



DEPARTMENT OF THE NAVY
COMMANDER NAVY RESERVE FORCE
1915 FORRESTAL DRIVE
NORFOLK VIRGINIA 23551-4615

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COMNAVRESFOR N1C2
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Changes to the identified Navy Reserve Personnel Manual articles are effective the date written at the top of each article and the date on this change summary.

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Deputy

Changes in articles titled and summarized below are incorporated in the electronic copy via Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) Website:
<https://www.navyreserve.navy.mil>.

Table of Contents – Revised to reflect all current changes.

Article No.	<u>Article Title</u>
1534-050 CH-13	Physical Readiness Standards Compliance Requirements for Members of the Strategic Sealift Readiness Group <ul style="list-style-type: none">• Removed PHA requirement statement because it is already covered in RESPERSMAN 1534-020• Clarified the requirement of one PFA per year.• Added wording regarding SSRG ADT funding. (Cognizance (COG): COMNAVRESFORCOM (N14))

RESPERSMAN 1534-050

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

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References	(a) OPNAVINST 1534.1E Strategic Sealift Officer Program (b) BUPERSINST 1001.39F Administrative Procedures for Navy Reservists (c) OPNAVINST 6110.1J Physical Readiness Program
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1. **Purpose.** Per references (a) and (b), all Sailors of the Strategic Sealift Readiness Group (SSRG) must meet minimum Physical Readiness Standards. Strategic Sealift Officers (SSO) serving in the SSRG, perform operational Active Duty Training (ADT), Active Duty for Operational Support (ADOS), 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, Sailors must maintain minimum prescribed levels of Physical Readiness necessary for world-wide deployment.

2. **Policy.** All SSRG Sailors must meet minimum Physical Readiness Standards for continued Naval service. Eligibility for orders is contingent on satisfactory compliance. Per reference (a), SSRG Sailors must complete one Physical Fitness Assessment (PFA) per calendar year. Per reference (c), a failure of any PFA component constitutes a PFA failure. Failure to complete a PFA each calendar year constitutes a PFA failure. PFAs are to be completed per the latest Navy regulations.

a. SSRG Sailors are not required to complete a PFA in the calendar year they were commissioned. However, PFA completion is required for all SSRG Sailors attending the SSO Post Commissioning Indoctrination (PCI) course.

b. Sailors must be in a duty status when performing the PFA or Mock PFA. SSRG Sailors will perform the event during a non-paid Inactive Duty Training (IDT) period or during ADT.

c. Per reference (c), the PFA must be administered by a qualified Command Fitness Leader (CFL). All SSRG Sailors must have a current Periodic Health Assessment (PHA) and 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.

c. Results of the official PFA, including the Body Composition Assessment (BCA) and PRT, must be forwarded by the CFL to Commander, Navy Reserve Forces Command (CNRFC) (N14).

d. SSRG Sailors with a failing PFA in the most recent calendar year will not be authorized access to SSRG ADT funding, until an Mock PFA or an Official PFA is passed.

e. Waivers are 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.

(1) PFA waivers do not constitute a waiver of required participation delineated in RESPERSMAN 1534-020.

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

3. **Responsibilities.**

a. COMNAVRESFORCOM N14 will:

- (1) Manage the PFA program and ensure compliance with applicable directives.
- (2) Maintain required documentation, reports, and update PRIMS per reference (c).
- (3) Conduct PFAs for SSRG Sailors during PCI course.

b. Navy Reserve Activity (NRA) will:

- (1) Conduct PFAs for SSRG Sailors per reference (c). All events of the PRT will be performed per reference (c) and current operating guides.
- (2) Schedule or conduct PHAs for SSRG Sailors.
- (3) Forward results of PFA to CNRFC (N14).

c. SSRG Sailors will:

- (1) Contact the NRA to coordinate the scheduling of a PHA.
- (2) Contact the appropriate CFL to coordinate the scheduling of a PFA every calendar year per reference (c).
- (3) Coordinate with gaining unit and CNRFC (N14) for opportunities to perform PHA/PFA while on non-paid IDT or ADT.