



U.S. NAVAL SEA CADET CORPS

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May 4, 2016

NSCC Action Letter 02-16

From: Executive Director

To: Distribution

Subj: Interim Change Regarding the Physical Fitness Test

Ref: (a) Training and Operations Manual

(b) NSCC/NLCC Physical Readiness Manual

Purpose: To provide an interim change for unit's preparing cadets to attend NSCC Recruit Training and NLCC Orientation. Headquarters will review the current Physical Fitness Test Policy and promulgate permanent changes to the field prior to the winter training cycle.

Background: The NSCC Physical Fitness Program is augmented by the President's Challenge Physical Fitness Program which consists of five events as reflected in the NSCC/NLCC Physical Readiness Manual. Three of the events (push-up; sit-up; and 1 mile run) make up the Physical Fitness Test (PRT) conducted at NSCC Recruit Training and NLCC Orientation. Passing scores on all three of these events are required for the cadet to pass either training. The Training and Operations Manual, Chapter Two and Five, addresses requirements for the unit to prepare cadets wishing to attend NSCC Recruit Training and NLCC Orientation and Advanced Trainings.

- **Chapter Two, (0203.7) Physical Training.** NSCC unit commanding officers will schedule physical fitness training as a regular part of the unit's overall training program. The physical fitness standards are listed in the NSCC Physical Readiness Guide. To augment these standards, the NSCC borrows heavily from the President's Challenge Physical Fitness Program. Fitness programs are available for adults as well as cadets. It is essential that cadets are able to meet the rigors of recruit and other summer training evolutions. Cadets scheduled to attend NSCC Recruit Training must pass the minimum standards prior to the CO signing and submitting a Request for Training. Cadets must pass the Physical Fitness Test prior to the completion of NSCC Recruit Training. If failed, the cadet is required to "repeat" Recruit Training. Successful completion of Recruit Training is required to attend any type of Advanced Training. Units should schedule a semiannual formal Physical Fitness Test (PFT) in the spring and fall to ensure that cadets are prepared for summer and winter training periods, and that they meet the requirements for promotion.
- **Chapter Five (0501.1) Preparing for recruit and advanced training begins with the enrollment process.** Before applying for a training in MAGELLAN and submitting the appropriate Request for Training (NSCTNG 001/002), it is the responsibility of the Unit Commanding Officer to ensure that each cadet has a current ID card through the duration of the training requested, is medically qualified to be in the program, and can pass the physical fitness test prior to attending training. For cadets who require accommodation, the Accommodation Agreement (NSCADM 001, Page 9/10) must be submitted and approved as well.

- **Chapter Five (0501 (2f))** *Prior to releasing personnel to attend training, the unit Commanding Officer will interview cadets/adults to verify that the medical and physical status has not changed and to endorse the NSCTNG 005/006. If there is a change, the NSCTNG 005/006 will be held in abeyance until a family physician certifies the person is medically and physically qualified. Personnel who report for training with medical or physical problems will be sent home at the parent's or unit's expense.*

Action: For cadets attending **ALL** 2016 "Summer" Recruit Training, NLCC Orientation and Advanced Trainings, units will test cadets on push-up's, sit-up's and the one mile run prior to reporting. Magellan is to be used to record the results. The Sit and Reach and Shuttle Run is to be excused by checking the "Excused" box.

In accordance with the Training and Operation Manual, a passing score at the unit level must be achieved prior to attending NSCC Recruit Training, NLCC Orientation and NSCC and NLCC Advanced Trainings.



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Executive Director

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