



NAVAL ACADEMY ATHLETIC ASSOCIATION

DIRATHINST 1600.6

1 Nov 2022

DIRECTOR OF ATHLETICS INSTRUCTION 1600.6

Subj: NAVAL ACADEMY PHYSICAL EDUCATION REMEDIAL PROGRAM

Ref: (a) USNAINST 1610.3F

(b) USNAINST 1610.4A

(c) COMDTMIDNINST 5400.6X

(d) COMDTMIDNINST 1610.2L

(f) COMDTMIDNINST 6110.3B

1. Purpose. To provide a remediation process for deficiencies in USNA Physical Education (PE) programs.

2. Cancellation. DIRATHINST 1600.5

3. Background. A tailored remediation program is necessary for designated Midshipmen who require extra instruction in order to meet the graduation requirements for Combatives (PE101 & PE302), Swimming (PE102, PE201 & PE301), and Physical Fitness Assessment (PFA).

4. Discussion. The remediation program has the following elements:

a. Midshipmen are placed in an environment where they are provided with proper instruction, technique and training to improve their physical fitness, swimming, and combative skills.

5. Procedures.

a. The Head of the Physical Education department has the authority to assign Midshipmen to the Combatives, Swimming, and/or Brigade Training Team (BTT) remediation programs.

b. A Midshipman who fails any portion of the Combatives program, Swimming, and/or PFA requirement will be placed in the remediation program until they satisfy the completion requirements for their deficiency.

6. Requirements.

a. Combatives.

(1) A schedule for combatives remediation will be sent out at the beginning of each remedial period of opportunity.

(2) A combatives instructor will track and administer tests for each individual at the conclusion of the instructional series.

(3) Midshipmen will follow the list of priorities as outlined in ref(c).

(4) Upon notification of their deficiency a Midshipman shall:

(a) Acknowledge their deficiency with the Combatives Remediation Coordinator and their intent to attend the required remediation classes. If a Midshipman believes that they are included in error, the Midshipman must work with the Combatives Remediation Coordinator to resolve the conflict. If a Midshipman is unable to participate in combatives activities due to a medical chit, the Midshipman must present this chit (as well as all changes or updated chits) at the next remediation session. Unless otherwise excused, a Midshipman on chit is still expected to attend all classes in order to observe instruction.

(b) Consult with a cognizant senior in his/ her chain of command for guidance in resolving conflicts.

(c) Inform all parties in advance if an obligation is overruled by a higher priority.

(d) Email the Combatives Coordinator prior to the day's session with reason for absence.

(e) A copy of all medical chits shall be entered in the Midshipmen Information Database System (MIDS) by the Midshipman's CO/SEL for accountability.

b. Swimming.

(1) The swim remedial programs are offered year-round. The point of contact is the Swim Remediation Coordinator.

(2) The Swim Remediation Coordinator will email Midshipmen who are deficient two times a semester regarding the dates, times and facilities.

(3) Upon notification of their deficiency a Midshipman shall:

(a) Acknowledge their deficiency with the Swim Remediation Coordinator and their intent to attend the required remediation classes. If a Midshipman believes that they are included in error, the Midshipman must work with the Swim Remediation Coordinator to resolve the conflict. If a Midshipman is unable to participate in swimming activities due to a medical chit, the Midshipman must present this chit (as well as all changes or updated chits) at the next remediation session. Unless otherwise excused, a Midshipman on chit is still expected to attend all classes in order to observe instruction.

(b) Consult with a cognizant senior in his/ her chain of command for guidance in resolving conflicts.

(c) Inform all parties in advance if an obligation is overruled by a higher priority.

(d) Email the Swim Remediation Coordinator prior to the day's session with reason for absence.

(e) A copy of all medical chits shall be entered in the Midshipmen Information Database System (MIDS) by the Midshipman's CO/SEL for accountability.

c. Brigade Training Team.

(1) The Brigade Training Team remedial program is offered during the Academic Year. The point of contact is the BTT Officer in Charge.

(2) Upon notification of their PFA deficiency a Midshipman shall:

(a) Acknowledge their deficiency with their company Physical Mission Officer (PMO) and their intent to attend the required remediation sessions. If a Midshipman believes that they are included in error, the Midshipman must work with their company PMO to resolve the conflict. If a Midshipman is unable to participate in BTT activities due to a medical chit, the Midshipman must present this chit (as well as all changes or

updated chits) at the next remediation session. Unless otherwise excused, a Midshipman on chit is still expected to attend all BTT sessions. If necessary, workouts will be modified by the BTT OIC to accommodate injuries.

(b) Consult with the company PMO for guidance in resolving conflicts.

(c) Upon completion of a mock PFA, Midshipmen shall record and verify all of their scores with the score recorders and inform them of any portion that they did not participate in along with a valid chit.

(d) Inform all parties in advance if an obligation is overruled by a higher priority.

(e) Email company PMOs prior to the day's session with reason for absence.

(f) A copy of all medical chits shall be entered in the Midshipmen Information Database System (MIDS) by the Midshipman's CO/SEL for accountability.

7. Conduct.

a. Combatives.

(1) Midshipmen who fail to attend combatives remediation sessions will be subject to conduct action per ref(c).

(2) A Midshipman who fails to meet program expectations and efforts to remediate his or her deficiencies will receive a failing grade for the course and may be forwarded to the PE Academic Board.

b. Swimming.

(1) Midshipmen who fail to attend any swimming remediation sessions will be subject to conduct action per ref(c).

(2) A Midshipman who fails to meet program expectations and efforts to remediate his or her deficiencies will receive a failing grade for the course and may be forwarded to the PE Academic Board.

c. Brigade Training Team.

(1) A Midshipman that fails the PFA will be assigned to BTT until the following conditions are met:

(a) A one-time PFA failure will remain on BTT until that Midshipman passes a "Mock" PFA conducted by the BTT OIC.

(b) A multiple-time PFA failure will remain on BTT until that Midshipman passes the next official Brigade PFA.

(2) Midshipmen who fail to attend any Brigade Training Team sessions will be subject to conduct action per ref(c).

(3) A Midshipman who fails to meet program expectations and efforts to remediate his or her deficiencies may be forwarded to the PE Academic Board.

8. Rules.

a. Combatives.

(1) Safety Rules, by a Midshipman or safety observer will be obeyed in an effort to prevent injury. They include the following:

(a) Start slowly and increase speed with proficiency.

(b) Never execute a technique at full force or full speed in a training environment.

(c) When executing a "submission" technique always apply slow, steady pressure until the opponent "taps out" by tapping your body, the ground, saying "tap", or any other means of signifying that they submit. When in doubt, release (in training). "Submission" techniques are defined as any technique that applied without restraint will result in injury to the opponent (i.e. chokes, armbars, leg locks, etc.).

(d) Do not perform any technique which cannot be controlled or stopped to prevent excessive harm (i.e. slams, knee bars, punches, kicks, strikes, biting, clawing, eye gouges, small joint manipulations, etc.), unless specified by the instructor and proper safety considerations are taken and protective equipment is worn.

(e) An instructor may stop a fight at any time. If ordered to "break" by an instructor, a student must immediately stop all aggressive activity and look to the instructor for guidance.

(f) Midshipmen must have a partner in order to test. For group testing a partner will be selected by the instructor from the group. For individually scheduled tests, students must bring a partner who has completed the course requirements or is simultaneously enrolled in the course.

(g) All test scores are final.

(h) The uniform for all testing/sessions is USNA issued PE gear.

b. Swimming.

(1) Safety Rules, by a Midshipman or safety observer, will be obeyed in an effort to prevent injury. They include the following:

(a) Swimming with a lifeguard or instructor present.

(b) Never practice underwater swimming without an instructor present.

(c) All other rules and safety regulations displayed on the pool deck.

(d) The uniform for all testing/sessions is USNA issued swim gear.

c. Brigade Training Team.

(1) Safety Rules, by a Midshipman or safety observer, will be obeyed in an effort to prevent injury. They include the following:

(a) Stretch prior to exercising.

(b) Pay attention to any safety hazards and report any concerns to the nearest coach/PMO.

(c) Communicate any chits, limiting injuries, or conditions that may hinder performance during BTT sessions.

(d) Midshipmen must report in at the designated time to have accountability taken.

(e) Midshipmen will record their mock PRT scores upon completion of each event and verify all scores are correct before concluding each mock PRT.

(f) Any Midshipmen that is caught signing in and then departing prior to completing a workout without first informing BTT staff will be entered into the conduct system.

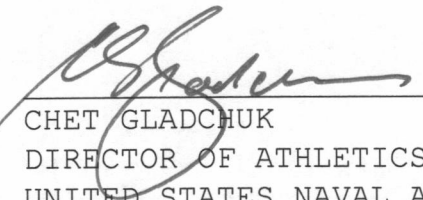
(g) Any Midshipmen that reports a false score during a mock PRT will be submitted for an honor offense.

(h) The uniform for all testing/sessions is USNA issued PE gear.


JAY ANTONELLI

DIRECTOR, PHYS ED DEPT

UNITED STATES NAVAL ACADEMY


CHET GLADCHUK

DIRECTOR OF ATHLETICS

UNITED STATES NAVAL ACADEMY


DATE

DISTRIBUTION:

Brigade

Non-Mids