



IMMIGRATION DEPARTMENT
Guidance Notes on Physical Fitness Test

(A) Physical Fitness Test Items

- (a) Sit Up (1 minute)
- (b) Squat Thrust (1 minute)
- (c) 40m Shuttle Run (4 x 10m)
- (d) Standing Long Jump
- (e) 800m Run

(B) Physical Fitness Test Requirements

Item Point	Sit Up (no. of times in 1 minute)	Squat Thrust (no. of times in 1 minute)	40m Shuttle Run (4 x 10m) (seconds)	Standing Long Jump (cm)	800m Run (minutes)
5	49 or above	30 or above	10.3" or less	208 or above	3'04" or less
4	41 – 48	27 – 29	10.4" – 11.0"	192 – 207.5	3'05" – 3'35"
3	33 – 40	24 – 26	11.1" – 11.6"	176 – 191.5	3'36" – 4'06"
2	25 – 32	21 – 23	11.7" – 12.2"	160.5 – 175.5	4'07" – 4'37"
1	17 – 24	18 – 20	12.3" – 12.9"	144.5 – 160	4'38" – 5'08"
0	<17	<18	>12.9"	<144.5	>5'08"

Note: To pass the physical fitness test, candidates are required to score at least 1 point in each item and have a minimum total score of 15 points for all the items. Relevant demonstration videos are available on the departmental website: <https://www.immd.gov.hk/eng/recruitment>

(C) Dress Code

Sportswear and running shoes.

(D) Points to Note

- (a) Candidates will not receive pay or allowance.
- (b) Candidates should ensure that their health and physical condition are fit for the test. They will be required to sign an act of indemnity before the test starts. In case of any injury, accident, loss or death, the Government of the Hong Kong Special Administrative Region, the Immigration Department or any person representing the Director of Immigration should not be held responsible.
- (c) Changing facilities and lockers will not be provided. Candidates should avoid bringing valuables to the physical fitness test venue. The Immigration Department assumes no responsibility for the loss of or damage to their personal belongings.
- (d) Parking facilities are not available.

(E) Arrangements during Inclement Weather

As a general rule, test sessions will be held as scheduled when Tropical Cyclone Warning Signal No. 3 or lower, or/ and “Amber”/ “Red” Rainstorm Warning Signal is/ are in force. Test sessions will be cancelled when Tropical Cyclone Pre-No. 8 Special Announcement / Tropical Warning Signal No. 8 or above, “Black” Rainstorm Warning Signal or “Extreme Conditions” Announcement is in force. Details of the arrangements under inclement weather conditions are tabulated below:

	Weather Condition	Physical Fitness Test Arrangements
1.	Tropical Cyclone Warning Signal / “Extreme Conditions” Announcement Tropical Cyclone Warning Signal No. 3 or below remains in force. Tropical Cyclone Warning Signal No. 8 or “Extreme Conditions” Announcement is cancelled before 5:45 a.m. Tropical Cyclone Pre-No. 8 Special Announcement / Tropical Cyclone Warning Signal No. 8 or above, or “Extreme Conditions” Announcement is issued / remains in force at 5:45 a.m. or later. Tropical Cyclone Pre-No. 8 Special Announcement / Tropical Cyclone Warning Signal No. 8 or above, or “Extreme Conditions” Announcement is issued / remains in force at 12:00 p.m. or later.	 Test will be conducted as usual. Test will be conducted as usual. Test sessions scheduled in the morning (i.e. starting at or before 12:00 p.m.) will be cancelled. Test sessions scheduled in the afternoon will be cancelled.
2.	Rainstorm Warning Signal “Amber” or “Red” Rainstorm Warning remains in force. “Black” Rainstorm Warning is cancelled before 5:45 a.m. “Black” Rainstorm Warning is issued during the Physical Fitness Test. “Black” Rainstorm Warning is issued / remains in force at 5:45 a.m. or later. “Black” Rainstorm Warning is issued / remains in force at 12:00 p.m. or later.	 Test will be conducted as usual. Test will be conducted as usual. Test in progress will be conducted as usual. Test sessions scheduled in the morning (i.e. starting at or before 12:00 p.m.) will be cancelled. Test sessions scheduled in the afternoon will be cancelled.

Note:

In the event of cancellation of test sessions due to the inclement weather conditions as stated above, rescheduling of the test will be arranged for the affected candidates.