



Quick-Reference for Official Physical Fitness During the COVID-19 Outbreak

Current as of 16 Sep 2020

Official Air Force physical fitness assessments will resume 1 January 2021. 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).

The following actions, pertaining to all official physical fitness assessments, apply:

- Commanders shall begin assessing Airmen's fitness on 1 January 2021 contingent upon base fitness centers being reopened and states lifting all associated travel and movement restrictions.
- If fitness centers remain closed and states have extended restrictions, commanders may choose to delay physical fitness assessment beyond 1 January 2021 until safe conditions are met.
- Airmen's next scheduled fitness assessment will be based on the date of their last official assessment and fitness category (Please review the *Official Physical Fitness Assessment Due Date Matrix* to verify your next fitness due date.).
- In order to preserve the health and safety of the force, the abdominal circumference will be suspended through 1 October 2021 or until further notice. All Airmen will receive the maximum allowable points (20 pts) for their abdominal circumference. This includes Airmen who have a profile exempting them from completing the abdominal circumference.
- The 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. FAC members will enter the same height and weight updated in AFFMS II during the member's last in-person Fitness Assessment.
- Physical training leaders augmenting the FAC may test members from within the same unit.
- Commanders should use this delay to purchase appropriate equipment (i.e., toe bars) to administer official physical fitness assessments in a safe and healthy environment.