

## DETAILED GUIDELINES TO CANDIDATES FOR PHYSICAL EFFICIENCY TEST

### (CEN 01/2019)RRC ER

1. Candidate is instructed to download & take clear printout (front and back pages) of e-call letter from the website. The face of the candidate in photograph should be clearly visible in order to avoid any confusion regarding his/her identity.
2. Caste certificate is not required to be produced at PET venue. 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.
3. Columns of e-call letter, where candidate has to sign and affix thumb impression, shall be left blank and can only be filled up in the presence of invigilator at PET Venue.
4. CAPITAL LETTER shall NOT BE USED for signature. Signature should be exactly the same as in the application form. The candidature of the PET candidate, writing in these Columns of e-call letter in capital letters will be summarily rejected.
5. Candidate has to carefully offer left thumb impression on the columns of e-call letter and attendance sheet so that thumb impression does not become blurred.
6. 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.
7. Correction or issue of duplicate call letter would be done, only after the RRC ER officials are convinced of it being a critical discrepancy/variation from the details submitted in the Application form.
8. If a Candidate loses his print out of e-call letter, no duplicate call letter would be issued any by RRC ER.
9. Requests for change of PET venue/date/time will not be entertained under any circumstances. No further round of PET would be conducted for Candidates who fail to turn up for the PET as per schedule in their call letter. Candidate, who is reporting late would not be admitted, under any and circumstances.
10. 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.

11. PET will be video graphed and Biometric matching would be done. Any impersonation or malpractice would invite legal action.

12. NO companions are permitted, both for male and female candidates, at the PET venue.

13. Once candidate enters the PET venue then he/she will not be allowed out till he/she completes the event.

14. 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.

15. 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.

16. 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.

17. 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

18. 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.

19. Technique of RFID would be used for measuring the time taken by candidates for which they would be issued BIBs and CHIPS. Any tampering with these and other equipments on ground would lead to rejection of candidature.
20. Bib and Chips 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.
21. Candidate is advised to wear dress/shoes which he/she finds most comfortable for the PET run.
22. It is advisable not to have food immediately before the PET run. The candidates are advised in their own interest, to have their health checked with a doctor before coming for PET. Administration would not be responsible for any health emergency/untoward incident.
23. There would be no urinals or water points beyond the registration counters, inside the PET Venue. Once candidate enters the PET venue then he/she will not be allowed out, till he/she completes the event.
24. Backpacks/Luggage/water-bottles/food items/Mobile phone/electronic or other gadgets like stop watches/time recorders are not allowed inside the PET venue.
25. Frisking would be done. The candidate, who is found in possession of the banned items, will be summarily disqualified.
26. RRC would not be responsible for any loss/theft/injury during PET.
27. Candidates will be given only one chance for PET and request for second chance will not be entertained under any circumstances.
28. No additional time will be given to any of the candidates for finishing the PET other than the prescribed time for each category.
29. 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.
30. 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.

31. RRC also reserves the right to cancel part/whole of this recruitment process at any stage, for any of the categories notified in the CEN, without assigning any reason thereof.
32. Any legal issues arising out of this shall fall within legal jurisdiction of Central Administrative Tribunal Kolkata.
33. The PET results will be announced and displayed on the notice board, only after finalization of the PET event. The result would also be uploaded on the RRC-ER website in due course.
34. The decision of the railway officials regarding the outcome of the PET and/or all matters relating to PET is final and the same cannot be disputed. No further enquiry or correspondence will be entertained.
35. SC/ST Candidates, who have uploaded the details of their community certificate for availing the benefit of free travel, will be allowed to book ticket (only for themselves) on submission of self attested photocopy of e-call letter and original SC/ST certificate. They are entitled to free, second /sleeper class rail travel to PET venue and back by shortest route. During the journey, the candidate should carry e-call letter issued for PET, SC/ST certificate and one original prescribed proof of identity, failing which he/she will be treated as travelling without ticket and charged accordingly.
36. Candidates are advised to consult only the official website of RRC-ER and beware of fake website put up by unscrupulous elements and touts. RRC has not appointed any Agent/Coaching Centre on its behalf.
37. Any unwarranted attempt of candidate to influence the PET conduct/result will disqualify the candidate. Candidates are selected purely as per merit.
38. Candidate is hereby informed that the number of candidates being called for PET is three times the number of vacancies. Hence, merely qualifying in PET does not entitle a candidate, for inclusion in the next stage of selection process.
39. 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.

40. Candidate shall carefully read the instructions given above and follow them scrupulously. Failure to comply with the instructions may lead to cancellation of their candidature.
41. RRC is not responsible for any misinterpretation of instructions. Any inadvertent error, contradicting Railway Board guidelines, would not be applicable. In the event of any dispute about interpretation, the English version of instructions will be treated as final.
42. Document verification and Medical Test for PET qualified candidates can be done at a short notice. Therefore, candidates are advised to keep checking the official website of RRC ER, even after PET.
- 43. After PET, DV (as per merit list in the ratio of 1:1 of notified vacancy) will be conducted at short notice. Hence candidates are advised to keep necessary documents ready as claimed in their online application as per instruction given in the notification CEN RRC 01/2019**

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