

## Chapter 5

### EXEMPTIONS

**5.1. General.** Exemptions are designed to categorize Airmen as unable or unavailable to train or assess for a limited time period. Exemptions, for medical reasons, are entered into AFFMS II using the current AF Form 469 following FA completion.

**5.2. Exemptions.** Commanders may grant exemptions as outlined in Table 5.1. Airmen with exemptions prohibiting them from performing one or more components of the FA will be assessed on the remaining components and scored IAW paragraph 3.10. FA exemption recommendations for medical reasons can only be made by a MTF provider or ANG MLO. All Airmen will complete an AC assessment as listed in paragraph 5.2.7., unless they have a Deployment Availability Working Group (DAWG) approved exemption for a condition that the MTF provider/FPM/MLO deems would warrant AC assessment exemption. (T-1). Temporary exemptions will not be issued for Airmen still currently assigned to a unit solely for the purpose of improving currency compliance rates (i.e., where Airman is not on terminal leave).

5.2.1. Airmen with an approved retirement or separation date within 12 months (365 days) of the last Satisfactory, Excellent, or Exempt FA that is current are Exempt. If the separation or retirement date is cancelled, Airmen will complete the FA IAW their original FA cycle (i.e. 6 or 12 months) or, if the original cycle date has passed, within 42 days (reacclimation time).

5.2.2. Airmen with chronic medical DLCs preventing them from performing one or more components of the FA will be medically reviewed during the annual PHA, at a minimum, and referred to the DAWG for evaluation as appropriate IAW AFI 10-203, AFI 48-123, *Medical Examinations and Standards*, and AFI 41-210, *Patient Administrative Functions*. (T-1).

5.2.2.1. DELETED

5.2.2.1.1. DELETED

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5.2.2.3. DELETED

5.2.2.4. DELETED

5.2.3.

5.2.3.1. Providers will list physical limitations and FA exemptions on the AF Form 469. (T-1). Unless given a composite exemption, Airman will continue to prepare for and be assessed on non-exempt component of the FA.

5.2.3.1.1. ANG. Airmen with physical limitation that prevent participation in fitness activities for greater than 30 days and/or preclude the Airmen from completing a full FA will provide medical documentation from their Personal Care Provider (PCP) to the Wing Medical Group. (T-1). The Wing Medical Group will issue an AF Form 469 as appropriate addressing each component of the FA. (T-1). MLO will review AF Form 469 and issue an AF Form 422 to the Airman's UFPM. (T-1). UFPM

ensures Airmen due an FA are assessed on non-exempted components per the AF Form 469.

5.2.3.2. A military provider must make the final disposition for any physical limitations in cases where Airmen are seen by non-military providers or when ARC Airmen bring recommendations from their PCP. (T-1). Limitations will be transcribed by an AF provider to an AF Form 469 IAW AFI 10-203.

5.2.3.3. The expiration date on the AF Form 469 represents the date the Airman is medically cleared to resume physical activities previously restricted. For DLCs of 30 days or less, Airmen are eligible to complete a full, four component FA when their AF Form 469 restrictions expire, and will be tested within 30 days, if due or overdue. (T-1). For DLCs lasting 31 days or more, Airmen will be eligible to complete the full, four component FA 42 days after the expiration date of physical limitation, as annotated on the AF Form 469, if due or overdue. This allows time for reconditioning, if exempted for 31 days or more. NOTE: Reference 5.2.4. for guidance regarding pregnant members.

5.2.3.3.1. Expiration date on the AF Form 469 will be determined by the provider and represents the date the member is medically cleared to begin an unrestricted physical training program.

5.2.3.4. Airmen with an AF Form 469, lasting any length of time, must maintain FA currency standards. (T-1). If an Airman, is due to test during the AF Form 469 effective dates or during the 42-day reconditioning period, the Airman will complete the FA components that he/she is cleared to test on per the AF Form 469. **NOTE:** Airmen who are not due to test during the AF Form 469 effective dates or 42-day reconditioning period to maintain currency may not volunteer to take an FA until the AF Form 469 or 42-day reconditioning period expires. NOTE: Reference 5.2.4. for guidance regarding pregnant Airmen.

#### 5.2.4. Pregnancy.

5.2.4.1. Provider will include information on physical activity during prenatal counseling.

##### 5.2.4.1.1. DELETED

5.2.4.2. Airmen will be Exempt from the FA during pregnancy. Effective 1 Jan 2015, Airmen with pregnancies lasting 20 weeks or more are also exempt from FA for 12 months after discharge from the hospital upon completion of pregnancy (delivery, miscarriage, etc.). The Airman must test by the last day of the 12th month. On the 1st day of the 13th month after the discharge from the hospital of pregnancies lasting 20 weeks or more the Airman becomes non-current. Pregnancy-related exemptions apply to the FA and do not Exempt the Airman from participating in an approved physical fitness program.

##### 5.2.4.2.1. DELETED

5.2.4.3. AF Form 469 will be re-accomplished by the provider (or ANG Wing Medical Group) IAW AFI 10-203 in cases where pregnancy ends prior to 20 weeks. Providers will take into account physiological and psychological changes when determining days

required for recovery and reconditioning prior to FA eligibility. MLO will issue corresponding AF Form 422 for the duration of the AF Form 469.

5.2.4.3.1. Expiration date on the AF Form 469 will be determined by the provider and represents the date the Airman is medically cleared to begin an unrestricted physical training program.

5.2.4.4. Pregnant ARC Airmen should discuss their fitness program with their PCP.

5.2.5. PCS Moves. Airmen are given 42 days from Date Arrive Station (DAS) at new duty location to acclimatize before being required to complete an FA. Airmen pending PCS must have a current FA score on file that will not expire through the Report-No-Later-Than-Date (RNLTD) and 42-day acclimatization period. (T-1). If the current FA expires prior to the member's RNLTD + 42 days, the Airman must complete a FA before departing their losing duty station. (T-1). Exemptions will not be granted for Airmen in outbound status for any circumstance other than those addressed in paragraphs 5.2.5.1. and 5.2.5.2.

5.2.5.1. Airmen returning from a deployment who PCS before the end of their 42-day post deployment acclimatization period will have their deployment exemption duration extended by the losing home station to cover the additional 42 days they will receive post RNLTD to acclimatize. (T-1). To prevent going non-current, Airman will test 43 days following RNLTD. NOTE: Not applicable if Airman's FA remains current for 43 days post RNLTD.

5.2.5.1.1. Airmen who are due to PCS following the completion of the post-deployment acclimatization period must complete an FA if their FA is already expired or expires any time prior to RNLTD + 42 days. (T-1).

5.2.5.2. Airmen returning from an extended TDY (> 30 consecutive days) who PCS before the end of their post-TDY 42-day acclimatization period will be granted a composite "deployment exemption" by their losing home station. This exemption will only be awarded upon expiration of the Airman's current FA. Exemption duration will not exceed RNLTD + 42 days. NOTE: Not applicable if Airman's FA remains current for 43 days post RNLTD.

5.2.5.2.1. Airmen who are due to PCS following the completion of the post-TDY acclimatization period must complete an FA if their FA is already expired or expires any time prior to RNLTD + 42 days. (T-1).

5.2.5.3. Airmen may volunteer to test during either the post-deployment/extended TDY or RNLTD acclimatization period but cannot be directed to do so.

5.2.6. Accessions. FAs administered at commissioning sources are considered official, provided they are administered IAW Chapter 3, and will be recorded into AFFMS II upon arrival at the first duty station. If the officer reports to the duty location without a FA AF Form 4446 the officer will be given 42-days from their DAS to acclimatize, but will test NLT 6 months following DAS. DAS may include tech school or their first duty location.

5.2.7. Airmen who are TDY for greater than 30 consecutive days will be given a 42-day acclimatization period prior to being required to complete their FA.

5.2.7.1. DELETED

5.2.8. All Airmen will complete AC assessment unless there is a composite exemption or, under rare medical circumstances (e.g., abdominal surgery), an AC component exemption is recommended by a medical provider/FPM/MLO and approved by the DAWG. (T-1).

5.2.8.1. The DAWG reviews all non-pregnancy related AC exemption requests. AC component exemptions will not be granted for non-medical reasons (e.g., physique that nonetheless has AC that exceeds AF standards). The presence of a rare medical issue is the only consideration required/allowed to grant an AC exemption; no other methods such as alternative body composition measurements shall be used to determine whether to grant an AC exemption.

5.2.9. ARC medical unit providers will advise Airmen to consult their PCP to recommend specific PT appropriate for medical condition or may refer the Airman to the FIP if available. (T-1). MTFs can provide space available evaluation as required for eligible ARC Airmen. To obtain an exemption based on evaluation and recommendation of PCP, the Airman must provide the ARC medical unit with medical documentation to include diagnosis, treatment, prognosis, and period and type of physical limitations or restrictions. (T-1). Individual Reservists (IR) may be referred by the MTF to their PCP or ARC EP where applicable.

### **5.3. Exemption Categories.**

5.3.1. Component Exemption. Member is exempt from one or more components of the FA, but will be assessed on remaining components.

5.3.2. Composite Exemptions. Airman is exempt from all components of the FA.

5.3.2.1. Composite Deployment Exemption. Airmen deployed for less than one year on Contingency Exercise Deployment (CED) or Military Personnel Appropriation (MPA) orders in direct support of a contingency will receive a composite deployment exemption following the expiration of their current FA in the deployed location. All Airmen with a composite deployment exemption may complete FAs on a voluntary basis only.

5.3.2.1.1. DELETED

5.3.2.2. Permanent party personnel and 365-day deployers will test when their current FA expires in the deployed location, unless the location is not resourced, equipped, or otherwise capable of administering FAs. If testing for the permanent party personnel and 365-day deployers is not feasible, the Air Component Commander must grant a composite deployment exemption to all individuals deployed.

5.3.2.2.1. RegAF and AGR Airmen deployed/TDY for greater than 30 consecutive days will be given a 42-day acclimatization period starting the date they arrive back at home station prior to taking their FA, unless the Airman requests to be assessed earlier. All non-AGR and Traditional ARC personnel will be given a 90-day acclimatization period starting the date they arrive back at home station prior to taking their FA, unless the Airman requests to be assessed earlier.

**Table 5.1. Exemptions.**

<b>Type</b>	<b>Definition</b>	<b>Assessment/Reassessment Requirements</b>
Composite (Medical)	Airman is prohibited from completing all components of the FA due to medical conditions, other than pregnancy (e.g.,	The Airman is allowed 42 days for reconditioning following the expiration of the medical exemption. (Exception: Pregnancy-related exemptions)
Composite (Commander)	Airman is unable to complete an assessment for a time-limited, unforeseen catastrophic event that precludes training and assessment for greater than 30 days (e.g., personal catastrophe, etc.). Commanders <u>will</u> exempt Airmen who are incarcerated or on appellate/excess leave pending separation. NOTE: This exemption category is not authorized for medical or	If the exemption exceeds 30 days, the Airman is given 42 days following the expiration of the exemption for training. (See NOTE 1)
Composite (Pregnancy)	Airman is prohibited from completing FA due to pregnancy. Pregnant Airmen who were in the Unsatisfactory fitness category prior to becoming pregnant will continue to participate in the FIP. (T-1).	The Airman must test by the last day of the 12th month. On the 1st day of the 13 month after discharge from the hospital after pregnancies lasting 20 weeks or more the Airman becomes non-current. For pregnancies that end prior to 20 weeks, see paragraph 5.2.4.2.

Composite (Deployment)	Airmen due to deploy must have a current FA score on file prior to departure. (T-1). Airmen deployed for less than one year on Contingency Exercise Deployment (CED) or Military Personnel Appropriation (MPA) orders in direct support of a contingency will receive a composite deployment exemption following the expiration of their current FA in the deployed location.	RegAF and AGR Airmen deployed for greater than 30 consecutive days will be given a 42-day acclimatization period starting the date they arrive back at home station prior to taking their FA. Non-AGR and Traditional ARC personnel will be given a 90-day acclimatization period starting the date they arrive back at home station prior to taking their FA.
Component (Medical)	Airman is prohibited from performing one or more components of the FA. The medical provider/FPM/MLO, may grant exemption from aerobic and muscle fitness components of PT or FA based on medical evaluation IAW para 5.2 for a time-limited period. Other components of the FA will	Upon expiration of the exemption, or when the medical provider/FPM/MLO clears the exempted component of assessment, the Airman will meet their next scheduled FA. If the exemption exceeded 30 days, the Airman is allowed 42 days for training following the expiration of the component exemption. If an Airman's next required FA is due during the 469 effective dates or 42

<p>Composite (Extended TDY)  *use Composite (Deployment) exemption for AFFMS II input</p>	<p>Granted only to Airmen TDY more than 30 consecutive days whose current FA expires at the extended TDY location.  Airmen returning from an extended TDY (&gt; 30 consecutive days) who PCS before the end of their post-TDY 42-day acclimatization period may be granted a “deployment exemption” by losing home station. This</p>	<p>RegAF and AGR personnel TDY for greater than 30 consecutive days will be given a 42-day acclimatization period starting the date they arrive back at home station prior to taking their FA. Non-AGR and Traditional ARC personnel will be given a 90-day acclimatization period starting the date they arrive back at home station prior to taking their FA.  Airman who PCS following an extended TDY but cannot complete the 42-day acclimatization period at losing home station will be assessed 43 days following their RNTLD.</p>
<p>Not Participating ARC Only</p>	<p>ARC only: Non-participating ARC Airmen listed on unit roster, but unable or unavailable to participate for pay or points (examples are new accessions awaiting OTS/COT/BMT, etc.) may be classified under Commander exemption in AFFMS II.</p>	<p>Exempt until resolved. If the exemption exceeds 30 days, the Airman is given 42 days following the expiration of the exemption for training.</p>

**\*NOTES:**

1. Commanders will document all non-medical commander exemptions by e-mail or memorandum and forward to the FAC for action. (T-1). Composite exemptions due to medical reasons can only be granted under the Composite (Medical) exemption type as documented by an AF Form 469.
2. Airmen on consecutive profiles will be given 42 days following the expiration of the most recent AF Form 469.