

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

Application ID

Kia ora TAG4

As discussed, please find below details for your upcoming Physical Competency Test (PCT).

Time: XXXXXX
Date: XXXXXX
Venue: XXXXXX

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

You must have a current Physical Appraisal Test (PAT) to complete the PCT.

What to bring:

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

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

Make sure you look at our PCT training advice - [2.4.6 Speed Programme](#).

Please refer to the [PCT video](#) (under the Physical Competencies Test section) so you know what to expect on the day.

Nga mihi

NZ Police Constabulary Recruitment