

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

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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.

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(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.

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