SOFQ

FIANÓGLACH

Module 1
Test Overview

Army Ranger Wing

Module 1 – Test Overview
Special Operation Forces - Qualification

Foreword

This document outlines the tests that candidates must pass over the course of SOF-Q Module 1. These tests are designed to assess physical and psychological ability, as well as candidates' ability to navigate. It is advised that candidates become familiar with the routes outlined in this document. Furthermore, it is essential that all candidate attempting Module 1 have a good level of navigation ability.

Test Overview
The tests are broken into a number of distinct phases:
Phase 1 – Physical Tests
- SOFQ Fitness Test
- Foreman-Aftman Test
- Loaded March Test (Battle Run)

Phase 1 – Confidence Tests
- Bridge Jump
- Claustrophobia Test
- Abseil Test

Phase 1 – Written Test
- Map Reading Written Test

Phase 2 – Physical and Navigation
- Ten individual navigation tests

Week 1
Overview

Phase 1 – Physical Tests

SOFQ Fitness Test

In order to progress through Module 1, you must demonstrate the ability to obtain a minimal fitness standard. This standard applies to ALL candidates, male and female, and all age profiles. The standards that must be achieves are as follows:

- Pull ups > 6 reps. The grip for this is an overhand shoulder width grip, elbows must fully extend, the chin must pass the griped bar. No swinging or kipping is allowed.
- Sit up > 30 reps. As per Defence Forces IT's.
- Push up > 36 reps. As per Defence Forces IT's.
- 3.2km run < 14:36.

Foreman-Aftman Test

This assessment accounts for approximately 40% of all failures during Mod 1. This is often due to improper preparation in training and nutritional strategies. It is necessary to prepare thoroughly for this assessment with your preparation encompassing fitness, nutrition and mental strategies. Remember this assessment is not performed on day one, therefore you need to be aware that you will be completing this on "tired legs" and your training should reflect this. The test is as follows:

- 17 km tab across undulating terrain (map included).
  * 45 lbs of weight
  * This weight is made up with your pack, vest and helmet. It does **NOT** include water, rations or weapon.
  * Weather conditions and conditions underfoot will dictate the test pace, however four (4) kph is the recommended pace with dry ground and fair weather.

Foreman Aftman Route
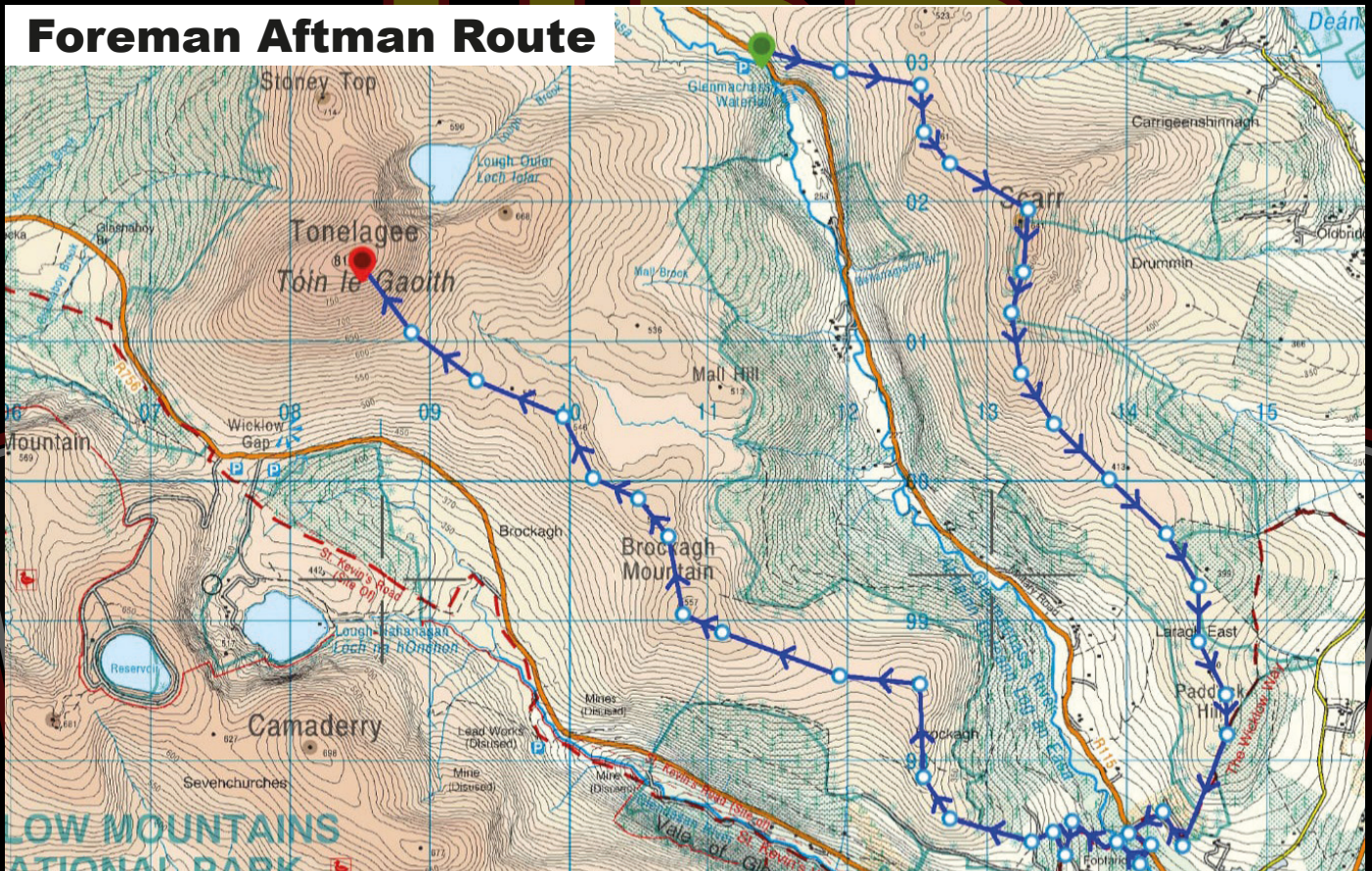
12.8 k Battle Run

This Battle Run is completed on the Curragh plains (pictured below). Common reasons for failure include, lack of physical preparation, poor nutritional strategies and not knowing the terrain (marker points). Similar to Foreman-Aftman this test is not completed on day one.

- 12.8 km Individual effort. Completion time < 1 hr 50 minutes.
    - * 55 lbs (25 kg) – to be worn/carried: main pack, battle vest and helmet to be worn.
    - * This weight is made up with your pack, vest and helmet. It does **NOT** include water, rations or weapon.

12.8k Battle Run

START
FINISH

Phase 1 – Confidence Tests

Blessington Bridge Jump
- You will complete 2 X Bridge Jumps
  - * If you refuse to jump twice you will fail this assessment.

Claustrophobia Test
- This test assesses the candidate's ability to manage claustrophobic scenarios.
  - * If you refuse twice you will fail this assessment

Abseil Confidence Test
- Candidates must complete two (2) abseils. Two (2) refusals will result in fail.

Phase 1 – Written Test

Map Reading Written Test
- During Week 1 candidates will complete a written map reading test, based on the Manual of Map Reading. The pass mark on the assessment is < 40%.

Week 2 and 3 Overview

Phase 2 – Navigation

In this phase the candidate will complete ten navigation tests. This will assess the candidate's navigation abilities and also their physical endurance. All 10 walks are an individual effort completed over a series of different distances with various weight. This weight ranges from 45 – 65 lbs **excluding** water, rations and weapon. The candidate will navigate approx. 25 km per day. Candidates **must** maintain an average speed of 4kph. The final navigation is the longest, at 60+ km.

Listed below are examples of areas used during this Navigation Phase. It would be advantageous to become familiar with these areas.
- Silsean, Sorrel Hill, Moanbane, Table Mountain, Kippure, Tonelagee, Fair Mountain, Mullaghcleevaun, Black Hill, Duff Hill, War Hill, Brockagh, Conavalla, Camaderry, Gravale.

How to prepare.

All of the aforementioned test are achievable with the correct preparation, both mentally and physically. The ARW Human Performance Cell have developed a training plan for all candidates. This is a fully guided program that aims to develop the complete Tactical Athlete in preparation for courses such as Special Operation Forces – Qualification. This program has been developed by subject matter experts in area of sport science, strength and conditioning, psychology, and by operators serving in the unit who have been successful at completing SOF-Q.

This program is available on the ARW IKON homepage:
(DFHQ – Operations Division – Army Ranger Wing – Documents).