



## Sheriffs Officer Fitness Agility and Strength Test (SOFAST)

Physical testing is scheduled after your application package and all copies of documentation are received at the British Columbia Sheriff Service (BCSS) Recruitment Office.

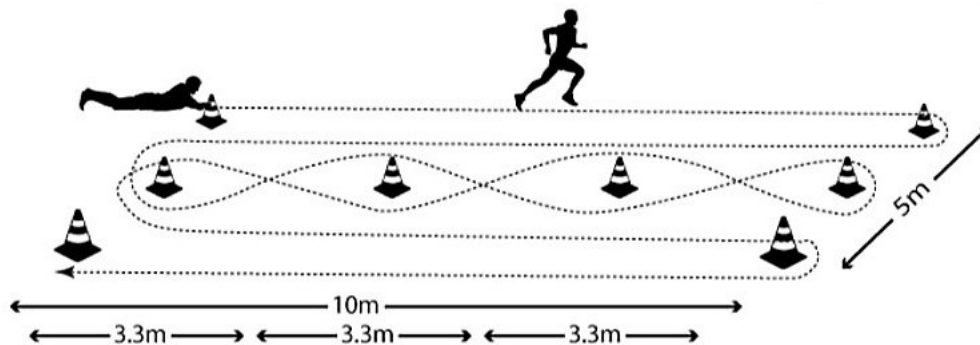
The Sheriffs Officer Fitness Agility Strength Test (SOFAST) was created to simulate the physical responsibilities of a deputy sheriff during an emergency event where they are required to rapidly respond to a scene, negotiate obstacles, and control subjects.

This test is comprised of four stages which are completed consequently with up to a 30-second break in-between each stage. Applicants are required to successfully complete each stage before moving to the next and all stages must be completed within the identified testing standards listed below.

If an applicant is unsuccessful during any stage of the test, they will be given an opportunity to re-take the test from the beginning once. SOFAST administrators will ensure appropriate rest time is awarded to an applicant between tests if required/chosen to re-take.

### **Stage 1: Illinois Agility Test**

The Illinois Agility Test, established in 1979, is used by multiple institutes around the world to test running agility using various turns and movements. The Illinois Agility Test consists of a 50 square meter area marked with eight cones (see below picture).



All applicants will start in the prone position with hands shoulder width apart, on the start signal the applicant will have 22-seconds to stand and negotiate the cones as marked in the map.

### **Stage 2: Beep Test**

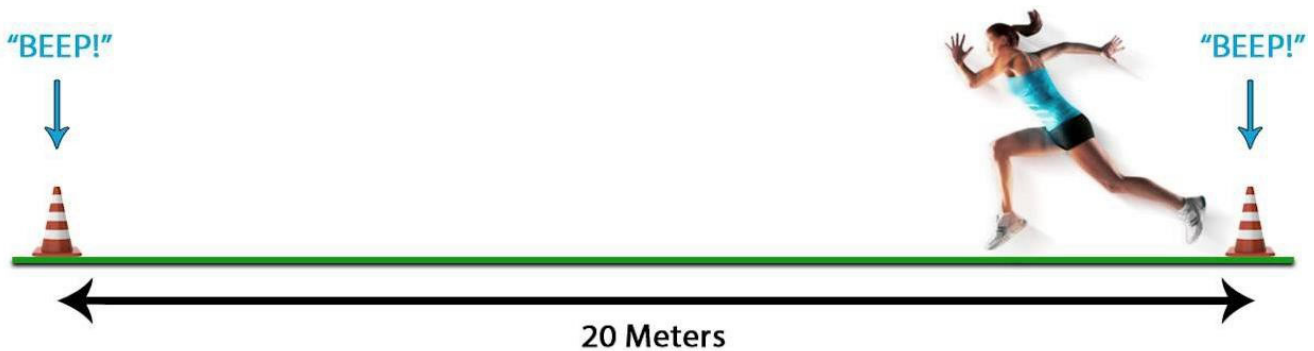
The Beep Test, also known as the multi-stage fitness test, was added to test applicants V02 maximum, or how much oxygen your body can absorb and use during exercise and is commonly used throughout the world by sporting groups and institutes. The Beep Test requires participants to run back and forth between two lines positioned 20 meters apart. The applicant must maintain a running speed determined by a pre- set audio tone, that sounds like a “beep”, throughout the

duration of the test. The required running speed or pace increases as the test progresses.

The Beep Test begins at level one with a “triple beep” audio tone. Applicants are required to run to the opposite line before the next beep and may not leave that line until the next beep. Applicants must place one foot on or beyond the line, while the other foot must be behind the line. This process will be repeated until the applicant makes it to level 6. The beep frequency increases at each stage.

Applicants will be given one warning for not reaching the opposite line prior to the subsequent beep. If an applicant is given a second warning they will be told to stop as they have not met the required standard and will be given an opportunity to re-start the test from Stage 1.

Applicants must achieve level 6 or 6.1. If the first warning occurred at level 6 the applicant must make it to level 6.1 without receiving a second warning.



### **Stage 3: Hand Release (T-Push-Up)**

Hand release or T-push-ups are based on the U.S. Army's Combat Fitness testing criteria. These push-ups better test overall upper body strength than standard push-ups and are easier to administer as the applicant's chest needs to touch the ground completely.

The applicant will start in the prone position (lying flat with the chest down and back upward) with their hands shoulder width apart. On the start signal, the applicant will push themselves into the up position with elbows fully extended while their upper body and lower body leave the ground at the same time. They will then lower themselves down to the ground and extend their arms straight out into a “T” position. The applicant will then bring their hands back to shoulder width apart and repeat the process (see below picture). The applicant will be given up to two minutes to complete 25 hand release T-push-ups. If the applicant cannot complete 25 hand release T-push-ups, they will be required to re-take the complete test starting from Stage 1.



## **Stage 4: Plank Hold**

The plank hold standards are based on research from the 2015 Journal of Human Kinetics. The plank hold tests the overall core and back strength of the applicant. The applicant will start with their back straight while resting on their elbows and forearms. They must maintain this position for 70 seconds. If the applicant cannot complete 70 seconds of plank, they will be required to re-take the complete test starting from stage 1.



**Testing Target Levels:** (An applicant must meet the target levels below to successfully pass)

- Illinois Agility Test: 22 seconds or under
- Beep Test: Level 6.0 or 6.1 if first time warning is given on level 6.0
- Hand release T-push-up: 25 in two minutes
- Plank hold: hold for 70 seconds

Note: If an applicant is unable to complete any stage of the test, they will be deemed unsuccessful and given an opportunity to re-run the test from the beginning one time.

### **Caution: Energy drink consumption**

In the four hours prior to the SOFAST start time, we strongly recommend that you don't consume pre-workout packs, any type of energy drinks, or electrolyte drinks containing above average levels of caffeine and taurine.

These substances can have a negative effect on you during exercise, including but not limited to increased blood pressure and heart rate.

The general side effects of most pre-workout supplements are jittery feelings, excess energy, headaches, and nausea. Pre-workout supplements usually have three to four times the amount of caffeine contained in a cup of coffee. Caffeine naturally raises your heart rate and combined with the stress of cardiovascular activity; it can put excess strain on your heart.