



PAMBANSANG PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS
(National Headquarters Philippine Coast Guard)
139 25th St., Port Area
1018 Manila

A D V I S O R Y # 6 - 2021

To : All HRMU Commanders

Subj : Suspension of Physical Fitness Test

Date : 03 August 2021

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1. The Physical Fitness Test (PFT) is one of the processes in the resumption of PCG Application. In consideration with the enforced sedentary lifestyle due to COVID-19 pandemic, the conduct of **PFT IS SUSPENDED** effective this date.
 2. The determination of applicant's cardiovascular fitness will be assessed thru ECG and gradual physical conditioning will be imposed while on training period.
 3. For information and compliance.