

POLICE CIRCULAR ORDER No. 53

No. 10244 (24)-S., dated the 14th May 1952, from B. Roy, I.P., Inspector-General of Police, Orissa, to all Deputy Inspector-General/all Superintendents of Police/Commandants, 1st and 2nd Battalion/Principal, Police Training College, Angul/Superintendent of Police, Transport and Signals/ Crime Assistant and Special Assistant to Deputy Inspector- General, C.I.D./Deputy Superintendent of Railway Police/Deputy Superintendent of Police, Fire Service.

Games, sports and athletics should be considered as much more than mere pastime. In the present time it is primary importance that officers of all ranks should maintain as close a touch as possible amongst themselves and with the constabulary. One of the effective means to attain this end, apart from encouraging *esprit-de-corps*, is to take the keenest possible interest in developing games, sports and athletics. Further this field of activeity has assumed an all-India importance and as much the Orissa Police must pull its full weight in the all-India sphere and not lag behind.

Enclosed is a note by Mr. J.F. Hyde which indicates the defects which contribute to the failure of the Orissa Police in the Second All-India Police Athletic Meeting at Lucknow in February 1952. It is now necessary that new talent should be found and properly trained. For the purpose of discovering new talent a note by Sergeant-Major N.K. Das is also attached. This note should be carefully studied and all officers and constabulary below 5 year's service must be put through the 7 tests. The results of these tests should be sent in the form attached. The tests should be completed and results reported to reach Mr. J. F. Hyde not later than 30th June 1952. There are likely to be many difficulties but you are requested to make an earnest effort to surmount the difficulties. It is of utmost importance that you do not delay beyond the 30th June in sending in the information required.

The method of conducting the tests was explained to representatives from districts/Establishments during the recent hockey and boxing tournaments at Jharsuguda.

(Previous Police Circular Order No. 2 of 1952)

SCORE SHEET FOR ATHELETIC TEST AND MEASUREMENT OF ABILITY

Serial No.	Tests	Details of conducting test	Assesmet of standards		Remarks
			Performance	Scoring	
1	2	3	4	5	6
1	Motor Capacity	(1) Suryanamaskar (2) Western Roll H.J (3) Co-ordination exercise			(In this column the age, height and weight of each candidate should be noted clearly)
2	Horse power	Standing shot-put			
3	Strength and speed	54 yds./50 metres sprint			
4	Muscular Viscosity	Sergent Jump			
5	Agility and co-ordination	Burpee test			
6	Pulse Ratio test	Pulse Rate Ratio			
7	Patience and Preserverence	(1) Chinning (2) 54 yds/50 metres sprint (3) Standing Long Jump (4) Potato Race— 54 yds/50 metres (5) Rope climbing 8 ft. (6) Throwing Discus stading (7) Push-ups			

METHOD OF CALCULATING THE PERFORMANCES IN "ATHELETIC TEST AND MEASUREMENT OF ABILITY"

Serial No.	Tests	Details of conducting test	Method of Assessing standards	Remarks
1	2	3	4	5
1	Motor Capacity	(1) Suryanamaskar (2) Western Roll Style in H.J (3) Co-ordination exercise	Each performance to be observed carefully and assessment made according to degree of correctness and time as A+, A, B, C.	
2	Horse power	Standing shot-put	32 feet and above A+ 31 feet to 29 feet A 29 feet to 28 feet B Below 28 feet to 27 feet C	
3	Strength and speed	54 yds./50 metres sprint	6 secs. or below A+ 6.5 secs. 7 secs. A 7 secs. 7.5 secs. B Above 7.5 secs C	
4	Muscular Viscosity	Sergent Jump	3 feet above A+ 2 feet 6 inches to 3 feet A 2 feet to 2 feet 6 inches B Below 2 feet C	
5	Agility and co-ordination	Burpee test	8 times and above A+ 7 times A 5 to 6 times B Below 5 times C	
6	Pulse Ratio test	Difference of Pulse rate and their ratio.	2.5 to 3 ratio—Fit Below 2.5 and above 3—Unfit	
7	Patience and Preserverence	(i) Chinnng (ii) 54 yds/50 metres sprint (iii) Standing Long Jump (iv) Potato Race— 54 yds/50 metres (v) Rope climbing 8 ft. (iv) Throwing Discus stading (vii) Push-ups	8 times above A+ 5 to 7 times A 3 to 4 times B Below 3 times C 7 secs below A+ 7 secs. to 7.5 sec A 7.6 sec to 7.9 sec B 8 secs and above C 10 feet and above A+ 9 feet to 9 feet 11 inches A 8 feet 4 inces to 8 feet 11 inches B Below 8 feet 4 inches C 29 secs. below A+ 29 secs. to 30 A 30 to 31.5 B 31.5 above C 2 times above A+ 1 to 2 A 3/4 to 1 B 1/2 to 3/4 C 50 feet above A+ 45 feet to 50 A 35 feet to 45 B Below 35 C 4 times above A+ 3 times A 2 times B 1 time C	(1) To make a consolidated assessment of this test average of 7 sub-tests has to be considered. This must be calculated as under Award points as follows for each category in each sub-test :— A+ 10 points A 8 points B 6 points C 4 points Total the pints thus obtained for the 7 sub-test and classify as follows:— 50 points and over will be A+ 40 points and over will be A 30 points and over will be B 20 points and over will be C

ATHLETICS IN THE ORISSA POLICE

BY

J. F. HYDE

Games and athletics were introduced in the Orissa Police since the inception of the State of Orissa. The object for concentrating so much on games and athletics in the police is that it is one of the most potential means for developing *esprit-de-corps* amongst the officers and constabulary and by exeeding these activities to the public it is good means of developing public police co-operation. The Greeks to whom we owe so much in respect of athletic competition stress two purposes first, to supply physically fit soldiers and second to fulfil as nearly as possible their love for artistic beauty and body activity. Running and leaping exercises were considered to develop in the Greek soldier offensive and defensive tactics. Throwing missiles and weights developed strength and accuracy in casting implements of war. Self-defence was taught by participation in sports which involved body contact, such as wrestling and boxing. it will, therefore, be seen that these ideals are as true and necessary for the police today as it was for the greek soldiers of old.

The Orissa Police volunteered to hold the first All-India Police athletic meeting in 1951 and did very well as its contingent earned the distinction of being the runners-up but in the 1952 meeting which held at Lucknow from the 8th to the 10th February 1952 the Orissa contingent to say the least, did very badly. Orissa was 5th and secured only 11 points. This has naturally made everyone to ask the question why did Orissa do so badly. My answer to this question is as follows :—

(a) When Orissa first introduced athletics for inter-district competition it was based on individual competition. This was found an unsuitable means for promoting athletics in district where athletic competition was not known. Hence one of two good athletics in a unit swept the championship. To discourage this and to encourage team spirit the system of competition was changed and relay races for sprints and team events in field event was brought in. This resulted in the production of a large number of athletics without affording any facilities for encouraging athletes to specialise in one or two events. Now to compete in the All-India sphere it is essential that athletes must specialise in one or two evens.

(b) In 1951 the Orissa contingents did so well because neither athletic meetings were being held in other States, with probable the exception of Uttar Pradesh, nor did they give any attention to it. this year, however, several States did a god deal of training. Orissa also did some training, but the athletic talent in Orissa had already reached its peak and as the athletes had not been trained to specialise in events, it was not possible to get more out of them. The answer therefore, is that new talent must be found, trained properly and specialised in events for which they have leanings.

(c) The system which was adopted for training the team and its selection was not correct. To select athletes on their performance in the annual athletic meeting and them to try to conditions and train them for the All-India meet is not correct. These men have already reached their climax when they come for the annual athletic meet and if they have trained on wrong lines it is too much to except that they will improve on their record or on the wrong training methods. In order to inculcate correct training methods an athletes training camp was held in 1950 but it is a matter of great regret that those who were trained have either not been utilised for training purposes have faded away.

(d) The selection of athletes, who had trained for the annual athletic meet, and then putting them under physical conditioning and athletic training for a period of one month prior to the All-India meet naturally contributed to the development of staleness.

With these important lessons learnt, it is essential that no time should be lost in funding remedies and in implementing them. It is now necessary that in every district and unit a five should be made to discovered latent talent. This when found should be given

preliminary training on proper lines. The athletes who show promise should be concentrated in the month of August in one place where conditioning on proper lines can be done and then the next three months devoted towards training them in specialised athletic events. In the month of November they should be read for competition in their districts followed by competition in the annual police athletic meet. Between this period and the All-India meet they must be put through series of competitions.

Reproduced below is a note by Shri Nanda Kishore Das on athletic tests and measurements of physical ability. This is a very valuable note as it shows how latent talent is to be discovered by means of scientific and up-to-date methods. Orissa is not a bankrupt state in athletic talent but its latent has to be discovered and properly nursed.

ATHLETIC TESTS AND MEASUREMENTS OF PHYSICAL ABILITY

We are living in an era of examinations and tests of all kinds, which serve, or should serve, the purpose of assessing, in the first place, general ability as an indication of potentiality, and secondly, specialised suitability. These two assessments in respect of an individual can be made by ascertaining the following 'capacities' in him through several tests explained in subsequent paras. The 'capacities' to be ascertained are :—

Tests on :—

1. Motor capacity
2. Horse power
3. Strength and speed
4. muscular Viscosity
5. Agility and co-ordination
6. Pulse Ratio test
7. Patience and Perseverance

(1) *Motor Capacity*—In this case, the capacity, represents the natural ability of the subject to perform certain physical skills, the technique of which has not yet been taught to him. It is a test, to say more specifically, of *natural physical cleverness*, therefore must be a test of a variety of abilities all of which must involve fundamental principle of success in athletics.

Test for motor capacity—The coach would demonstrate the following to the subjects and note how soon and how correctly they are able to perform them in a given time :—

- (1) *Suryanamaskar*
- (2) *Western roll in High Jump*
- (3) *Free hand co-ordination exercise*

(Hands forward, sideward and upward with feet astride in each movement of the hand going out and feet coming together with hands coming to clenched position near the shoulder.)

(2) *Horse power*—All "track and field" athletics are really a matter of "Horse Power" which is relative to the individual's weight.

Test for Horse Power—Standing short-put—In this test the subject with in the 'circle' has to twist his body thrust his legs, combined with the drive of his right arm to accelerate the short as much as possible. The 'distance thus covered compared with other individuals undergoing the test would give the comparative Horse Power of each.

(3) *Strength and speed*—Success in athletics depends upon strength and speed, in other words the athlete must have at his command *force* and *velocity*, which are synonymous terms for strength and speed. But force times velocity is power and thus strength and speed is co-relate to Horse power.

Test for strength and speed—50 yds/metres run-time with stop-watch (the subjects must run individually) (Time returned by each would give the comparative capacity of strength and speed).

(4) *Muscular Viscosity*—It is to be remembered that speed is dependent upon not only the *contractile* power of the muscles but also upon how quickly they can be contracted. This capacity (muscular viscosity) is most required for Sprints and Jumping where the athlete is expected or has to gather up '*speed*' and '*spring*' *all at once*.

Test for Muscular Viscosity—This test is known as "Sergeant Jump". It is to be conducted as follows :—

On the wall mark feet and inches the subject should stand in front of the marking with his back to the wall. The coach should take his position on a low table or bench facing the subject. The height of the subject should be noted and then he should be directed to leap upwards. The coach should by his eye observe the height attained by the leap on the marking on the wall.

Thus the difference between the standing height of the subject and the height attained by the leap will indicate the comparative muscular viscosity of the subject. The bigger the difference, the better the muscular viscosity. It must be clearly noted that the test is for measuring the jumping capacity in relation to muscular viscosity and not how much the subject knows about jumping.

(5) *Agility and co-ordination*—Athletes success depend largely on the suppleness of their body. The greater the 'suppleness' of their muscles the longer they stretch to obtain the maximum of speed, strength and power. Synchronising the movement of hands with your legs in sprint or hurdling or pole-vaulting is summed up as co-ordination.

Test for agility and co-ordination—*Burpe Test* *Agility and co-ordination*—In this test the subject takes the knee bend position with his hands resting on the floor in front of him. on the order 'go' he shoots his feet out behind and immediately comes back in the reverse order to the stand. His movements are timed by stop-watch and he gets in as many repetitions as he can in 10 seconds.

The greater the number of this movement by a trainee the better his capacity of agility and co-ordination.

(6) *Pulse-ratio Test*—This test is based on the ability of the heart to compensate for 'exercise'. This is required to know to what length or which of the events he is fit for.

Method to conduct the test—It is ratio of the Pulse rate before and after exercise, i.e., Pulse rate at the normal sitting position to be taken, following which the boy would be asked to take 'vigorous' physical exercise for about 2 minutes and the pulse rate is taken. It is found by dividing the pulse rate for two minutes immediately after exercise by that taken at the normal sitting position for one minute.

i.e., Pulse rate after exercise for 2 minutes 210 and normal 70

Therefore Ratio is $\frac{210}{70}=3$

The variation of this Ratio is allowed up to 5, i.e., it must not be less than 2.5 or more than 3. Any fall below 2.5 or any rise above 3 (taken during the year) is an indication that the athlete is not fit and wants medical attention.

Constancy and consistency of this 'ratio' is required for Long Distance running (Marathon, 10,000m. 4,000m.) and for Decathlon man or one who is required for more than two or three events (400,400 hurdles 400 relay and 800 and jump). Power or capacity of taking strain, a 'punishment' or of endurance is dependant on this ratio.

(7) *Patience and perseverance*—It must be borne in mind that the mere fact of a trainee or subject showing a high standard or high co-ordination in the foregoing tests (1 to 6)

does not mean that he will become a good athlete once, or he will ever be a great athlete, simply because he may lack the patience and perseverance required for training or he may not have the competition temperament.

Method to conduct this test— This is actually a test form or ability and a test to assess athletic prowess. They are to be done together as under :—

- (1) Chinning (horizontal bar)
- (2) 50 yds metres sprint
- (3) 50 yds. potato race
- (4) Long jump (standing)
- (5) Rope climbing
- (6) Throwing the Discus
- (7) Push-up (parallel bars)

These the boy should do along one after the other, alone and records of each to be kept showing number of times (Chinning, Rope-climbing and push-up) timing (50 yds. Run and Potato and distance (Long jump, discus throw).

Comparative study of these results would show how good is one's capacity of patience and perserverence. because it would be observed that he who possess this quality better than the others would perform each of these items taking every care with regard to "Technique" in it, irrespective of the fact whether they are tired or otherwise.