

NSW Police PCT Checklist

Use this printable checklist to track readiness for the NSW Police Physical Capacity Test. Verify current standards at police.nsw.gov.au/recruitment before testing.

PCT Components

Component	Preparation target
Hand grip strength	Train both hands; build a buffer above the listed minimum.
Prone bridge	Practise the exact test position and hold beyond the minimum.
Vertical jump	Practise jumping technique and leg power safely.
Push-ups	Use strict form and train above the listed minimum.
Illinois agility	Set up the course and practise tight turns.
Multi-stage fitness test	Practise 20-metre shuttle pacing and turns.

Weekly Preparation

- 1 shuttle fitness session
- 1 strength endurance session
- 1 agility and jump session
- 1 easy recovery/aerobic session
- 1 full or partial progress check every 1-2 weeks

Before Test Day

- Confirm official instructions
- Sleep properly
- Prepare documents and logistics
- Avoid new workouts in the final week
- Arrive early and warmed up

Track your PCT progress free in PolicePath: <https://police.selectionready.com.au>

SelectionReady is independent and is not authorised, endorsed, or affiliated with NSW Police, the Australian Defence Force, ADF Careers, or any government agency. Verify current requirements with official sources before relying on this checklist.

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