

ALARACT 044/2022

DTG: R 281600Z JUN 22

UNCLAS

SUBJ/ALARACT 044/2022 – PERMANENT PROFILE MODIFICATION IN SUPPORT OF ARMY COMBAT FITNESS TEST (ACFT) EXECUTION

THIS ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF HQDA, OTSG

1. (U) REFERENCES:

1.A. (U) AD 2022–05, ARMY COMBAT FITNESS TEST

1.B (U) AR 350–1, ARMY TRAINING AND LEADER DEVELOPMENT

1.C (U) AR 40–502, MEDICAL READINESS

1.D. (U) FM 7–22, HOLISTIC HEALTH AND FITNESS (THIS ITEM IS PUBLISHED W/BASIC INCL C1)

1.E. (U) ATP 7–22.01, HOLISTIC HEALTH AND FITNESS TESTING (THIS ITEM IS PUBLISHED W/BASIC INCL C1)

1.F. (U) ATP 7–22.02, HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

1.G. (U) HQDA EXORD 149–19, ESTABLISH THE ARMY HOLISTIC HEALTH AND FITNESS (H2F) SYSTEM, DATED 13 MAY 2019 WITH FRAGO 1, 18 AUGUST 2020, FRAGO 2, 5 APRIL 2021

1.H. (U) HQDA EXORD 153–22 ARMY COMBAT FITNESS TEST (ACFT), 24 MARCH 2022

2. (U) SITUATION.

2.A. (U) ON 1 APRIL 2022, THE ARMY BEGAN FULL IMPLEMENTATION OF THE ARMY COMBAT FITNESS TEST (ACFT) IN ACCORDANCE WITH REFERENCE 1.A.

2.B. (U) IMPLEMENTATION UNDER REFERENCE 1.A REPLACED THE LEG TUCK EVENT WITH THE PLANK AS THE SOLE CORE EXERCISE AND ADDED THE 2.5 MILE WALK AS AN ADDITIONAL ALTERNATE AEROBIC EVENT. AS A RESULT, SOLDIERS WITH PERMANENT MEDICAL PROFILES MAY REQUIRE PROFILE UPDATES TO IDENTIFY WHICH EVENTS SOLDIERS ARE PHYSICALLY ABLE TO

CONDUCT. MINIMUM TESTING REQUIREMENTS ARE PROVIDED IN REFERENCE 1.A.

2.C. (U) THE "ACFT MODIFICATION" TEMPLATE IN EPROFILE HAS BEEN UPDATED TO REFLECT THE APPROVED ACFT TESTING EVENTS AND IS AVAILABLE FOR USE. THE "ACFT MODIFICATION" TEMPLATE IS INTENDED FOR INTERIM USE PENDING APPROVAL AND PUBLICATION OF AN UPDATED DA FORM 3349-SG (PHYSICAL PROFILE).

3. (U) PURPOSE. PROVIDE INFORMATION AND GUIDANCE FOR ARMY COMMANDS, ARMY SERVICE COMPONENT COMMANDS, AND DIRECT REPORTING UNITS WITH ASSIGNED MEDICAL PROVIDERS ON THE MODIFICATION OF PERMANENT PROFILES TO ALLOW FOR ACFT TESTING.

4. (U) GUIDANCE.

4.A. (U) COMMANDERS ARE INFORMED THAT CHANGES IN THE ACFT MAY IMPACT SOLDIERS WITH EXISTING PERMANENT PROFILES. COMMANDERS SHOULD ENCOURAGE SOLDIERS TO COORDINATE WITH MEDICAL PROVIDERS FOR PROFILE REVIEW AND MODIFICATION, AS REQUIRED, TO SUPPORT ACFT TESTING.

4.B. (U) PROFILING MEDICAL PROVIDERS MUST BE PREPARED TO UPDATE PERMANENT PROFILES FOR SOLDIERS WITH RESTRICTIONS TO PERFORMING ANY OF THE ACFT EVENTS. SOLDIERS MUST HAVE A CURRENT PERMANENT PROFILE FOR ANY MEDICAL CONDITION(S) THAT MAY IMPACT THEIR ABILITY TO COMPLETE ANY OF THE ACFT EVENTS.

4.C. (U) SOLDIERS CURRENTLY IN THE DISABILITY EVALUATION SYSTEM (DES) PROCESS OR THOSE WITH A P3-P4 PROFILE WITH A SECOND SIGNATURE, PENDING ENTRY INTO THE DES PROCESS, WILL NOT HAVE THEIR PERMANENT PROFILES UPDATED FOR ACFT AND WILL NOT TAKE AN ACFT UNTIL A DECISION HAS BEEN MADE TO DISCHARGE OR CONTINUE SERVICE.

5. (U) INTENT.

5.A. (U) AT A MINIMUM, PERMANENT PROFILES WILL BE REVIEWED AND UPDATED DURING SOLDIER'S ANNUAL PERIODIC HEALTH ASSESSMENTS (PHA). PROFILES MAY ALSO BE UPDATED IN ADVANCE OF PHA ENCOUNTERS TO SUPPORT SCHEDULED ACFT EVENTS. COMMANDERS SHOULD COORDINATE WITH THEIR UNIT MEDICAL SUPPORT TO ENSURE PERMANENT PROFILES FOR ACFT TESTING ARE UPDATED IN A MANNER THAT MINIMIZES IMPACTS ON DAILY MEDICAL OPERATIONS.

5.B. (U) PRIORITY WILL BE GIVEN TO REGULAR ARMY AND UNITED STATES ARMY RESERVE (USAR) ACTIVE GUARD RESERVE (AGR) PERSONNEL.

SECONDARY PRIORITY WILL BE FOR USAR (LESS AGR) AND ARMY NATIONAL GUARD COMPONENT PERSONNEL.

5.C. (U) DES REFERRALS RELATED TO AN INABILITY TO COMPLETE THE ACFT ARE GOVERNED BY EXISTING ARMY POLICY IN REFERENCE 1.C.

6. (U) FUTURE CHANGES. THE DA FORM 3349–SG IS BEING UPDATED TO REFLECT THE APPROVED ACFT EVENTS. FURTHER GUIDANCE ON A PHASED PLAN TO TRANSITION FROM THE “ACFT MODIFICATION” TEMPLATE TO THE NEW DA FORM 3349–SG WILL BE PUBLISHED AT A FUTURE DATE.

7. (U) POINT OF CONTACT. MAJ FRANKLIN ANNIS, 703–681–3157 OR DSN 761–3157, OR EMAIL FRANKLIN.C.ANNIS.MIL@ARMY.MIL.

8. (U) THIS ALARACT MESSAGE EXPIRES ON 27 JUNE 2023.