The Navy has announced it’s plans to complete the spring petty officer advancement cycle, while maintaining COVID-19 mitigation best practices with the release of NAVADMIN 121/20, on April 27.

As part of the Navy’s initial COVID-19 mitigation response, the service temporarily halted E-4 through E-6 advancement exams for the Active Duty and Full-Time Support (FTS) Cycle 247 and Selected Reserve Cycle 106, hoping to resume testing in late May.

Due to the large number of Sailors eligible to participate in this exam and the added difficulty of administering the exam to all of these Sailors while implementing Force Health Protection Guidelines (FHPG) measures, to include adequate social distancing measures, Navy has determined that it is in the best interest and safety of our Sailors to not administer the E-4 exams. Vice Adm. John B. Nowell, the Navy’s top uniformed personnel official, wrote in the message. Advancements for Cycle 247 Active Duty and FTS E-4 exams will be determined using a modification to the current scoring formula. Roughly, 20,000 Active Duty and FTS Navy Sailors were slated to sit for Cycle 247 E-4 exams before it was postponed in March. Active and FTS Sailors eligible for advancement will be ranked using the Modified Score (MS). This means that the remaining factors of Performance Mark Average (PMA), awards, Pun Non-Advanced points, service in peacetime and education, will determine a Sailor’s final score for this cycle. A Sailor’s PMA, or job performance score, is used in the selection process to rank eligible Sailors. Some of the primary duties associated with a Navy advancement exam are: non-profit to produce fabric face coverings to safeguard their employees. Any cloth face coverings you use should be secured in place with ties or buttons and must have multiple layers of fabric, Navy supports, and will continue to implement, all measures necessary to mitigate risks to the force, to our mission and to the spread of the disease and as a result, the message said. Even when self-base or in uniform, the message strongly encourages all uniformed and civilian Navy personnel, to follow all CDC guidelines, including the use of face coverings. Directions to make your own fabric face coverings can be found on the CDC website.

The material being used to create the fabric face coverings is made of grade material that is used to wrap surgical masks if they have them. The material being used to create the fabric face coverings is made of grade material that is used to wrap surgical masks if they have them. The idea to produce these fabric face coverings is utilized by the U.S. Navy. Currents, Steinman is outfitting 30 per day, with an expected increase to nearly 100 a day by next week. The Sailors have created an assembly line, while several other, others are cutting fabric and putting the pieces and parts together to aid in the production of face coverings as quickly as possible. Capt. Jeff Chown, director, Aviation Maintenance, Repair, Depots (ARMD), said, “Their willingness to lean forward in this scourge in every way possible. With a larger overall mission is important. The guidance by the U.S. Navy follows recommendations can be found on the CDC website at https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html


The Chief of Naval Operations is responsible for six nuclear-powered aircraft carriers, 54 aircraft squadrons, 1,200 aircraft and 30,000 officers, enlisted and civilian personnel based on the East Coast of the United States. It provides combat ready, suitable and capable naval air forces with the right personnel, properly trained and equipped, with a focus on readiness, operational excellence, interoperability, safety, and efficient resource utilization.

The guidance by the U.S. Navy follows recommendations issued by the Centers for Disease Control and Prevention (CDC) on April 3 that advise people to wear cloth or fabric face coverings over their nose and mouth, as a way to reduce the spread of coronavirus, in grocery stores and pharmacies, both to protect the customer and the staff of the store, and to help out my fellow brothers in arms,” said Pico. "This is mine to thank you all for your service, this is part of our job no matter what," said our Sailors. "I’m excited about this process as it highlights the connection between my medical school family and my Navy family at a time when it is so important for all of us to work together." The requirement for fabric face coverings was mandated by the U.S. Navy on April 5 for all military, Navy civilians and contractors as well as family members while on orders and on naval installations and facilities when maintaining adequate social distancing between people is possible. Sailors aboard USS Dwight D. Eisenhower (CVN 69), and USS Abraham Lincoln (CVN 72), USS George Washington (CVN 73), USS John C. Stennis (CVN 74), USS Harry S. Truman (CVN 75), USS George H.W. Bush (CVN 77), and USS Gerald R. Ford (CVN 78), led by an across the board, our ship’s company has started to make fabric face coverings. Some of the primary duties
The Navy is keeping several resources operational for Sailors to utilize during quarantine from COVID-19.

Programs such as the NAVY MWR DIGITAL LIBRARY PROGRAM and the CHIEF OF NAVAL OPERATIONS PROFESSIONAL READING PROGRAM are available to sailors during isolation.

The Navy MWR DIGITAL LIBRARY provides online resources for Navy families, Sailors, retirees, and civilians for recreation, professional development, and academic support.

The CNO PRP provides a digital collection of 140 books and audiobooks on a wide variety of topics to aid Sailors in their personal, professional, and leadership development.

Additionally, CHAPLAIN SUPPORT is available for sailors who need it during this time. Should service members or their families need to speak with a chaplain, they can contact NAVY 311 at 1-855-NAVY-311 or text: Navy311@navy.mil in the “to” line of the text to be connected with a chaplain in their area.

NAVY 311 SERVICES are still operational. The service is available to Service members, military families, civilians, veterans, contractors, and the occasional inquisitive citizen.
In the past few months, a lot has changed due to the COVID-19 virus. One of the biggest adjustments Sailors around the fleet are making is staying home when possible. For some Sailors who only workout at the gym or during a weekly command physical training evolution, this may make it hard for them to stay in shape. Twice a year, Sailors are required to maintain their physical health and are evaluated through the Navy Physical Fitness Assessment (PFA).

"Ultimately, the intent of the Navy's PFA and the associated physical readiness standards are to maintain a baseline level of physical fitness for Sailors," said Paul Rosen, acting director of the 21st Century Sailor Office, which oversees physical readiness policy for the Navy.

In response to efforts to contain the spread of COVID-19, the Navy announced the cancellation of the spring 2020 PFA cycle in NAVADMIN 071/20. "This is a unique situation that calls for a unique response," said Rosen. "We know the coronavirus is highly contagious, and unnecessarily increasing the risk of infection due to the close physical proximity required to complete the PFA is not in the best interest of our Sailors or our overall mission readiness."

Passing the PFA is a great motivation tool for some Sailors as it could have a tremendous impact on their careers. As of now, nothing has been put out about the fall PFA cycle, but Sailors should assume they will participate and need to start thinking about staying healthy and active during this period if they have not already done so.

Even though Sailors might not have access to a gym or be able to workout with their command fitness leader, there are still ways to stay active at home or on a track away from others. Some may look at commercial programs online, workout via a virtual gym session or create their own plan. Whatever they do to stay active, Sailors should adhere to the FITT principle (Frequency, Intensity, Time and Type). The FITT principle is the basis for fitness program design to workouts in a safe and productive manner.

**Frequency:** The number of training sessions conducted per week. The frequency of sessions is largely dependent upon the intensity exerted (i.e. higher intensity is performed less frequent than lower intensity).

Cardiorespiratory training may be conducted for at least 30 minutes at a moderate intensity, 5 days a week or 25 minutes at a high intensity 3 days per week. This includes brisk walking, jogging, jump rope, swimming and biking.

In addition to cardiorespiratory training, perform strength training consisting of 8 to 10 exercises, focusing on major muscle groups, 2 or more days per week. This can include using free weights/machines or using body weight, resistance bands or body bars.

**Intensity:** The level of physical effort required to perform an activity at any given time. One way of measuring intensity is figuring out your Target Heart Rate. Calculate maximum heart rate (220-age = beats per minute (bpm). Target heart rate training zone is 50-85% of the maximum heart rate.

**Time:** Consistent, daily exercises are required to maintain a healthy weight, and to lose body fat if that is your goal. The recommendation of moderate intensity per week for different levels of weight loss are provided:

- (a) 150 min for minimal weight loss (<5 Lbs)
- (b) 150-225 min for moderate weight loss (5-10 Lbs)
- (c) 225-420 min for significant weight loss (11+ Lbs)

**Type:** The actual activity performed. To prevent boredom and injuries associated with overtraining, incorporate a variety of different exercises throughout the week.

Using the FITT principle is a great tool to work towards a goal. Not everyone has the same goal when it comes to their physical health. Some Sailors might want to lose a few pounds while others may want to gain weight or maintain it. A good workout plan can help achieve that goal. The biggest thing is not getting burnt and measuring the results later. If the FITT principle is applied, it will be easier to measure the progression and do it in an efficient and safe way. For sample workouts and more information about the FITT principle, review guide 13 on the Navy's physical readiness page at https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/Guides.aspx.
Navy medical personnel assigned to Expeditionary Medical Facility-M (EMF-M) have deployed as part of a U.S. Northern Command-led COVID-19 response to support civil health authorities in existing facilities in New Orleans and Dallas.

The first 50 personnel with EMF-M deployed to New Orleans April 1, followed by more than 60 additional personnel on April 4. They will work at the temporary federal medical station at New Orleans’ Ernest N. Morial Convention Center. "As we see more and more hospitalizations, this medical monitoring station will play an essential role in freeing up ICU beds for the most critically ill," said New Orleans Homeland Security and Emergency Preparedness Director Collin Arnold.

The EMFs work in coordination with federal, state, and local health officials to ensure equipment and resources are in place and are operationally capable to safely treat patients in an effort to lessen the strain on hospitals in the New Orleans region. Personnel assigned to the EMF will provide acute and emergency care in the personal housing units at the convention center.

The personal housing units will serve as isolated individual housing units for symptomatic patients transferred from area hospitals and who require observation, housing, meals and isolation while awaiting their COVID-19 test results. Once results are received, patients will be either released or transferred to the appropriate level of care depending on the patient’s COVID-19 status. If the patient tests positive for COVID-19, they may be transferred to the medical monitoring station across Convention Center Boulevard.

Additionally, over 170 personnel deployed to Dallas, April 3 to work in a temporary federal medical station established there to assist local medical personnel. Both locations will treat recovering COVID-19 patients and "low-acuity patients" - those who are ill but whose symptoms don’t require intensive or emergency care. All patients will be screened first at a local hospital.
The Naval Air Warfare Center Aircraft Division’s (NAWCAD’s) Innovation Hub (iHub) is no stranger to supporting the community with its additive manufacturing capability and is doing so now.

As part of a DON effort to combat the Coronavirus (COVID-19) outbreak, the iHub, along with the Naval Air Systems Command’s (NAVAIR) Additive Manufacturing (AM) Integrated Program Team and NAVAIR’s Additive Manufacturing Innovation Cell, produced 80 medical face shields this week in response to a Federal Emergency Management Agency (FEMA) Region VIII request.

The initial request came from FEMA and University of Colorado Anschutz Medical Campus representatives who reached out to the Marine Corps Advanced Manufacturing Operations Cell (AMOC), which in turn contacted the DON distributed manufacturing network to request production of 220 face shields.

NAVAIR’s AM team reviewed and developed a complete technical manufacturing plan to ensure that all shields produced are high quality and meet requirements. NAVAIR will provide the manufacturing plan to the community so everyone can make the shields.

“The dedication of this team is amazing and being part of this effort is extremely rewarding. Our goal is to make the detailed manufacturing technical data packages for medical supplies and personal protective gear available so any agency can download and print them,” said Liz McMichael, NAVAIR’s AM Integrated Program Team Lead.

The team worked through the weekend to manufacture the face shields to help fulfill the request in conjunction with eight other Navy sites.

David Hamm, with the Mechanisms and Modeling and Simulation Lab at NAWCAD, is part of the iHub team who volunteered to produce face shields and other personal protection equipment (PPE) for the local community.

“The 3D printing material we are using is a thermal plastic. We use either polylactic acid (PLA), which is more readily available, or polyethylene terephthalate glycol (PETG), which is the preferred plastic. Since home printers usually use PLA, we made a design that works with that so we can have as many people as possible make this PPE,” Hamm said.

Supporting the local community during this challenging time is rewarding, Hamm said.

“We all have grandparents or parents who we are helping out. We all know nurses and doctors, so this project brings it back home for a lot of us,” he said.

The iHub is also producing face shields and other PPE for local community partners.

According to Denise Cifone, NAWCAD Chief Technology and Strategic Operations Director, the iHub received a request for headbands that support the face shields from the University of Maryland’s TechPort—a NAWCAD technology partner—located in Southern Maryland.

“The iHub team has printed and provided 119 headbands and intends to continually support this need as long as necessary. NAWCAD has a passionate, talented and caring workforce that is dedicated to helping the COVID-19 cause in any way they can. We are all in this together,” Cifone said.

These efforts are being replicated across all NAVAIR sites to assist in COVID-19 local response.

The Navy and Marine Corps have partnered with America Makes—a national manufacturing institute—to integrate government and commercial manufacturing capacity into a distributing manufacturing network to respond to urgent supply needs. The institute is coordinating the requests through its website at https://www.americamakes.us/

NAVAIR is currently standing up a website to assist in fulfilling critical supply needs for local and private partners across the nation once coordination with FEMA is initiated.

Public Affairs Officer Contact:
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