SUBJECT: HQDA EXORD 164-20 ARMY PHYSICAL FITNESS TEST (APFT) AND ARMY COMBAT FITNESS TEST (ACFT) DURING THE CORONAVIRUS (COVID-19) OUTBREAK/

(U) REFERENCES:
REF//A/ AR 350-1, TRAINING AND LEADER DEVELOPMENT, 10 Dec 2017//
REF//B/ HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMY COMBAT FITNESS TEST (ACFT) AND FRAGOS 1-8/>

NARR// (U) THIS EXORD DIRECTS SPECIFIC ADJUSTMENTS CONCERNING THE APFT AND ACFT DURING THE COVID-19 OUTBREAK/

1. (U) SITUATION. COVID-19 MITIGATION MEASURES ARE AFFECTING OUR NORMAL PHYSICAL TRAINING ENVIRONMENTS WITH RESPECT TO PERSONAL CLOSENESS DURING GROUP OR UNIT PHYSICAL TRAINING AND TESTING, AND SURFACE CONTACT WITH COMMON-USE FITNESS EQUIPMENT AND APPARATUS FOR
TRAINING AND TESTING.

2. (U) MISSION. EFFECTIVE IMMEDIATELY, ADJUSTMENTS TO THE TRAINING AND CONDUCT OF THE ARMY PHYSICAL FITNESS TEST (APFT) (REFERENCE A) AND ARMY COMBAT FITNESS TEST (ACFT) (REFERENCE B) ARE IMPLEMENTED TO BETTER SUPPORT COVID-19 MITIGATION MEASURES, WHILE STILL ENSURING THE PHYSICAL READINESS OF OUR SOLDIERS.

3. (U) EXECUTION.

3.A. (U) INTENT/END STATE. SUSTAIN INDIVIDUAL SOLDIER READINESS WHILE PRESERVING THE FORCE.

3.B. (U) CONCEPT OF THE OPERATION.

3.B.1. (U) THE APFT TESTING FREQUENCY STANDARDS (REFERENCE A) FOR ALL COMPONENTS IS TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE.

3.B.2. (U) ALL CURRENT VALID PASSING APFT SCORES ARE EXTENDED UNTIL FURTHER NOTICE.

3.B.3. (U) A CURRENT PASSING APFT SCORE AND HT/WT IS VALID FOR USE AS THE APFT AND HT/WT PRE-REQUISITE FOR PME (ENLISTED AND OFFICER), FUNCTIONAL COURSES, OPERATIONAL COURSE CREDIT CONSIDERATION, OR DISTANT LEARNING / EDUCATION REQUIREMENTS.

3.B.4. (U) SOLDIERS AND UNITS WILL CONTINUE TO MAINTAIN THEIR PHYSICAL FITNESS READINESS BASED ON THE STANDARDS ASSOCIATED WITH THE APFT; AND WILL CONTINUE TO TRAIN FOR ACFT (REFERENCE B) EVENTS (GOLD / MODERATE STANDARD) WHILE FOLLOWING COVID-19 MITIGATION MEASURES.

3.B.5. (U) ACFT DIAGNOSTIC TESTING REQUIREMENTS (REF B) ARE SUSPENDED UNTIL FURTHER NOTICE.

3.B.6. (U) HQDA WILL REVIEW THIS GUIDANCE EVERY 30 DAYS AS THE SITUATION CHANGES AND PUBLISH GUIDANCE UNTIL RESCINDED.

3.C. (U) TASKS TO ARMY STAFF AND SUBORDINATE UNITS.

3.C.1. (U) ARMY STAFF AND COMMANDERS, ALL ARMY COMMANDS (ACOM), ARMY SERVICE COMPONENT COMMANDS (ASCC), AND DIRECT REPORTING UNITS (DRU). EFFECTIVE IMMEDIATELY, IMPLEMENT THE ACTIONS LISTED IN PARAGRAPH 3.B. ABOVE.

4. (U) SUSTAINMENT. N/A

5. (U) COMMAND AND SIGNAL.

5.A. (U) COMMAND. HQDA DCS, G-3/5/7 IS THE AUTHORITY FOR REFERENCE A AND REFERENCE B.

5.B. (U) SIGNAL. HQDA DCS, G-3/5/7 POINT OF CONTACT THIS MESSAGE:
6. (U) THE EXPIRATION DATE OF THIS MESSAGE IS 30 SEPTEMBER 2021, UNLESS FORMALLY RESCINDED OR SUPERSEDED.

BT

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