

CANSOFCOM Physical Fitness Screening Evaluation

Quick Reference Guide*

Official Reference Title	Example of Notice of Intent (NOI)	1 Relative Handgrip (Score)	2 Standard Load Squats (Reps)	3 Pull-ups (Reps)	4 Sit-ups (Reps)	5 Push-ups (Reps)	6 20m Shuttle Run (Level)	7 1.5 Mile Run (Time)	8 Combat Swim Test	9 Basic Military Swim Standard Test	10 Ruck March (Time)
CANSOFCOM PFSE 1 (Order = 7, 1-5 + 9)	JTF 2 Assaulter	≥ 1.00	≥ 11	≥ 5	≥ 40	≥ 40	n/a	≤ 09 _m :45 _s	n/a	Yes	n/a
CANSOFCOM PFSE 2 (Order = 1-4, 6 + 9)	TCO // JTF 2 Coxswain					n/a	≥ 8.0	n/a	n/a	Yes	n/a
CANSOFCOM PFSE 3 (Order = 1-6 + 8 + 10)	SF Operator					≥ 40	≥ 9.0	n/a	Yes	n/a	≤ 2 _h :24 _m

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*This graphic is meant for general guidance only and does not constitute the official details of each applicable CANSOFCOM PFSE as these are subject to change. Always ensure you refer to official CANFORGENs and the CANSOFCOM PFSE Operations Manual for details pertaining to the application, standard, order of administration, and other details for each PFSE.

