1.) Navy Announces Universal Training Precautions for Physical Exercise / 10 MAY 19
Chief of Naval Personnel Public Affairs

Navy released NAVADMIN 108/19, May 10, alerting Sailors and command leadership of the importance of universal training precautions (UTP) to reduce the risk of exercise-related collapse and death during physical exercise, to include the Physical Readiness Test (PRT) and command physical training.

2.) Navy Announces Changes to Expedited and Safety Transfer / 7 MAY 19
Navy Personnel Command Public Affairs

In an effort to increase the safety of service members who have been the victims of certain crimes, the Navy has expanded Expedited Transfers to include more cases, the Navy announced in a message released May 7.

3.) CNO and MCPON Release Updates to Leadership Guidance / 7 MAY 19
Chief of Naval Operations John Richardson and Master Chief Petty Officer of the Navy Russell Smith

CNO and MCPON released May 7 their updated leadership guidance documents, Navy Leader Development Framework Version (NLDF) 3.0 and Laying the Keel.

4.) MyNavy Family App Focuses on Stronger Families and Fleet / 8 MAY 19
Sea Warrior Program (PMW 240) Public Affairs, Cmdr. Erik Wells

Navy families navigating military life can now find support by downloading the MyNavy Family application which was released in the days leading up to Military Spouse Appreciation Day, May 10.

5.) Navy Implements Change to Education Program Announcements / 10 MAY 19
Chief of Naval Personnel Public Affairs

The Navy announced that education program information, application processes and deadlines will be announced through personalized notifications to eligible Sailors in NAVADMIN 106/19, May 10.

6.) Supplemental Articles bi-weekly roll-up: (URLs on Last Page)
Every other week, we roll up the latest supplemental articles from around the Fleet. Below are the latest:

- The U.S. Navy Celebrates Asian-American Pacific Islander Month
- Data, Web, and Artificial Intelligence: Navy’s Next Frontier
- Professional Licensing Process for Military Spouses
- Accelerating Digital Solutions to Build Navy Capacity

To sign up for the @USNPeople Weekly Wire, email usnpeople.fct@Navy.mil, or find it online at www.Navy.mil/cnp
WASHINGTON (NNS) -- Navy released NAVADMIN 108/19, May 10, alerting Sailors and command leadership of the importance of universal training precautions (UTP) to reduce the risk of exercise-related collapse and death during physical exercise, to include the Physical Readiness Test (PRT) and command physical training.

As part of military readiness, Sailors are expected to maintain a high level of fitness. With PRT season ongoing throughout the Navy, this guidance is especially critical to ensure the safety of all Sailors.

It is imperative for commanders and key leadership personnel, including command fitness leaders (CFL), to foster an exercise culture that promotes UTP, recognizes the early signs of distress and promptly terminates exertional activity when individuals display clear signs of distress. All personnel present during a training evolution or PRT can encourage good performance, but should be on guard for signs that a participant is struggling and be ready to terminate the evolution.

The Navy’s PRT portion of the Physical Fitness Assessment is intended as a measure of long-term health and wellness – not of individual athletic prowess. No one should risk their life by pushing through life-threatening conditions during a PRT.

Some highlights from the NAVADMIN are listed below, but every Sailor should read the full message.

Personal risk factors for exercise-related collapse include:

- Lack of appropriate environmental or exercise acclimatization
- Recent or current illness, accumulated fatigue or dehydration
- Poor baseline conditioning or excess body fat
- A predisposing or underlying cardiac condition
- Exercise-induced asthma
- Sickle cell trait (SCT)
- Prior poor performance on the PRT

Environmental/external risk factors include:

- Exercise at altitude
- High ambient temperature and humidity
- Use of dietary supplements containing stimulants to include energy shots and drinks

If you don’t know if you have SCT, find out. SCT disproportionately affects African-Americans.

Commanders are encouraged to exercise a liberal Bad Day PRT policy for those Sailors displaying clear signs of distress during the PRT, allowing Sailors to prioritize personal safety over a PRT score. Sailors who fail to
complete any portion of the PRT or demonstrate any early signs of exercise distress are authorized a Bad Day PRT and are required to be examined by medical professionals before attempting the PRT again.

Additionally, Sailors must complete the follow-on PRT within seven days following medical clearance, within 45 days of the body composition assessment date and within the current Navy Physical Fitness Assessment cycle. Any Sailors who fail to complete the Bad Day PRT for a second time must be screened by medical professionals for the possibility of a medical waiver or enrollment in the Fitness Enhancement Program (FEP).

When Sailors observe an emergency during physical training, rapid recognition of symptoms with a timely and accurate response is critical. Some syndromes result in rapid collapse while others may slowly evolve to an initial conscious collapse.

Understanding the syndromes that can lead to exercise-related collapse can assist in guiding treatment. Three syndromes to be aware of are Sudden Cardiac Arrest (SCA), Exertional Collapse Associated with SCT (ECAST) and Exertional Heat Stroke (EHS). Read more about the specifics of these syndromes in the NAVADMIN.

Additionally, after participating in the PRT, participants should be observed for no less than 10 minutes after the test, during an active cool-down period.

All PRT evolutions shall be monitored by cardiopulmonary resuscitation (CPR) trained personnel with an Automated External Defibrillator (AED) readily available. All physical training evolutions (e.g., command physical training, fitness enhancement program (FEP) or Sailor 360) involving moderate exercise shall occur within the Emergency Medical Service (base or 911) response area of an ambulance equipped with a defibrillator, oxygen and hydration.

Finally, all CFLs, first responders, corpsmen and supervisors are strongly recommended to view the videos and other training resources available on the Uniformed Services University’s Consortium for Health and Military Performance (CHAMP) website:

- Informational videos for Sailors with SCT, first responders, and sickle cell trait awareness for medical personnel can be found at: https://www.hprc-online.org/articles/sickle-cell-trait-awareness.

- Guidance on heat injury prevention and treatment can be found at: https://www.hprc-online.org/articles/heat-illness-prevention-treatment-and-recovery.

- Supplement guidance is available through Operation Supplement Safety, the Department of Defense dietary supplement resource, at: https://www.opss.org/.

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For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.
MILLINGTON, Tenn. (NNS) -- In an effort to increase the safety of service members who have been the victims of certain crimes, the Navy has expanded Expedited Transfers to include more cases, the Navy announced in a message released May 7.

With these changes comes a revised and a new Military Personnel Manual (MPM) article, according to NAVADMIN 102/19. The revised Safety Transfers article is MPM 1300-1200 and the new Expedited Transfers article is MPM 1300-1205.

What is an expedited transfer?

Service members who are the victims of certain criminal offenses may request an expedited transfer for temporary reassignment within or outside their unit or a permanent change of station (PCS) prior to their normal projected rotation date. The eligible offenses for an expedited transfer include only the following:
- Sexual assault
- Stalking
- Other sexual misconduct
- Wrongful broadcast or distribution of intimate visual images

The intent behind expedited transfers is to address situations in which a service member feels safe, but uncomfortable and to assist in the victim's recovery by moving them to a new location.

What is a safety transfer?

When there are concerns for the safety and well-being of service members or their dependents, safety transfers are used. These transfers can include temporary duty, permanent change of activity or PCS. Reservists have provisions to perform their inactive duty training on different weekends than their alleged offender or to perform inactive duty with a different unit in the home drilling location.

Situations where a safety transfer would be considered include:
- Victims or witnesses of offenses covered under SECNAVINST 5800.11B
- Family Advocacy Program cases covered under OPNAVINST 1752.2B
- Victims of violent crimes
- Instances in which threats have been made against a service member, the service member's military spouse or dependents as covered under DoD Instruction 1315.18

The MPM articles contain detailed instructions regarding how to file an expedited or safety transfer.


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For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.
3.) CNO and MCPON Release Updates to Leadership Guidance / 7 MAY 19
Chief of Naval Operations John Richardson and Master Chief Petty Officer of the Navy Russell Smith

Chief of Naval Operations (CNO) John Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith released May 7 their updated leadership guidance documents, Navy Leader Development Framework Version (NLDF) 3.0 and Laying the Keel. The documents have been refreshed with new ideas in support of developing leaders who can sustainably win and bring their teams to a community centered on “best ever” performance.

Check out the video below for a message from CNO and MCPON on what to expect when you read the two new documents. Learn from these documents and connect with your teams on what being a leader means to you and to our Navy.

Navy Leader Development Framework Version (NLDF) 3.0:

Laying the Keel:

4.) MyNavy Family App Focuses on Stronger Families and Fleet / 8 MAY 19
Sea Warrior Program (PMW 240) Public Affairs, Cmdr. Erik Wells

WASHINGTON (NNS) -- Navy families navigating military life can now find support by downloading the MyNavy Family application which was released in the days leading up to Military Spouse Appreciation Day, May 10. The free app can be found in the Navy App Locker, https://applocker.navy.mil.

The MyNavy Family App was developed as a result of the Navy asking spouses about their experiences and how the Navy could help make it better. Chief of Naval Operations, Adm. John Richardson has often commented on the important role Navy families play in mission success.

“To be affirmed and valued in our important role as Navy spouses at the highest level of the Navy organization fosters a greater sense of pride for all that we do in support of our spouses and in support of our nation,” Latisha Motley, a 12-year Navy spouse, said.

More than 1,100 spouses across the Navy provided input to develop the app. It focuses on 11 key milestone events within the life of the Navy family. Some of those areas include New Spouse Orientation, Mentorship and Networking, Special Needs Family Support, and Navy Retiree Services. Information from more than 22 different websites is now consolidated within one easy-to-use app.

“The app is very intuitive and doesn’t have too many Navy acronyms which allows family members to clearly understand what programs and services are available to them,” said Jennifer Summers, a 23-year Navy spouse. “Whether the app is used by the Sailor or spouse or a family member, they can be assured that the information is accurate.”

The Navy’s Sea Warrior Program (PMW 240) produced the app and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, developed the software.
“This particular app really hit home with me,” said David Driegert, assistant program manager for PMW 240’s mobility program. “As a dependent and later as a Marine, I understand the importance of making sure the entire family feels included because we all serve, not just the service member.”

The app provides valuable information whether someone is new to the Navy or a seasoned spouse who has experienced multiple deployments or permanent change of station moves. There is also a feedback section so suggestions can be incorporated into future updates.

“This is only the beginning,” said Linda Jackson, Project Manager, Navy Services Familyline.

The MyNavy Family App supports the Navy Family Framework objective to expand and improve the experience for Navy spouses and families. Other efforts include improving family programs and websites, developing an official MyNavy Family website, providing ombudsman registry access to command leadership spouses and increasing the availability of live webinars and self-directed learning activities. Additionally, next month we will release a new policy allowing reimbursement of up to $500 of spouse state licensure or certification costs rising from relocation from one state to another due to a permanent change of station move.

Future updates of the app will provide a more interactive user experience, and a companion website is in the works.

“We all serve,” Jackson said. “The Sailor, the spouse and the children. The MyNavy Family App is a tool for all of us to create stronger families and a safer nation.”

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5.) Navy Implements Change to Education Program Announcements / 10 MAY 19
Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy announced that education program information, application processes and deadlines will be announced through personalized notifications to eligible Sailors in NAVADMIN 106/19, May 10.

In an effort to reduce administrative distractions, education program announcements will no longer be disseminated through NAVADMIN messages. Instead, these announcements will now be delivered to individuals by notifications within MyNavy Education, according to the Fiscal Year 2020 (FY20) Navy Strategic Education and Academic (SEA) Plan.

To receive the most up-to-date education program information, Sailors are strongly encouraged to login to MyNavy Education to update their profile and email addresses. Each Sailor can provide up to two email accounts, including work and personal addresses, to which the MyNavy Education system will send an email alert when a new notification is available.

For more information on MyNavy Education notifications and instructions how to update your profile, visit: https://www.mnp.navy.mil/group/training-education-qualifications/e-graduate-education-and-fellowship-programs.
The FY20 SEA Plan replaces the legacy Graduate Education Quota Plan and reflects the Navy’s efforts to shift from quota-based approaches to talent management. The plan aims to ensure the highest performing Sailors are encouraged and placed in selective graduate level programs that will enhance our warfighting capabilities and sustain our maritime superiority.

As first announced in NAVADMIN 263/18, selections for FY20 SEA Plan in-residence graduate education and joint professional military education opportunities for unrestricted line officers will be made through administrative boards to screen the most fully qualified, due course officers for top-line, key competitive in-residence education programs.

Graduate education supports our National Defense Strategy by developing Navy leaders who understand the art and science of warfighting and can lead in complex strategic environments. Intellectual leadership, groomed through graduate education, goes beyond adaptation of new technology to include promoting ideas, values, understanding, vision, approaches and actions.

The FY20 SEA Plan provides over 1,200 opportunities for degree and non-degree programs across the full spectrum of communities and ranks. A list and overview of these programs can be found at: https://www.mnp.navy.mil/group/training-education-qualifications/e-graduate-education-and-fellowship-programs.


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6.) Supplemental Articles bi-weekly roll-up:
Every other week, we roll up the latest supplemental articles from around the Fleet. Below are the latest:


For more information, affecting Sailors and their families follow: @USNPeople on Facebook, Instagram and Twitter.