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SUBJECT: FRAGO 1 TO HQDA EXORD 164-20 ARMY PHYSICAL FITNESS TEST (APFT) AND ARMY COMBAT FITNESS TEST (ACFT) DURING THE CORONAVIRUS (COVID-19) OUTBREAK

(U) REFERENCES:
REF//A/ AR 350-1, TRAINING AND LEADER DEVELOPMENT, 10 DECEMBER 2017
REF//B/ HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMY COMBAT FITNESS TEST (ACFT) (W/FRAGOS 1-8)
REF//C/ [ADD] AR 600-9, ARMY BODY COMPOSITION PROGRAM (ABCP), 16 JULY 2019
REF//D/ [ADD] HQDA EXORD 164-20 ARMY PHYSICAL FITNESS TEST (APFT) AND ARMY COMBAT FITNESS TEST (ACFT) DURING THE CORONAVIRUS (COVID-19) OUTBREAK, DTG: 311945Z MAR 20

NARR// (U) THIS IS FRAGO 1 TO HQDA EXORD 164-20 ARMY PHYSICAL FITNESS TEST (APFT) AND ARMY COMBAT FITNESS TEST (ACFT) DURING THE CORONAVIRUS (COVID-19) OUTBREAK. FRAGO 1 DIRECTS SPECIFIC ADJUSTMENTS CONCERNING THE ARMY BODY COMPOSITION PROGRAM (ABCP) DURING THE COVID-19 OUTBREAK

1. (U) SITUATION. [CHANGE TO READ] COVID-19 MITIGATION MEASURES ARE AFFECTING OUR NORMAL PHYSICAL TRAINING ENVIRONMENTS WITH RESPECT TO PERSONAL CLOSENESS DURING GROUP OR UNIT PHYSICAL TRAINING AND TESTING, AND SURFACE CONTACT WITH COMMON-USE FITNESS EQUIPMENT AND
APPARATUS FOR TRAINING AND TESTING; AND CONDUCTING THE BODY COMPOSITION SCREENING AND TAPE-TESTING.

2. (U) MISSION. [CHANGE TO READ] EFFECTIVE IMMEDIATELY, ADJUSTMENTS TO THE TRAINING AND CONDUCT OF THE ARMY PHYSICAL FITNESS TEST (APFT) (REFERENCE A), ARMY COMBAT FITNESS TEST (ACFT) (REFERENCE B) AND ARMY BODY COMPOSITION PROGRAM (ABCP) ASSESSMENT SCREENING AND TAPE-TESTING (REFERENCE C) ARE IMPLEMENTED TO BETTER SUPPORT COVID-19 MITIGATION MEASURES, WHILE STILL ENSURING THE PHYSICAL READINESS OF OUR SOLDIERS.

3. (U) EXECUTION.

3.A. (U) INTENT/END STATE. [RESTATED] SUSTAIN INDIVIDUAL SOLDIER READINESS WHILE PRESERVING THE FORCE.

3.B. (U) CONCEPT OF THE OPERATION.

3.B.1. (U) [RESTATED] THE APFT TESTING FREQUENCY STANDARDS (REFERENCE A) FOR ALL COMPONENTS IS TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE.

3.B.2. (U) [CHANGE TO READ] ALL CURRENT VALID PASSING APFT SCORES REMAIN VALID UNTIL FURTHER NOTICE. IN INSTANCES WHERE A SOLDIER WAS UNABLE TO TAKE AN APFT WITHIN THE 12-MONTHS (PREGNANCY, SURGERY OR INJURY PROFILE) BUT PASSED THEIR LAST RECORD APFT, THE SOLDIER'S LAST RECORD APFT REMAINS VALID UNTIL FURTHER NOTICE.

3.B.3. (U) [RESTATED] A CURRENT PASSING APFT SCORE AND HT/WT IS VALID FOR USE AS THE APFT AND HT/WT PRE-REQUISITE FOR PME (ENLISTED AND OFFICER), FUNCTIONAL COURSES, OPERATIONAL COURSE CREDIT CONSIDERATION, OR DISTANT LEARNING / EDUCATION REQUIREMENTS.

3.B.4. (U) [CHANGE TO READ] SOLDIERS AND UNITS WILL CONTINUE TO MAINTAIN THEIR PHYSICAL FITNESS READINESS BASED ON THE STANDARDS ASSOCIATED WITH THE APFT; AND WILL CONTINUE TO TRAIN FOR ACFT EVENTS (GOLD / MODERATE STANDARD) (REFERENCE B) WHEN PRACTICABLE IN ACCORDANCE WITH COVID-19 MITIGATION MEASURES.

3.B.5. (U) [RESTATED] ACFT DIAGNOSTIC TESTING REQUIREMENTS (REFERENCE B) ARE SUSPENDED UNTIL FURTHER NOTICE.

3.B.6. (U) [RESTATED] HQDA WILL REVIEW THIS GUIDANCE EVERY 30 DAYS AS THE SITUATION CHANGES AND PUBLISH GUIDANCE UNTIL RESCINDED.

3.B.7. (U) [ADD] THE HEIGHT/WEIGHT AND ARMY BODY COMPOSITION PROGRAM (ABCP) ASSESSMENT CONDUCTED IN CONJUNCTION WITH RECORD APFT/DIAGNOSTIC ACFT TESTING FOR ALL COMPONENTS IS TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE.

3.B.8. (U) [ADD] ALL CURRENT HEIGHT/WEIGHT AND ABCP ASSESSMENTS REMAIN VALID UNTIL FURTHER NOTICE.
3.B.9. (U) [ADD] SOLDIERS AND UNITS WILL CONTINUE TO COMPLY WITH THE ABCP STANDARDS IN ACCORDANCE WITH REFERENCE C.

3.B.10. (U) [ADD] SOLDIERS ENROLLED IN THE ABCP ARE EXPECTED TO MAKE PROGRESS TOWARDS MEETING ARMY STANDARDS.


3.B.12. (U) [ADD] UNITS REQUESTING ACTIVE DUTY OPERATIONAL SUPPORT (ADOS) DURING COVID-19 STOP MOVEMENT CAN WAIVE THE APFT REQUIREMENT DUE TO THE SUSPENSION OF TESTING. ARMY BODY COMPOSITION PROGRAM IS CURRENTLY NOT WAIVERABLE.

3.C. (U) TASKS TO ARMY STAFF AND SUBORDINATE UNITS.

3.C.1. (U) ARMY STAFF AND COMMANDERS, ALL ARMY COMMANDS (ACOM), ARMY SERVICE COMPONENT COMMANDS (ASCC), AND DIRECT REPORTING UNITS (DRU). [RESTATED] EFFECTIVE IMMEDIATELY, IMPLEMENT THE ACTIONS LISTED IN PARAGRAPH 3.B. ABOVE.

4. (U) SUSTAINMENT. N/A.

5. (U) COMMAND AND SIGNAL.

5.A. (U) COMMAND. [CHANGE TO READ] HQDA DCS, G-3/5/7 IS THE AUTHORITY FOR REFERENCE A AND REFERENCE B. HQDA DCS, G-1 IS THE AUTHORITY FOR REFERENCE C.

5.B. (U) SIGNAL.

5.A (U) [RESTATED] HQDA DCS, G-3/5/7 POINT OF CONTACT THIS MESSAGE: COL PATRICK ASPLAND, PATRICK.C.ASPLAND.MIL@MAIL.MIL, (OFFICE) 703-692-8370, (MOBILE) 571-645-2651; OR MR. RANDY MOCK, RANDAL.L.MOCK.CTR@MAIL.MIL, (OFFICE) 703-692-7590.

5.B. (U) [ADD] HQDA DCS, G-1 POINT OF CONTACT IS MAJ RACHEL TYLER, RACHEL.G.TYLER.MIL@MAIL, 703-571-7237; OR CARRIE SHULT, CARRIE, CARRIE.E.SHULT.CIV@MAIL.MIL.

6. (U) THE EXPIRATION DATE OF THIS FRAGO COINCIDES WITH THE EXPIRATION DATE OF HQDA EXORD 164-20 ON 30 SEPTEMBER 2021, UNLESS FORMALLY RESCINDED OR SUPERSEDED.

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