

INSTRUCTIONS TO CANDIDATES: PHYSICAL

EFFICIENCY TEST OF CEN 02/2018

1. Candidate shall carefully read the instructions given below and refer the detailed instructions uploaded on the RRC ER official Website, and follow them scrupulously. Failure to comply with the instructions may lead to cancellation of their candidature.
2. Candidate is instructed to download & take clear printout (front and back pages) of this e-call letter from the website. PET call letter will not be sent to candidate by post.
3. In case of any variation of important details of candidate, between Call letter and Online Application, the candidate must immediately report to RRC ER, with valid identity proof and CBT call letter, and in no case after five (05) days of PET call letter being made live.
4. Candidate must also bring their valid photo ID eg. Voter card/Aadhaar card/print out of E-Aadhaar/driving license/passport/identity card issued by the employer in case the candidate is a government employee etc. Candidate must also bring two (02) color photographs (size 35 mm into 45 mm), same as which was uploaded in the application form, for appearing in the PET.
5. **Candidate's admission to the PET Centre will be subjected to producing of this call letter and valid ID proof.** Besides, Call letter is only a provisional permission to appear for the PET and in no way guarantees appointment of the candidate in ER.

6. **In their own interest, candidates are advised to check the location of the PET Venue well in advance to ensure reporting in time.**
7. Candidates have to adhere to the schedule of PET as fixed by RRC/ER. **Eastern Railway has decided that there will not be any extra PET date for the absentee candidates who do not attend the PET on their scheduled date and time.**
8. The Physical Efficiency Test (PET) consists of two stages. First, candidates will be tested for carrying of Weight to specified distance in specified time and if successful in this test, for the Running Test after a recovery gap. Failing in the first Test, i.e. Weight carrying will mean elimination at that stage itself.
9. The weight carrying test will involve lifting a sand bag (without any handle) from a bench/platform at around waist height and carrying it in whichever manner candidate wants to carry, above the ground till the destination point without dropping the sandbag on ground.
10. **Weight & Distance Criterion for MALE & FEMALE CANDIDATES is given below :**

MALE CANDIDATES	FEMALE CANDIDATES
(i)Should be able to lift and carry 35Kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down	(i)Should be able to lift and carry 20Kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down

Only after qualifying in the event at (i) above	Only after qualifying in the event at (i) above
(ii)Should be able to run for a distance of 1000 meters in 4 minutes and 15 seconds in one chance	(ii)Should be able to run for a distance of 1000 meters in 5 minutes and 40 seconds in one chance

11. PET will be video graphed and Biometric matching would be done. Technique of RFID would be used. Candidates will be given only one chance for PET and request for second chance will not be entertained under any circumstances.
12. Before reporting for the run, candidate should get him/her registered at the Registration Counter, fill up declaration form and return Part A of Call letter, duly signed.
13. Candidate would be issued Bib and Chips which shall be returned to the PET officials after their run, otherwise his/her candidature would be cancelled. Candidate must leave through the exit gate after he/she submits the above mentioned items.
14. There would be no urinals inside the PET Venue, beyond the registration counters. Once candidate enters the PET venue then he/she will not be allowed out, till he/she completes the event.
15. Though every effort will be made to relieve candidates on the same day, candidates are advised to come prepared to stay for extra days and bear expenses for same, if required, due to any unforeseen circumstances. They are instructed to arrange for their own boarding and lodging.

16. In case of Administrative exigency, the venue/date/time of PET may be changed for all/some of the candidates. RRC reserves the right to conduct additional PET at any stage.
17. RRC also reserves the right to cancel part/whole of this recruitment process at any stage, for any of the categories without assigning any reason thereof.
18. The decision of RRC ER would be final and binding on the PET candidates, in case of dispute in regard to PET.
19. Further, candidates are advised to avoid intake of food, immediately before the PET event. Administration would not be responsible for any health emergency / injuries during PET.
20. The candidate shall obey the instructions issued by the railway officials at the PET venue. The candidate is also advised to maintain discipline during PET, for smooth conduct of the PET. Malpractice/indiscipline in the PET will disqualify the Candidate and he/she will be debarred from all future railway recruitments. Candidate is also liable to be prosecuted under law.
21. RRC is not responsible for any misinterpretation of instructions in this call letter. Any inadvertent error in this call letter, contradicting Railway Board guidelines, would not be applicable. In the event of any dispute about interpretation, the English version of this call letter will be treated as final.