

The Sheriffs Officer Fitness, Agility, and Strength Test (SOFAST) is designed to simulate the physical demands placed on a deputy sheriff during emergency situations. These demands include rapid response, obstacle navigation and subject control.

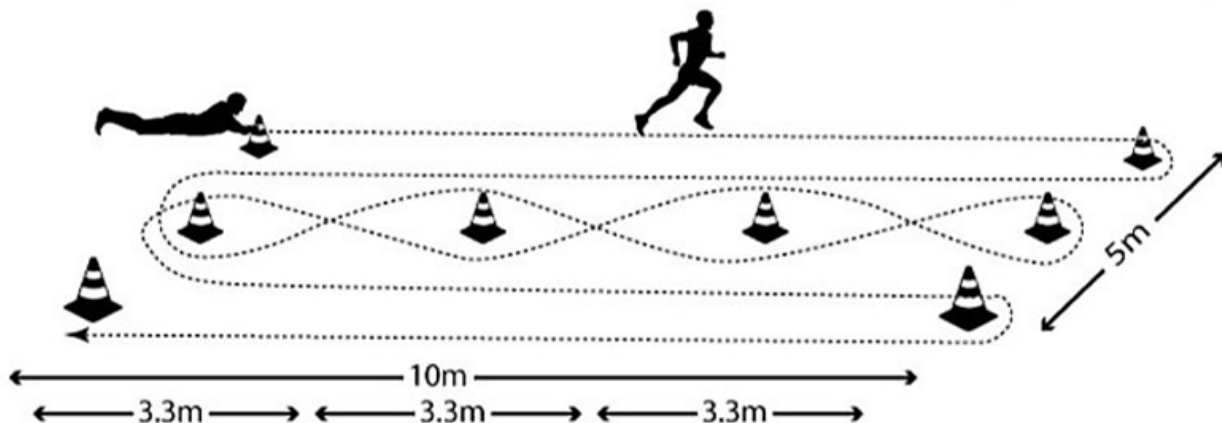
The test consists of four stages, completed consecutively, with up to a 30-second rest period between each stage. Applicants must successfully complete each stage before progressing to the next. All stages must be completed within the standards outlined below.

If an applicant is unsuccessful at any stage, they will be given one opportunity to re-attempt the entire test from the beginning. Appropriate rest time will be provided before a re-test.

Stage 1: Illinois Agility Test

The Illinois Agility Test is a standardized assessment used worldwide to measure an individual's ability to accelerate, decelerate and rapidly change direction while maintaining control and balance.

The course is set up using eight cones arranged over a rectangular area. The applicant must complete a series of straight sprints, 180-degree turns and weaving movements through the centre cones, testing coordination, speed and body control.



Course and Equipment:

- ✓ Eight cones marking the start, finish, turning points and centre weave section
- ✓ Flat, non-slip running surface

Important rule: Any cone that is knocked over or any failure to correctly follow the prescribed course pattern may result in disqualification.

Starting Position (BCSS Standard):

- ✓ Prone position with chest and stomach flat on the ground
- ✓ Hands positioned shoulder-width apart in a push-up position
- ✓ Hands on or immediately behind the starting line

Procedure:

1. On the start signal, the applicant must rapidly rise to their feet
2. Sprint forward to the first marker and complete the required turns
3. Weave through the centre cones in the designated pattern
4. Complete the remaining sprint sections and cross the finish line

The test evaluates how efficiently an applicant combines sprinting speed with controlled changes in direction.

Key requirement: Complete the course in 22 seconds or less.

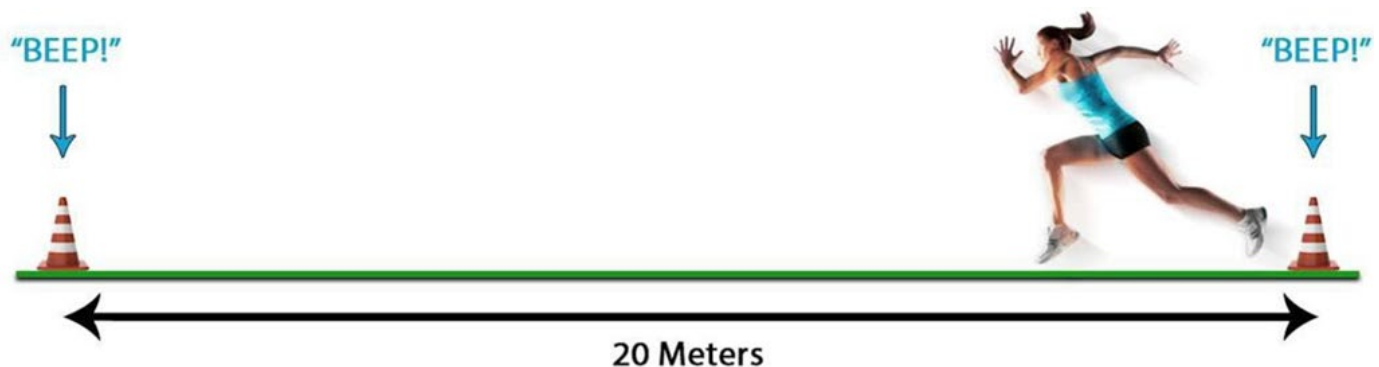
Stage 2: Beep Test (20 Metre Multi-Stage Fitness Test)

The Beep Test (also called the multi-stage fitness test or 20 metre shuttle run) is widely used to measure aerobic endurance and estimate VO_2 max.

Applicants run continuously between two lines set **20 metres apart**, maintaining a pace dictated by an audio signal. The time between beeps progressively decreases, requiring increasing running speed at each level.

Official test audio:

The following audio track is used during testing: https://www.youtube.com/watch?v=e0U_yQITBks



Test procedure:

- Start behind the line on the initial beep
- Run to the opposite line before the next beep
- Turn and continue running in time with the audio cues

BCSS Standard (Important Clarification)

- ✓ Applicants must have **both feet fully behind the line before the next beep sounds**
- ✓ Applicants must remain behind the line until the next interval begins

Performance rules:

- If an applicant arrives early, they must wait for the next beep before moving again
- One warning is given if the line is not reached in time
- A second warning results in termination of the test

This progressive test increases in intensity until the applicant can no longer maintain the required pace, making it an effective assessment of cardiovascular endurance.

Key requirement: Achieve **Level 6.0**, or **Level 6.1 if a warning occurs at Level 6.0**.

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

The Hand Release Push-Up is based on U.S. Army Combat Fitness Test standards and is designed to assess upper body muscular endurance and control through a full range of motion.

This variation requires a complete reset at the bottom of each repetition, ensuring consistent technique and eliminating partial repetitions.



Starting position (BCSS standard):

- Prone position with chest, hips and thighs on the ground
- Arms extended fully outward in a **“T” position**
- Body aligned in a straight line from head to ankles

Movement sequence:

1. Bring hands from the “T” position to shoulder-width placement under the shoulders
2. Push the body upward as a single unit until the arms are fully extended
3. Lower the body under control until chest, hips, and thighs contact the ground simultaneously
4. Lift both hands off the ground and extend them outward into a “T” position again
5. Repeat the sequence

Form requirements:

- Body must remain rigid and aligned throughout the movement
- Elbows must fully extend at the top
- Chest, hips and thighs must touch the ground at the same time

This test emphasizes controlled strength, core stability and muscular endurance.

Key requirement: Complete **25 repetitions within two minutes**.

Stage 4: Plank Hold

The plank hold (also known as the prone bridge test) measures core strength and endurance, particularly the muscles responsible for stabilizing the spine and maintaining posture.

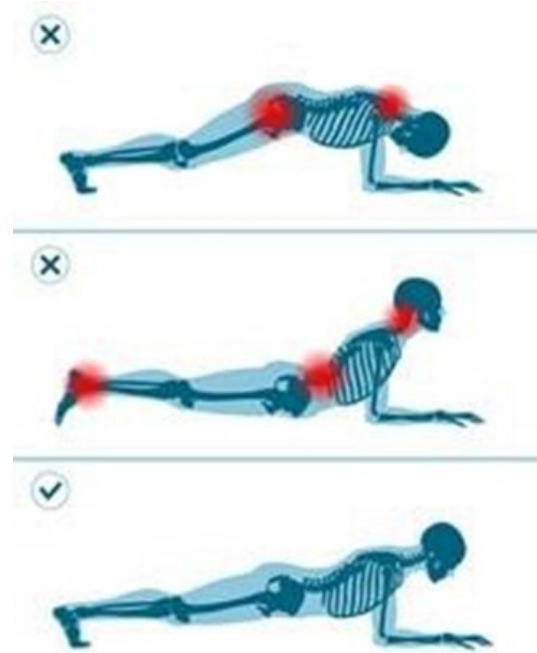
It is an isometric exercise, meaning the body maintains a fixed position under tension rather than performing repeated movement.

Starting position:

- Forearms on the ground with elbows directly under shoulders
- Legs extended with weight supported on the toes
- Body held in a straight line from head to heels

Form requirements:

- Maintain a neutral spine with no sagging or piking at the hips
- Keep core engaged and body aligned throughout
- Head remains neutral, facing downward



Important rule: The test is terminated if proper form can no longer be maintained (e.g., hips drop or back arches).

This stage assesses core stability, which is critical for injury prevention, posture and effective force transfer during physical tasks.

Key requirement: Hold the position for **70 seconds**.

Testing Target Levels

Applicants **must** meet all the following standards to pass:

1. Illinois Agility Test: **22 seconds or less**
2. Beep Test: **Level 6.0 (or 6.1 if warning at 6.0)**
3. Hand Release Push-Ups: **25 repetitions in two minutes**
4. Plank Hold: **70 seconds**

If an applicant fails **any** stage, their test will be considered unsuccessful. They may reattempt the full test once.