



UNITED STATES MARINE CORPS
2D MARINE AIRCRAFT WING
II MARINE EXPEDITIONARY FORCE
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WgO 6110.1A
CDMCM

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WING ORDER 6110.1A

From: Commanding General, 2d Marine Aircraft Wing
To: Distribution List

Subj: 2D MARINE AIRCRAFT WING NAVY PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1J

1. Situation. To publish instruction and establish a Physical Readiness Program per the reference for all Navy personnel to maintain a minimum prescribed level of physical fitness necessary for world-wide deployment.

2. Cancellation. WgO 6110.1.

3. Mission. To provide guidance in meeting the intent of the reference while ensuring a culture of fitness that will enhance the physical fitness of every Sailor and their ability to maintain the mission readiness and operational effectiveness of 2d Marine Aircraft Wing (2d MAW).

4. Execution

a. Commander's Intent and Concept of Operations

(1) All Navy personnel assigned to 2d MAW will maintain a level of physical conditioning that meets or exceeds the standards set forth in the reference. Personnel who do not meet minimal standards of physical fitness and/or body composition will be assigned to the Fitness Enhancement Program (FEP) and are subject to the administrative actions delineated in the reference.

(2) All Sailors assigned to 2d MAW will participate in a year-round physical fitness program to meet Navy fitness and Body Composition Assessment (BCA) standards. Members are

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required to participate in a minimum of three physical training sessions per week and shall be integrated into the workweek, consistent with mission and operational requirements. Physical fitness standards shall be maintained constantly and consistently, not solely at the time of semi-annual testing.

(3) Sailors shall conduct a medical screening which includes the annual periodic health assessment (PHA) and a semi-annual NAVPERS 6110/3 Physical Activity Risk Factor Questionnaire (PARFQ). Sailors answering "yes" to any question on the PARFQ which is to be completed immediately after receiving notice of the upcoming Physical Fitness Assessment (PFA) cycle, will be referred to their prescribed Aid Station for appropriate medical clearance.

(4) Meeting minimum PFA standards are a condition of continued naval service. Members exceeding prescribed height/weight standards will be measured for body fat composition. Those exceeding standards at the official BCA screening will be referred to their prescribed Aid Station for evaluation and clearance to participate in the Physical Readiness Test (PRT) portion of the PFA.

(5) Administrative Separation (ADSEP). Mandatory separation processing shall occur for all Sailors officer or enlisted, who fail three PFA cycles in the most recent 4-year period.

(a) ADSEP for Over 18 Years of Service. Members with over 18 years of service are not exempt from ADSEP. Members with a third PFA failure prior to 30 June 2011 and an approved fleet reserve and retirement date will be allowed to retire (grandfathered in). Those with a third failure subsequent to 30 June 2011 will be processed for ADSEP. Sailors with PFA failures will be subject to administrative actions. Members failing to meet BCA or PRT standards shall participate in a Fitness Enhancement Program. Members failing to meet PFA standards three times in the most recent 4-year period shall be processed for ADSEP from the Navy.

(b) Enlisted Advancements. Enlisted members shall have advancement or frocking deferred if they have failed the most recent official PFA. In the circumstances where a "special PFA" is required for frocking and promotion purposes (i.e., Chief Petty Officer induction), the command shall defer frocking for members that fail to meet Navy PFA standards. Members may participate in monthly FEP PFA to regain eligibility. If not

within standards by promotion cycle limiting date, the advancement authority will be withdrawn.

(c) Officer Promotions. Officers shall be ineligible for promotion if they have failed the most recent PFA. A Commanding Officer shall forward notification of failure to delay promotion to Navy Personnel Command (NAVPERSCOM), Officer Performance and Separation Branch (PERS-834). Members may regain eligibility by passing the next command directed PFA (i.e., monthly FEP mock PFA) and notification shall again be made to NAVPERSCOM (PERS-834).

(d) Reenlistment and Extension. Sailors who have three or more PFA failures in the most recent 4-year period shall not be reenlisted or extended. Requests for exceptions to policy for active duty reenlistments or extensions shall be addressed to NAVPERSCOM, Active Enlisted Programs Branch (PERS-811), via the chain of command. Requests for exceptions to reenlistment or extension policy for Reservists should be addressed to NAVPERSCOM, Reserve Enlisted Status Branch (PERS-913), via the chain of command.

(e) Transfers. Sailors, who have three or more PFA failures in the most recent 4-year period, shall not transfer to a new permanent duty station and will be retained onboard. This restriction also applies to those who have waivers for readiness. Personnel who have failed the two most recent PFAs consecutively shall not transfer to a new permanent duty station until the member successfully passes a PFA during an official PFA cycle.

(6) Physical Readiness Test. The primary cardiovascular endurance event for the PRT will be the 1.5 mile run/walk. All alternative cardiovascular endurance events for the PRT (swim, treadmill, elliptical trainer or stationary cycle), are authorized as long as they are reasonably available and meet the make, model, and designated setting requirements as prescribed by the reference. Sailors who choose one of the alternative cardiovascular endurance events for the PRT must coordinate dates and times with the Command Fitness Leader (CFL).

(7) Results from the most recent PFA performed during the reporting period will be recorded on the member's Evaluation (E1-E6), CHIEFVAL (E7-E9) or Fitness Report (O1-O6) in Block 43, 41 and 20 respectively, using the appropriate Navy PFA codes as per the reference.

(8) Results of all other PFA's performed during the

reporting period will be documented on the member's Evaluation (E1-E6), CHIEFVAL (E7-E9) or Fitness Report (O1-O6) in Block 43, 41 and 20 in the "Comments on Performance" blocks respectively, using appropriate Navy PFA codes per the reference.

b. Responsibilities

(1) Commanding Officers

(a) Shall promote an effective year-round Physical Readiness Program consistent with this Order and unit mission.

(b) Shall recognize members who make significant improvements in physical fitness or consistently score "Excellent" or better through comments on Evaluations (E1-E6), CHIEFEVALS (E7-E9) or Fitness Reports (O1-O6), and other incentive awards. Commanding Officers are authorized to grant 72-hour Special Liberty for any member scoring in the "Outstanding" category on the Navy PRT. This Special Liberty shall be given in conjunction with weekend and not in conjunction with any other Special Liberty.

(c) Will issue a NAVPERS 1070/613, Administrative Remarks, each time an enlisted member fails to meet BCA and /or PRT standards. The original will be sent to the Commander, Navy Personnel Command (COMNAVPERSCOM), PERS-312C, for inclusion in the permanent personnel record and a copy will be filed in the field service record.

(d) Will issue a written counseling or Letter of Notification (LON), each time an officer fails to meet BCA and/or PRT standards. Forward a copy of the counseling to COMNAVPERSCOM, PERS-4834; if it is the third or subsequent failure in four years or if there is cause to believe that the officer is physically unqualified for promotion for not meeting the Physical Readiness Program standard.

(2) 2d MAW Command Master Chief

(a) Maintain primary oversight of this program and report all administrative issues to the 2d MAW Chief of Staff and Commanding General.

(b) Designate in writing, by direction of the 2d MAW Commanding General, one CFL and ACFLs for each of the following permanent geographic locations of 2d MAW:

1. MCAS Cherry Point -UIC: 57080
2. MCAS New River -UIC: 09167 and 52841
3. MCAS Beaufort -UIC: 09131

(3) (CFL)

(a) Will be an E-6 or above (preferred); non-user of tobacco products; have an overall PRT score of "excellent" or "outstanding"; be within Navy BCA standards; maintain current Cardiopulmonary Resuscitation (CPR) qualifications; and complete OPNAV approved 5-day CFL certification course within 3 months of assignment as CFL.

(b) Conduct the semi-annual PFA per this instruction and the Operating Guide.

(c) Advise chain of command on all Physical Readiness Program matters at least quarterly.

(d) Maintain responsibility and oversight for command PT and FEP as outlined in the command fitness section of the Operating Guide.

(e) Ensure all ACFLs are CPR certified and competent to conduct PRT, BCA, FEP, and command PT. All Assistant Command Fitness Leaders (ACFLs) shall be nonsmokers and meet the same PFA requirements as the CFL.

(f) Use PRIMS to manage PFA data:

1. Ensure semi-annual PFA scores are entered within 30 days of the completion of the command PFA cycle.

2. Ensure all Physical Readiness Program waivers are entered into PRIMS within 14 days.

3. Verify NSIPS electronic service record (ESR) and the official military personnel file (OMPF) against PRIMS for all newly reported personnel. Ensure written counseling NAVPERS 1070/613 (for enlisted) or LON (for officers) is drafted and submitted to the appropriate chain of command for all personnel with documented PFA failures in PRIMS, but no evidence of written counseling.

(g) Ensure that documentation of administrative

action for members failing to maintain PFA standards is prepared, presented, and sent to the appropriate NAVPERSCOM office code and that the Commanding Officer, the Command Master Chief, and the Career Counselor are notified. Maintain written documentation of official command PFA cycles for a period of four years.

(h) Ensure personnel with nutritional or performance challenges are referred to their prescribed Aid Station upon their initial failure to meet BCA standards.

(4) ACFL

(a) Will ensure all Sailors assigned to their UICs participate in three physical training sessions per week and if needed, design and implement a physical conditioning program for all members assigned.

(b) Assist the CFL with execution, documentation and monitoring of the FEP and each semi-annual PFA.

(c) Document the progress of Sailors assigned to the FEP, to include weekly BCA measurements and monthly mock PRT's via PRIMS while keeping the CFL, Senior Enlisted Leaders (SEL), and Leading Chief Petty Officers informed of the FEP members compliance and progress within the program.

(5) Senior Enlisted Leader/Leading Chiefs

(a) SEL will work closely with the CFL and provide assistance as needed in the management of and compliance with the Physical Readiness Program. They will also maintain oversight of the program and report all administrative issues in their geographic location to the 2d MAW Command Master Chief.

(b) Leading Chief Petty Officers (LCPO) will work closely with the ACFL and provide guidance and assistance in ensuring all Sailors comply with the contents of this Order and the reference.

(c) Both SELs and LCPOs will keep their unit commanders and chains of command informed of Navy Physical Readiness Program policies and procedures. This includes but is not limited to; providing printed results from semi-annual testing, providing progress reports on members enrolled in FEP, generating and routing required documentation when administrative action is required, and any other action or

assistance the unit commander deems appropriate and necessary.

(6) Individual Sailors

(a) Maintain physical readiness standards as prescribed in the reference.

(b) Participate in a minimum of three physical training sessions per week.

(c) Complete two semi-annual PFAs per year unless medically waived or operationally deployed.

(d) If unable to participate in a year-round physical fitness program consistent with this Order due to a valid medical condition, seek assistance from the CFL who will consult with medical personnel for placement in an appropriate rehabilitative program.

5. Administrative and Logistics. The 2d MAW Command Master Chief will have overall cognizance of this program. Submit all recommendations concerning this Order to the Command Master Chief via the appropriate chain of command.

6. Command and Signal

a. Command. This Order is applicable to all Navy personnel assigned to 2d MAW.

b. Signal. This Order is effective date signed.


J. L. PARKER
Chief of Staff

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