



# THE IG UPDATE



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## Guidance and Adjustments for Army Fitness Testing during Corona Virus

On May 14, 2020, the Department of the Army released FRAGO 2, Headquarters Department of the Army (HQDA) Executive Order (EXORD) 164-20 (APFT and ACFT during the Coronavirus (COVID-19) Outbreak). This FRAGO, and the subsequent release of FRAGO 10 to the HQDA EXORD 219-18 (Implementation of the Army Combat Fitness Test), June 15, 2020, provided guidance on the administration of APFT in the time of COVID-19, including the suspension of testing frequency for all components.

Key takeaways from these EXORDs follow:

- A passing score on the last recorded APFT remains valid until March 31, 2022, for all purposes requiring a passing APFT score (i.e., professional military education, functional courses, or operational course credit consideration).
- Passing test scores for Soldiers who were exempt from taking a test for other reasons, such as pregnancy, profile, deployment, etc., remain valid.
- All current height (HT)/weight (WT) and Army Body Composition Program (ABCP) assessments remain valid until further notice, and Soldiers and units will continue to comply with ABCP standards per Army Regulation (AR) 600-9.



While the Army has suspended the testing frequency (two-times/year for Regular Army/Active Guard Reserve and once a year for Reserve Command), and Army Combat Fitness Test (ACFT) diagnostic testing requirement (3rd Qtr and 4th Qtr), and the normal HT/WT assessment done in conjunction with an APFT/ACFT, 'Readiness' still remains the number one priority for the Army, and as such, the approval for taking the APFT is retained at the company/battalion commander level and testing remains at the discretion of the commander. If a unit takes an APFT or administers HT/WT tape, Commanders must provide mitigation steps to ensure Soldiers' safety during COVID-19.

Mitigation steps include:

- Maintaining social distancing; staying at least 6 feet (about 2 arms' length).
- Wearing face mask (i.e., graders), washing hands/sanitizing.
- Cleaning/sanitizing equipment between use.
- Modifying the sit-up event (i.e., usage of sit-up bars to hold Soldier's feet or other means provided by commander).

It is important to note that commanders can still flag Soldiers for failing an APFT and a HT/WT assessment. FRAGO 2 to HQDA EXORD 164-20 is only meant to provide Commanders and Soldiers flexibility given the conditions (COVID-19), but maintains the standards and requirements per AR 350-1.

*\*On October 1, 2020, ACFT replaces APFT; however, this transition does not change the status of a Soldier's APFT failure, that Soldier remains flagged pending passing a retest.*

*\*As the date of transition grows closer, further guidance will be published, as required, by DCS, G-3/5/7 or ASA (M&RA).*

### References

- AR 350-1 (Training and Leader Development), December 10, 2017.
- Army Directive 2020-06 (Army Combat Fitness Test), June 12, 2020.
- HQDA EXORD 219-18 (Implementation of the Army Combat Fitness Test (ACFT)).
- FRAGO 10 to HQDA EXORD 219-18
- AR 600-9, (Army Body Composition Program (ABCP)), July 16, 2019.
- HQDA EXORD 164-20 (Army Physical Fitness Test (APFT) and Army Combat Fitness Test (ACFT) During the Coronavirus (COVID-19) Outbreak), March 31, 2020.
- FRAGO 1 to HQDA EXORD 164-20.
- FRAGO 2 to HQDA EXORD 164-20.

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