



Career progression, community management, personnel matters, and general information from the desk of the Navy Personnel Command, Force Master Chief, FORCM Jon Port

IMPORTANT CHANGES TO OPNAVINST 6110.1J

OPNAVINST 6110.1j is a complete revision of support requirements to the physical readiness program instruction. These revisions are made to ensure both active component (AC) and reserve component (RC) personnel maintain a level of physical fitness required to support overall mission readiness. Meeting defined minimum PFA standards is a requirement for continued naval service. Primary changes you should be aware of are below:

- ✓ No member is authorized to participate in the PFA without medical clearance.
- ✓ Members granted two consecutive medical waivers or three in a 4-year period shall be referred to the military treatment facility (MTF) for a medical evaluation board (MEB).
- ✓ Failing the BCA portion of the PFA is an overall PFA failure. Members who fail the BCA, or are medically waived from the BCA, shall not participate in the physical readiness test (PRT).
- ✓ COs may authorize one retest for the PRT portion of the PFA. A bad day exception for BCA is not authorized
- ✓ At the end of each PFA cycle, COs have the authority to determine whether non-participation was authorized or unauthorized. All unauthorized non-participation shall be designated as "UA" in PRIMIS and scored as a PFA failure
- ✓ Not receiving a PFA notification does not exempt members from taking the PFA as long as they are medically cleared and acclimatized.
- ✓ CO's and OIC's should specify the required uniform, uniform of the day or navy physical training uniform, that will be worn during official and unofficial height/weight screening and circumference measurements.
- ✓ Members with over 18 years of service are not exempt from ADSEP.
- ✓ Members with a third PFA failure prior to 30 June 2011 who have an approved Fleet reserve/retirement date will be allowed to retire (grand-fathered in). Those with a third failure subsequent to 30 June 2011 will be processed for ADSEP.

DON'T ASK DON'T TELL GUIDANCE

On 6 July 2011, the 9th circuit court of appeals lifted a stay on the October 2010 injunction (ref a) ordering the Department of Defense to cease enforcement of don't ask, don't tell and its implementing regulations. At the present time, compliance with the injunction is required throughout the Navy effective immediately per under Secretary of Defense Memorandum for secretaries of the military departments.

It remains the policy of the department of defense not to ask service members or applicants about their sexual orientation, to treat all members with dignity and respect, and to ensure maintenance of good order and discipline. The Navy will process applications for enlistment or appointment without regard to sexual orientation. Commanders shall consult their SJA or command counsel in every instance where homosexual conduct law and policy is implicated. Sailors with specific questions regarding their own situation should be immediately referred to the nearest naval legal service office for assistance.

Commanders with further policy questions should contact OPNAV N13 at (703) 614-5571 or via e-mail, janet.bristol@navy.mil

SEA SHORE FLOW (SSF)

In 2008, sea shore flow (SSF) was introduced as a fundamental change in the way the Navy defined and managed enlisted sea tour lengths. SSF established career paths for each enlisted community and replaced the previous sea shore rotation (SSR) tour lengths policy, per NAVADMIN 130/06, sea shore rotation (SSR) tour length revisions, which set sea tour lengths based on a sailor's paygrade. Since 2008, the Navy has increased the number of sea duty billets and decreased the number of shore duty billets.

As a result, in order to improve manning levels at sea:

- 36 enlisted communities will have longer sea tour lengths
- 18 enlisted communities will remain the same or become sea- intensive.

JUL-SEP 2011 AWARD OPPORTUNITIES IN SUPPORT OF BUILDING A TOP 50 NAVY

This quarterly announcement invites all Navy commands and organizations to participate in Navy's Top 50 external recognition efforts. There are a number of categories and opportunities for us to be recognized for the outstanding efforts you put forth every day. Here's is a short list::

- ❖ 2011 Training Magazine Top 125 list. <http://www.trainingmag.com> - deadline: 15 AUG 2011.
- ❖ American Society for Training and Development (ASTD) Excellence in Practice Award. <http://www.astd.org/astd/aboutus/awardsandbestpractices/excellenceinpracticeawards>
Deadline: 15 AUG 2011[DCNO (MPTE)]; 22 SEP 2011[NON-DCNO (MPTE)].
- ❖ Workforce management magazine's Optimas award. <http://www.workforce.com/global/optimas.php>
❖ Deadline: 1 AUG 2011 [DCNO (MPTE)]; 31 AUG 2011 [NON-DCNO (MPTE)]

This week in Navy History

July 11th, 1918 - Henry Ford launched the first of 100 Eagle boats
 July 12th, 1916 - *NORTH CAROLINA* became the first Navy ship to carry and operate aircraft
 July 14th, 1882 - Sailors and Marines from 4 U.S. ships landed to help restore order at Alexandria, Egypt
 And on July 15th, 1870 - Act of Congress established Pay Corps, which later becomes the Supply Corps.

Quote of the Week

"The ear of the leader must ring with the voices of the people" – Woodrow Wilson