

Police revise Physical Fitness Test for Recruitment from September 21 (with photos)

The Hong Kong Police Force (HKPF) announced today (September 8) the revision of Physical Fitness Test for recruitment, which aims to align the recruitment requirements more closely with the foundation training at the Police College and better meet the operational needs of police work nowadays. The adjustments are also intended to facilitate candidates to have self-practice without the need for specialised fitness equipment.

With effect from September 21, the handgrip strength test will be replaced by push-up, and the rules of 4x10m shuttle run will be modified as using feet instead of hands to touch the line mark when turning around. As for the other two items, namely the vertical jump and 800m run, the requirements will be retained. All applicants for police positions (including Probationary Inspector, Police Constable and Auxiliary Police Constable) who apply on or after September 21 will be arranged to undergo the revised Physical Fitness Test.

A spokesman for the Police said, "The HKPF's Physical Fitness Test for recruitment is a well-established and stringent selection process. The Force regularly reviews the entry requirements in order to select high-calibre candidates who possess the required duty-related physical fitness to join the Force. The revision, which has been approved based on research by sports science experts, enables a more objective, effective and comprehensive evaluation of whether applicants meet the required job competencies and are suitable for further training as police officers."

The HKPF will continue to disseminate recruitment information and facilitate applicants to join the Force through publicity on various social media platforms and recruitment activities. From September 18 to October 13, the HKPF will visit 11 local universities to recruit high-calibre candidates. The "Police University Recruitment Express (PURE)" will be held on university campuses, featuring police career showcase, exclusive application fast track and on-the-spot written exams for Probationary Inspector candidates, providing a convenient pathway for university students to join the Force.

In addition, the HKPF will expand the scope of "Police Mentorship Programme (PMP)" to encompass all post-secondary students who meet the academic requirements for joining the Force upon graduation. The recruitment of mentees will begin on September 8. For more information, please visit the Police Public Page (www.police.gov.hk/ppp_en/15_recruit/pmp.html).

For information regarding the HKPF's Physical Fitness Test, please visit the following website (www.police.gov.hk/ppp_en/15_recruit/fitness.html). Interested applicants may submit application online for police posts through

the below website (www.police.gov.hk/ppp_en/15_recruit/how_to_apply.html).

