



Fitness Guidance due to COVID-19 **Frequently Asked Questions**

Current as of 22 May 2020

Q1: Does this guidance cover ALL military members or just those members currently assigned to a CAT 3 and CAT 2 location?

A1: This guidance applies to ALL military members regardless of their location.

Q2: I am due for my fitness assessment between March and 30 September 2020; do I need to take my fitness assessment?

A2: No, effective immediately, all Official Fitness Assessment Testing has been suspended until 1 October 2020. Please review the Official Physical Fitness Assessment Due Date Matrix to verify your next Fitness Due Date.

Q3: How do I make sure my record is updated in AFFMS II?

A3: Please contact your UFPM or FAC to verify that AFFMS II has been updated. FACs must ensure that AFMMS II is updated to reflect a Commander Composite Exemption on each member who is due for their Official Fitness Assessment in March through 30 September 2020. FACs must also ensure the expiration dates include the 42-day reconditioning period

Q4: Does having a commander exemption updated render a member ineligible for promotion?

A4: No, if Airmen are unable to complete their Fitness Assessment due to the COVID-19 restrictions, the unit Commander may place the member in a Composite Exemption following the guidance provide on the myPers message.

Q5: I had a failure or was non-current prior to the COVID Fitness Exemptions, am I now eligible for promotion?

A5: No, if your previous Fitness Assessment was a failure or you were non-current, the unit must submit an Exception to Policy (ETP) request signed by the Unit Commander in order for you to be eligible for promotion.

Q6: If I am overdue for my Fitness Assessment and became non-current or received an Unsatisfactory score prior to the COVID Fitness Exemptions, when will I be required to take my Fitness Assessment?

A6: Airmen who are non-current or have an unsatisfactory official physical fitness assessment will not be required to test before the 42-day reconditioning period has expired. The first day of the 42-day reconditioning period begins on 1 October 2020.

Q7: If I am due to PCS between now and 1 October 2020 and the Fitness Testing commences on 1 October, will I be exempt from taking my Fitness Assessment? Will I receive 42-day acclimation once I arrive at my new Duty Station?

A7: If members are due to complete their Fitness Assessment in between now and 1 October 2020, they are Exempt at this time. Members will receive a 42-reconditioning period once they have arrived at their new duty station.



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Q8: Are members who were non-current prior to March exempt from Fitness Assessments during this time or will they remain non-current until October when they are able to complete their Fitness Assessment?

A8: Members will remain in a non-current status until they are able to complete their Fitness Assessment.

Q9: If my local FAC is still open and my Unit is available to conduct Fitness Assessments, can I take my Fitness Assessment during the month I am due, regardless of the current Exemptions due to COVID-19?

A9: Fitness assessments conducted before 30 September 2020 will 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.

Q10: Will I receive 42-days to Acclimate once these Exemptions are lifted?

A10: Yes, 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 2020 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.

Q11: Can members volunteer to complete their Fitness Assessment in lieu of the current exemption?

A11: Fitness assessments conducted before 30 September 2020 will 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.

Q12: What actions should Commander take prior to Resuming Physical Fitness Assessments?

A12: 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).

Q13: Are exemptions MFRs required for each member or can we use this myPers message to exempt members in AFFMS II?

A13: This myPers message will be used as the guidance to place members in an Commander Exemption status.



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Q14: What are the Testing Timelines?

A14: Below are the Testing Timelines along with some examples

- 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 who have a current, passing score on their most recent fitness test and whose fitness assessments were scheduled to test in March, April, and May 2020, but were delayed due to COVID-19-related restrictions, will test in the corresponding month in 2021. For instance, an Airman with a 75 or higher on their most recent fitness assessment who was regularly required to test by 31 March 2020, will not be required to test until March 2021.
- 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:
- Airmen whose currency period expires on/after 1 October 2020 will test on time.