

FAC TOP 10 Q & A

1. Q: If a member has a profile that prohibits from 1.5 mile run and the old 3 mile walk, how will the profile reflect the new standards when it expires?

A: Member must receive an updated profile that exempts him or her from the 1.5 mile run and/or and 1 mile walk.

2. Q: Do we as UFPMs have to build new case files on all failures?

A: The FAC will initiate the case files on initial failures and UFPM will continue the status on current case files.

(this will be captured in the new Little Rock AFB Fitness Program Operating Instruction, currently being staffed for approval).

3. Q: If I get hurt before I complete my 1.5 mile run, will I fail the test?

A: No, you will receive an invalid result for the test until you are cleared from medical.

4. Q: Once I fail a test, when can I retest?

A: With unit commander approval, member may retest immediately after a failure, but NLT 90 days after the failure. Note: if member fails a second time, even if it is a short period of time after the first failure, it is considered an official second failure and commanders will take appropriate action for a second time failure.

5. Q: If a member fails the pushup component, do they have to complete the rest of the test?

A: Yes, members are required to complete all components of the fitness assessment.

6. Q: How much time does a UFPM have to enroll a failure into intervention programs?

A: Member must attend intervention classes within 10 duty days of a failed fitness assessment.

7. Q: Can a PTL assist the FAC with testing his or her unit?

A: No, the PTL can't assist the FAC with testing their unit members because of a conflict of interest; but a FAC-trained and certified PTL can augment the FAC to help test other squadrons, as needed.

8. Q: Can a member test if they answer two or more risk factors on the fitness screening questionnaire?

A: Member will not be allowed to test and they would have to schedule a medical evaluation to be cleared for fitness testing.

9. Q: When will the PT patch be available?

A: The release of the patches is on hold as of now, delayed approximately 6 months.

10. Q: If a member arrives at the FAC without a fitness screening questionnaire, will it be considered a no-show?

A: No, it will not count as a no-show, but the member will not be allowed to test until fitness screening questionnaire is completed.