2 (July-December). Per references (c) and (d), a failure of any

PFA component constitutes a PFA failure. Failure to complete a PFA each calendar year constitutes a PFA failure.

(1) SSRG members are not required to complete a PFA in the calendar year they were commissioned. PFA completion is required for all SSRG members attending SSO Post Commissioning Indoctrination.

(2) Per reference (c), the PFA is administered by a qualified Command Fitness Leader (CFL) of a Navy Reserve Activity (NRA) or Active Component (AC) command. All SSRG members shall complete a NAVPERS 6110/3 Physical Activity Risk Factor Questionnaire (PARFQ) via Physical Readiness Information Management System (PRIMS) <https://www.bol.navy.mil> prior to participating in a PFA.

(3) Body Composition Assessment (BCA) must be completed by a certified CFL and forwarded by the CFL to Commander, Navy Reserve Forces Command (CNRFC) (N14). CNRFC (N14) is the CFL for the SSRG, Reserve Unit Identification Code (RUIC) 2525M.

c. SSRG members with a failing PFA in the most recent calendar year without a passing PFA in the current calendar will not be authorized access to SSRG ADT funding until the PFA is passed.

d. Waivers will be authorized for PFA requirements per reference (c). Waiver requirements and template can be found on Navy Reserve Homeport, <https://www.navyreserve.navy.mil> under CNRFC (N14) homepage. PFA waivers do not constitute a waiver of required participation delineated in [RESPERSMAN 1534-020](#).

(1) In the event a medical waiver is granted for all or part of the PRT, SSRG members must still complete the BCA component unless it is also medically waived.

3. **Responsibilities**

a. CNRFC (N14) shall:

(1) Provide oversight and ensure compliance with applicable directives.

b. NRA shall:

(1) Conduct PFAs for SSRG members per reference (c). The CFL is responsible for conducting a safe PFA and shall complete the PFA checklist in the Operating Guide. All events of the PRT shall be performed per the Operating Guide.

(2) Conduct PHAs for SSRG members.

(3) Forward results of PFA to CNRFC (N14).

c. SSRG members shall:

(1) Contact the NRA to coordinate the scheduling of a PHA.

(2) Contact the CFL to coordinate the scheduling of a PFA per reference (c).

(3) Coordinate with gaining unit and CNRFC (N14) for opportunities to perform PHA/PFA while on ADT.