



DEPARTMENT OF THE NAVY
NAVY RECRUITING DISTRICT RICHMOND
411 EAST FRANKLIN STREET
SUITE 101
RICHMOND, VA 23219-2243

NRDRICHINST 6110.1C
N00
20 Dec 13

NAVCRUITDIST RICHMOND INSTRUCTION 6110.1C

From: Commanding Officer, Navy Recruiting District Richmond
Subj: COMMAND FITNESS POLICY AND FITNESS ENHANCEMENT PROGRAM
(FEP)
Ref: (a) OPNAVINST 6110.1J
Encl: (1) Weekly Physical Training Program Summary Record

1. Purpose. To outline the Command Fitness Policy and develop and implement a Fitness Enhancement Program (FEP) that meets the needs of all personnel striving for improved fitness and those who do not meet all physical readiness standards.

2. Cancellation: NRDRICHINST 6110.1B

3. Policy. Reference (a) is the Navy-Wide Physical Readiness Program Instruction.

4. Command Physical Fitness Policy. Navy Recruiting District Richmond expects all Sailors stationed within the command to remain "Fit to Serve" in accordance with reference (a). This instruction serves as the minimum guidance for each member within the command. All members are encouraged to take additional personal time in order to reach their personal physical and nutritional goals.

a. All command members are expected to maintain satisfactory BCA and PRT performance standards per reference (a). The Commanding Officer, or his designated representative, has the authority and responsibility to evaluate any member of this Command's BCA and PRT performance compliance at any time. Unfavorable results will be documented on a formal counseling sheet and the member will be assigned to the High Risk FEP program per paragraph 7 of this instruction.

b. All command members are expected to perform at least three 1 hour sessions of physical training per week. This

physical activity should be a combination of cardiovascular conditioning and strength training as outlined in reference (a).

c. All command members should have an up to date Periodic Health Assessment (PHA) to ensure they are medically able to participate in Physical Training (PT) and that they are in compliance with the medical screening outlined in reference (a). Each PHA will be conducted annually and it is the responsibility of the member to ensure that their PHA is conducted.

d. All command members are encouraged to conduct PT between the hours of 0800-0900, 1200-1300 or 1600-1700. However, due to the unique nature of recruiting this schedule may not always be the most practical. In such cases, members are encouraged to work PT into their day, at their own discretion.

e. Command members will participate in one group PT session a week, led by a member of their Division while supervised by a qualified ACFL on Friday mornings, when time permits.

(1) When participating in group PT sessions, members will wear the Navy Blue and Gold Physical Training Uniform (PTU).

(2) Command PT must be led by a qualified CFL, ACFL or Morale, Welfare, and Recreation (MWR) Specialist (at the local Gym site on any base facility) per reference (a).

5. Fitness Enhancement Program (FEP). FEP is the means through which members improve health and physical fitness using regular physical activities, healthy nutrition, and learning of self-help strategies. FEP is not exclusively for members who do not meet PFA standards.

a. The Command will enter a written covenant with members enrolled in FEP to ensure success (provided as a Page 13 and administered by the CFL). A log shall be maintained on each member's progress in accordance with reference (a). FEP shall be conducted a minimum of three, but recommended five, times per week for at least one hour during the workday per paragraph 4.c. of this instruction.

b. For Sailors enrolled in FEP due to BCA concerns, the emphasis shall be placed on decreasing body fat versus weight loss. Adequate progress shall be at least one percent of body fat loss per month or a loss of one-two pounds of body weight per week (monitored weekly). Body fat reductions of greater than five percent per week are unhealthy and should be avoided. The Division ACFL and DLCPO shall track BCA results and report them to their respective Division Officer and Command Master Chief monthly.

c. For Sailors enrolled in FEP due to PRT issues, adequate progress may be judged by an increase in number of repetitions equal to ten percent of age-appropriate standard or one repetition per month until meeting minimum standards for push-ups and or curl-ups. For the run or swim, a decrease in time each month equal to at least ten percent of difference between member's performance on most recent PFA and age-appropriate standard. For bike or elliptical eligible participants, a ten percent increase in calories burned until meeting minimum standards.

d. Participation and monitoring shall continue until member passes next two official PFAs with body fat percentage below age adjusted standard and PRT performance of "SATISFACTORY" or better on all unwaived events. If waived for BCA and/or same PRT event for which member failed, member remains on FEP until waiver is removed and passes BCA and/or PRT event on official PFA.

6. Identifying Personnel Eligible for FEP.

a. Personnel identified as meeting the criteria for FEP shall participate in regular physical training (PT).

b. If medically cleared, a member's participation in FEP shall be monitored and directed by the command when member:

(1) Exceeds Navy upper allowable limit for body fat Percentage; or,

(2) Does not meet or perform better than Navy PRT minimum standards

c. Participation and monitoring shall continue until member passes next two official PFAs with body fat percentage below age adjusted standard. If waived for BCA and/or same PRT event for which member failed, member remains on FEP until waiver is removed and passes BCA and/or PRT event on official PFA.

7. Identifying Personnel for High Risk Command FEP.

a. The Commanding Officer, or his designated representative, may use discretion in enrolling other members for participation in FEP, to ensure they strive to improve their physical conditioning. Specific consideration should be given for those members who are medically cleared, and

b. If medically cleared, a member's participation in FEP shall be monitored and directed by the command when member:

(1) Is evaluated on a BCA to be within 1% of Navy upper allowable limit for body fat percentage; or,

(2) Scores an overall "Satisfactory" on PRT.

c. Participation and monitoring shall continue until member passes the next official PFA with body fat percentage below age adjusted standard. If waived for BCA and/or same PRT event for which member failed, member remains on FEP until waiver is removed and passes BCA and/or PRT event on official PFA.

8. PT Session Regimen for FEP Personnel.

a. Personnel identified as meeting the criteria for FEP shall participate in regular physical training (PT).

(1) PT sessions shall be conducted at a minimum of three, but recommended five times per week; 60 minutes in duration. These sessions will be included on recruiter and station planners.

(2) PT sessions shall include activities that promote physical conditioning (moderate intensity aerobic, muscular strength and endurance, and flexibility) and are enjoyable so life-long physical activity is fostered. Recreational sports can be included periodically.

(3) Examples of a training session shall include:

(a) 5 to ten minutes of proper warm-up and stretch.

(b) Aerobic exercise resulting in the accumulation of at least 30-40 minutes with heart rate within target training zone.

(c) Flexibility exercises.

(d) Muscular strength and endurance conditioning.

(e) Cool-down activities.

b. Assistant Command Fitness Leaders (ACFLs) and/or Divisional Leading Chief Petty Officers (DLCPOs) shall personally witness that physical training is performed, and ensure that enclosure (1) is filled out and signed by the member on a weekly basis. These reports will be forwarded to the CFL no later than the first working Monday of the month for long term tracking. The CFL will ensure that appropriate exercises are being conducted and that appropriate progress is being made.

9. It is each individual Sailor's responsibility to ensure they are in compliance with Navy physical readiness standards, and to ensure they maintain their physical and mental well-being.



A. W. DIMMOCK

Distribution:
NRDRICHINST 5216.1
List I, II (Case A and B), III

NRDRICHINST 6110.1C
20 Dec 13

WEEKLY PHYSICAL TRAINING PROGRAM SUMMARY RECORD

THIS SUMMARY SHALL BE FILLED OUT AND SUBMITTED TO THE COMMAND FITNESS COORDINATOR, VIA THE CMC BY COB EVERY FRIDAY AFTERNOON.

NAME: _____ STATION: _____ MONTH _____

WORKOUT LOCATION: _____ TIME: _____ DATE: _____
WAS THIS WORKOUT (CIRCLE), ALONE, PARTNER, IN A GROUP / RATE YOUR WORKOUT (CIRCLE), 1, 2, 3, 4, 5
EXERCISE CONDUCTED WITH YOUR WORKOUT (I.E., ABS, PUSH-UPS, ETC...) :

RUN DISTANCE: RUN TIME: HEART RATE: HEIGHT: WEIGHT: BODY FAT:

WORKOUT LOCATION: _____ TIME: _____ DATE: _____
WAS THIS WORKOUT (CIRCLE), ALONE, PARTNER, IN A GROUP / RATE YOUR WORKOUT (CIRCLE), 1, 2, 3, 4, 5
EXERCISE CONDUCTED WITH YOUR WORKOUT (I.E., ABS, PUSH-UPS, ETC...) :

RUN DISTANCE: RUN TIME: HEART RATE: HEIGHT: WEIGHT: BODY FAT:

WORKOUT LOCATION: _____ TIME: _____ DATE: _____
WAS THIS WORKOUT (CIRCLE), ALONE, PARTNER, IN A GROUP / RATE YOUR WORKOUT (CIRCLE), 1, 2, 3, 4, 5
EXERCISE CONDUCTED WITH YOUR WORKOUT (I.E., ABS, PUSH-UPS, ETC...) :

RUN DISTANCE: RUN TIME: HEART RATE: HEIGHT: WEIGHT: BODY FAT:

WORKOUT LOCATION: _____ TIME: _____ DATE: _____
WAS THIS WORKOUT (CIRCLE), ALONE, PARTNER, IN A GROUP / RATE YOUR WORKOUT (CIRCLE), 1, 2, 3, 4, 5
EXERCISE CONDUCTED WITH YOUR WORKOUT (I.E., ABS, PUSH-UPS, ETC...) :

RUN DISTANCE: RUN TIME: HEART RATE: HEIGHT: WEIGHT: BODY FAT:

WORKOUT LOCATION: _____ TIME: _____ DATE: _____
WAS THIS WORKOUT (CIRCLE), ALONE, PARTNER, IN A GROUP / RATE YOUR WORKOUT (CIRCLE), 1, 2, 3, 4, 5
EXERCISE CONDUCTED WITH YOUR WORKOUT (I.E., ABS, PUSH-UPS, ETC...) :

RUN DISTANCE: RUN TIME: HEART RATE: HEIGHT: WEIGHT: BODY FAT:

DATE _____

TOTAL DISTANCE RUN THIS WEEK: _____

TOTAL TIME OF RUNNING THIS WEEK: _____

MEMBER SIGN: _____

LPO (OR QUALIFIED SUPERVISOR) SIGN: _____

Enclosure (1)