



## Fitness Guidance due to COVID-19 Due Date Matrix

Current as of 1 April 2021

Official Physical Fitness Assessment Due Date Matrix EXCELLENT SCORES			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021	Mar 2022
Apr 2019	Apr 2020	Apr 2021	April 2022
May 2019	May 2020	May 2021	May 2022
Jun 2019	Jun 2020	Jun 2021	June 2022
Jul 2019	Jul 2020	N/A	July 2021
Aug 2019	Aug 2020	N/A	Aug 2021
Sept 2019	Sept 2020	N/A	Sept 2021
Oct 2019	Oct 2020	N/A	Oct 2021
Nov 2019	Nov 2020	N/A	Nov 2021
Dec 2019	Dec 2020	N/A	Dec 2021
Jan 2020	Jan 2021	N/A	Jan 2022
Feb 2020	Feb 2021	N/A	Feb 2022
Mar 2020	Mar 2021	N/A	Mar 2022

Official Physical Fitness Assessment Due Date Matrix SATISFACTORY and PASS SCORES				
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Sept 2019	Mar 2020	Sept 2020	Mar 20201	Sep 2021
Oct 2019	Apr 2020	Oct 2020	Apr 2021	Oct 2021
Nov 2019	May 2020	Nov 2020	May 2021	Nov 2021
Dec 2019	Jun 2020	Dec 2020	Jun 2021	Dec 2021
Jan 2020	Jul 2020	Jan 2021	N/A	Jul 2021
Feb 2020	Aug 2020	Feb 2021	N/A	Aug 2021
Mar 2020	Sep 2020	Mar 2021	N/A	Sep 2021

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jul 2021

FITNESS CATEGORIES	
<b>Excellent</b>	All Components have been tested and the member received a score 90 or higher
<b>Satisfactory</b>	All Components have been tested and the member received a score 75 to 89
<b>Pass</b>	Member Passed the Components with an Exemption in one or more Components
<b>Unsatisfactory</b>	All Components have been tested and the member didn't pass one or more components
<b>Fail</b>	Member failed one or more Components with an Exemption in one or more Components
<b>DNF</b>	Didn't finish the Assessment