

Interim Policy Guidance for Official Physical Fitness during the COVID-19 Outbreak

Subject to local health conditions, Air Force physical fitness assessments shall resume 1 October 2020, and the following actions pertaining to all official physical fitness assessments apply:

- Commanders shall begin assessing Airmen's fitness on 1 October 2020 contingent upon base fitness centers being reopened and local state/country travel and movement restrictions being lifted.
- If fitness centers remain closed and local movement restrictions remain in place, commanders may choose to delay physical fitness assessment resumption beyond 1 October 2020 until safe conditions are available.
- An Airmen's next scheduled fitness assessment will be based on the date of their last official assessment and fitness category (see attachment 2 for full schedule).
- In order to maintain the health and safety of the force as we resume testing, the abdominal circumference component will be temporarily suspended through 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 temporary abdominal circumference exemptions.
- The annual height and weight measurements taken in conjunction with the fitness assessment will be temporarily suspended until further notice in order to preserve the health and safety of the force.
- Physical training leaders augmenting the Fitness Assessment Cell may test members from within their same unit to help provide Commanders with capacity options.
- Commanders should use the four-month delay to purchase appropriate equipment (i.e., toe bars) to aid in physical distancing and administration of official physical fitness assessments in a safe and healthy environment.

Actions pertaining to Airmen who are non-current, overdue or who have an unsatisfactory official fitness assessment:

- Airmen who are non-current or have an unsatisfactory official physical fitness assessment will not be required to test before the authorized 42-day reconditioning period has expired. The first day of the 42-day reconditioning period begins on 1 October 2020.
- However, Airmen may request a waiver to the 42-day reconditioning requirement with commander approval, in order to test early and meet promotion eligibility or other requirements but may not be forced or directed to do so.

Before resuming official physical fitness assessments, commands should:

- Perform local risk assessments in consultation with Public Health authorities.
- Adhere to current Centers for Disease Control and Prevention, Environmental Protection Agency, Force Health Protection and local and state official's guidance.

- Establish and implement appropriate physical distancing procedures as it pertains to official fitness assessments and ensure they are rigorously followed.
- Elevate any risk to force through existing processes and procedures.
- Procure appropriate personal protective equipment for health and safety (gloves, masks, and sanitizing supplies).

Official Physical Fitness Assessment Due Date Matrix

DATE OF LAST FITNESS ASSESSMENT	NEXT DUE DATE BASE ON LAST FITNESS ASSESSMENT CATEGORY		
	Excellent (including Permanent Medical exemptions)	Satisfactory (including Temporary Medical Exemptions)	Unsatisfactory and Expirations Prior to Jan 2020
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.