



BRITISH
COLUMBIA
Ministry of Attorney General

SHERIFF RECRUIT TRAINING

Application Package

The Sheriffs' Officer Physical Abilities Test (SOPAT)

Physical testing is scheduled after your application package and all copies of documentation are received at the Recruitment and Selection Center.

Energy Drink consumption

- **Four hours prior to your SOPAT start time it is **strongly recommended** that you refrain from consuming pre-workout packs, protein powders, or any type of energy drinks or electrolyte drinks containing **above average levels of caffeine and taurine**. This will potentially mitigate any negative effects these substances may have on you during exercise, including but not limited to increased blood pressure and heart rate.**
- As a cautionary note 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. The issue is that caffeine naturally raises your heart rate and combined with the stress of cardiovascular activity it can put excess strain on your heart.

The Sheriffs' Officer Physical Abilities Test (SOPAT) floor plan is attached for your information. The physical testing consists of the following steps:

Station 1: mobility run

Complete the running of the course (follow arrows) and on completion of the sixth lap circle the end marker and proceed to Station 2. You must stop and replace markers and obstacles that you displace. The total running distance is 400 m (.25 mile).

Station 2: push-pull activity

Demonstrate the ability to control a 23 kg (50lb) resistance, while moving through the machine- controlled arch of 180 degrees. Move through this arch 6 times for the push activity and 6 times for the pull activity. A balanced position with elbows bent moving the feet in a sidestepping or shuffling motion must be maintained throughout the performance of this activity.

Station 3: modified squat thrust and stand with rail vault

From a standing position, perform a squat thrust to the front. Place the chest on the mat. Stand as quickly as possible and then vault the rail. From a standing position, perform a squat thrust to the back, touching the shoulder blades to the floor. Sit up and stand (rolling to the side is not allowed) as quickly as possible, and then vault over the rail. Complete 10 squat thrusts, stand up and touch the tester's hand.

Station 4: weight-carry

The weight-carry portion of SOPAT immediately follows the timed portion of the test (the participant must start to perform the weight carry within 30 seconds of the completion of Station 3). Bend the knees, keep the back straight and upright, pick up the 36 kg (80lb.) weight and, holding it in front of the body, carry it around the marker 7.5m (25ft) away, and back again. The weight carry portion of SOPAT is not timed.

Scoring of the SOPAT

Time to complete is scored to the nearest second. To be successful, a candidate must correctly complete the timed portion of the test within 4 minutes and 15 seconds. No exceptions will be made to this pass time.

