

From: Lower North Recruiting
To: [Redacted]
Subject: NZ Police Constabulary Recruitment - PAT confirmation and PCT Information

Application ID:

Kia ora TAG4,

Thank you for speaking with me earlier. As discussed, please find below details about your upcoming **initial PAT/initial PAT Resit**.

Time: **XXXXXX**
Date: **XXXXXX**
Venue: **XXXXXX**

Please arrive 15 minutes before the start time and ask for **XXX PEO name at XXX location**.

What to bring:

- NZ Driver Licence
- Physical Appraisal Test Registration Form (please seek advice from your GP to complete the form if necessary) – [click here to download](#)
- Training gear and a towel
- Change of clothing
- Drink and a snack

Remember it is compulsory to attend at least one PAT rehearsal before you attend a PAT. To book into a PAT rehearsal call 0800 NEW COPS or 0800 639 2677.

If you are unable to attend please give us a minimum of 24 hours' notice. If you do not notify us, this could result in your application being declined.

PCT Training Advice:

Now that you are physically fit and ready to attempt the PAT, we strongly encourage you to start preparing for the PCT – [2.4.6 Speed Programme](#). Please ensure that you complete a through warm up prior to completing the 2.4.6 Speed Programme.

We want to ensure that we are providing you with the correct training information in advance so that you are physically prepared to pass the PCT.

Nga mihi,

NZ Police Constabulary Recruitment