**OREGON MILITARY DEPARTMENT**
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NGOR-TAG 29 April 2014

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum #157 (Joint) - Oregon National Guard Joint Physical Fitness Policy

1. References.

a. ORNGTPR 339.2/ORARNGR 600-8/ORANGI 10-248a, Full-Time Personnel Physical Fitness Training During Scheduled Work Hours, 1 Mar 14

b. AR 600-9, the Army Body Composition Program, 28 Jun 13

c. AR 600-8-2, Suspension of Favorable Personnel Actions (Flag), 23 Oct 12

d. National Guard Supplement 1 to AR 600-8-2, Suspension of Favorable Personnel Actions (Flag), 9 Dec 13

e. AFI 36-2905, Fitness Program, 29 Oct 13

f. AR 350-1, Army Training and Leader Development, 18 Dec 09 (Rapid Action Revision Issue Date: 4 Aug 11)

g. FM 7-22, Army Physical Readiness Training, 26 Oct 12

2. Purpose. Establish joint guidance on the conduct of physical fitness training, testing and body composition (ARNG), and assessment (ANG).

3. Applicability. This policy applies to all Army and Air personnel assigned to the Oregon National Guard.

4. Training. All military personnel are responsible to support and maintain the standards set forth by policies of their respective services in paragraph 1.

a. Traditional (M-Day/DSG) personnel will conduct physical fitness training during periods of military duty as directed by commanders and supervisors. They are encouraged to conduct training between AT/IDT/UTA periods in order to maintain optimal military readiness.

b. Active Guard Reserve (AGR) personnel will take part in collective or individual physical fitness training year round. Training may be conducted during normal duty hours. Training will not exceed 90 minutes per session during duty hours, and is permissible up to a total of five hours of normally scheduled duty time per week as determined by commanders and supervisors. AGR personnel and their leaders will follow the provisions of reference 1a.

5. Physical Fitness Testing and Assessment. The Oregon National Guard fitness testing and assessment cycle is established as the periods of 1 April thru 30 June (M-Day/DSG/AGR), and 1 October thru 31 December (AGR only). Exceptions to these dates may be approved at BDE, Wing, and COG level. AGR personnel will take the Army Physical Fitness Test (APFT) or Air Force Fitness Assessment (FA), as applicable, in accordance with (IAW) their respective service policies identified in paragraph 1.

a. ARNG. Unit leaders may administer a diagnostic APFT as often as they wish. Soldiers will be allowed to take additional tests outside of the normal testing cycle for the purpose of boards, extensions, schools, promotions, and to retest following APFT failure. AGR personnel will be tested for record within 30 days of arrival at a new duty location, or as soon as allowable if testing is delayed for regulatory reasons (e.g. medical profile). A Soldier failing a record APFT will be flagged IAW references 1c, d, & f. A Soldier flagged for APFT failure will not serve as OIC/NCOIC for an APFT or as an event supervisor.

b. ANG. Members who fail the FA and are in the six-month reconditioning period will be allowed to test outside the 1 April – 30 June and 1 October – 31 December testing periods. AGR personnel will remain current on their FA and align with their unit's assessment schedule to ensure compliance.

6. Army Body Composition Program (ABCP) (ARNG only). Soldiers must meet body fat standards at all times. At a minimum, all Soldiers will be screened every six months to ensure compliance with reference 1b. The regular screening cycle is established as the periods of 1 April thru 30 June, and 1 October thru 31 December; however, at any time a commander may direct the body fat assessment of any Soldier they determine does not present a Soldierly appearance, IAW paragraph 3-2d of reference 1b. A Soldier failing to meet body fat standards will be flagged and enrolled in the ABCP, IAW references 1b, c, & d. A Soldier flagged for exceeding the body fat standard will not administer unit weigh-ins and body fat assessments.

7. Responsibilities.

a. Commanders and supervisors will ensure Soldiers and Airmen understand this policy, and that physical fitness is a unit priority. Additionally, command designated

individuals must be available to assist Soldiers and Airmen with developing physical training plans.

b. Each Soldier and Airman must properly utilize the physical training time allotted to them to ensure they are able to pass the APFT/FA on any given day, as well as to improve their personal fitness and wellness.

8. The points of contact for this policy are the Chief of Staff (Army) and the Director of Staff (Air).

DANIEL R. HOKANSON
Major General
The Adjutant General

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