

Your police recruitment checklist

Use our handy checklist to help prepare you for each step of your police recruitment journey. If using this checklist online, remember to save your progress as you tick things off.

BEFORE YOU APPLY

Check you meet the basic [Eligibility criteria](#)

Choose your best Entry Route

Visit a local station / talk to serving officers / do a 'ride along'

THE APPLICATION FORM

List all names known by, including name at birth

Dig out educational qualifications

Have National Insurance number handy

Have Driving Licence details handy

HM Forces? Have your Service Number and reason for discharge handy

Complete application form

ONLINE ASSESSMENT

Familiarise yourself with the Competency & Values Framework

Read all Candidate Guidance docs

Download required apps (details in guidance docs)

Check equipment and internet connection

Think about relevant work/life examples to include

FITNESS & MEDICAL TESTS

Create a training plan (e.g. NHS Couch to 5K)

Start training at least six weeks before

Practise the 'Bleep' test regularly

Smoker? Try to stop or at least cut down

Check your BMI is between 18 and 30

Medical condition?

Check if you need reasonable adjustments made

Request your medical records or a note from your GP about how your condition is managed

VETTING

Have your address history for the last five years handy

Collate details of your monthly income and expenditure

Collate details of your savings and borrowings

Ever been declared bankrupt or had a CCJ? Get proof of debt being discharged

Collate details of any secondary employment or business interests

Collate your family/friends/associates details, i.e:

Your partner and their address history for the last 5 years

Your parents and your partner's parents

Your full, half & step siblings

Your children (if aged over 10)

All co-residents at your current address (e.g. lodgers)

Any criminal associates

Collate details of any previous contact with the police, e.g:

Any cautions, convictions or Fixed Penalty notices

If you've ever been arrested

If you've ever been involved in an investigation

Any traffic offences (excluding parking offences)