



# COVID-19 Fitness Update

Current as of 21 May 2020

## Strategic Context & Background

- In response to the threat that COVID-19 exposure and infection poses to our Force and, consequently, our ability to fulfill our mission in support of national defense, the Air Force previously suspended all official fitness assessment activity through 31 May 2020.
- Recognizing the continuing nature of the virus, we are working to reset our Air and Space Forces to conduct and when necessary modify operations.
- Even under COVID-19, the requirement to remain fit and ready remains and service members have not ceased their activities or responsibilities.
- As we work to reset and transition to sustained operations under COVID, we must likewise return to meeting our military obligations for fitness testing.
- As such, Airmen should continue participating in a fitness regimen that ensures compliance with AF fitness standards throughout this temporary pause in testing.

## Way Forward

- Official physical fitness assessments are suspended through 30 September 2020, and official assessments shall commence again on 1 October 2020.
  - Fitness assessments conducted before 30 September 2020 will be by exception only based on member's request and commander's approval. Commanders should exercise judgment based on appropriate health and safety guidelines, available personal protective equipment, and other required equipment.
  - Installation commanders may delay official fitness assessments beyond 30 September by exception only. A decision to delay should be based on the recommendation of local public health officials, the continuation of closed fitness centers, and extended state or country-wide restriction of movement/gathering.
  - The abdominal circumference component will not be assessed until 1 October 2021 or until further notice. During this period, all Airmen will receive a temporary, one-year abdominal circumference component exemption, and the next scheduled test date will be based on the overall fitness score (see attachment 2 for full schedule). This one-year temporary abdominal circumference exemption will take precedence over any other shorter term and temporary abdominal circumference exemptions.
  - Until further notice, height and weight measurements will not be taken during the fitness assessment to minimize risk to Airman and comply with physical distancing guidelines.
  - To mitigate risk to Airmen and ensure compliance with physical distancing guidelines, feet holding during the sit-up component of the fitness assessment will be avoided until further notice. Prior to resuming fitness testing at a location, toe bars for use during the sit-up component should be procured and installed when possible.
- Testing timelines for different populations:
  - Airmen who had a failing fitness assessment or who were overdue for a fitness assessment when the initial COVID-19-related pause was issued will be afforded a 42-

day reconditioning period, starting 1 October 2020, and will be required to test as soon as possible following the expiration of that reconditioning period.

- Airmen whose currency period expires on/after 1 October 2020 will test on time.
- Airmen who are current on their fitness tests and whose currency periods expire prior to 30 September 2020 will be required to test according to the new schedule:

Official Physical Fitness Assessment Due Date Matrix			
DATE OF LAST FITNESS ASSESSMENT	NEXT DUE DATE BASE ON LAST FITNESS ASSESSMENT CATEGORY		
	<i>Excellent (including Permanent Medical exemptions)</i>	<i>Satisfactory (including Temporary Medical Exemptions)</i>	<b>Unsatisfactory and Expirations Prior to Jan 2020</b>
Mar – Aug 2019	Corresponding month in Mar-Aug 2021	N/A	N/A
Sep 2019	Corresponding month in Sep 2021	Oct 2020	Nov 2020*
Oct 2019	Oct 2020	Oct 2020	Nov 2020*
Nov 2019	Nov 2020	Nov 2020	Nov 2020*
Dec 2019	Dec 2020	Dec 2020	Nov 2020*
Jan 2020	Jan 2021	Jan 2021	Nov 2020*
Feb 2020	Feb 2021	Feb 2021	Nov 2020*
Mar 2020	Mar 2021	Mar 2021	Nov 2020*
Apr 2020	Apr 2021	Oct 2020	Nov 2020*
May 2020	May 2021	Nov 2020	Nov 2020*
Jun 2020	Jun 2021	Dec 2020	Nov 2020*
Jul 2020	Jul 2021	Jan 2021	Nov 2020*
Aug 2020	Aug 2021	Feb 2021	Nov 2020*
Sep 2020	Sep 2021	Mar 2021	Nov 2020*

*\* Although fitness tests are to be scheduled in the month of November, scheduled tests will not occur prior to the full 42 days of reconditioning after the 1 Oct 20 start date. The first day of the 42-day reconditioning period begins on 1 October 2020. Airmen may waive the 42-day requirement with commander approval, in order to meet promotion eligibility or other requirements.*

- When fitness testing resumes, commanders should consider the populations required to test and prioritize based on urgency. Some considerations that may indicate priority (i.e., upcoming deployment, near SCOD month and requires a current test on file to remain promotion eligible)