



Firefighter Recruitment

Beep Test and
Claustrophobia Test
Information Guide



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This document is uncontrolled when printed and subject to changes/updates reflective of requirements of the role.



Beep Test

For a candidate to be successful in completing the Beep Test (also known as the Shuttle Run), candidates will be required to demonstrate levels of cardiovascular fitness consistent with the duties of an operational firefighter.

The Beep Test is a pass/fail assessment. Candidates will be required to successfully complete Level 9.6 of the Beep Test and must be completed at an identified QFES assessment venue. Candidates are NOT required to complete this assessment any further than Level 9.6. Candidates will only have one attempt at the Beep Test.

Candidates are required to have received medical clearance prior to attempting the Beep Test. Evidence of this must be provided on a completed Queensland Fire and Emergency Services Firefighter Recruitment – Certificate of Indemnity and Fitness Form. Candidates are required to arrive on their Beep Test assessment day with a completed Queensland Fire and Emergency Services Firefighter Recruitment – Certificate of Indemnity and Fitness Form to submit at the registration point.

Candidates will be supervised throughout the Beep Test by QFES operational personnel. The assigned QFES officer will provide direction and verbal instruction to the candidate throughout the assessment. It is the responsibility of the candidate to listen and follow all instructions provided by QFES personnel at all times.

Successful completion of this assessment will see your application accepted and will progress to the next phase of the recruitment and selection process.

What to wear

For the duration of the Beep Test candidates may choose to wear shorts or tights as their preferred attire; a sleeved shirt and covered in shoes appropriate for this exercise must be worn at all times.

Singlets, sleeveless shirts, dresses and open shoes cannot be worn.



Overview

This is a pass/fail component and consists of **two (2)** tests:

1. *Beep Test*
2. *Claustrophobia Test*

The candidate is required to attempt the Beep Test and if successful, they will immediately move on to the Claustrophobia Test. If the candidate is unsuccessful in either of these tests, the QFES officer will immediately notify the candidate and the assessment will be stopped and deemed a fail; the candidate's application will be ceased.

The Beep Test

Task

This task involves the candidate completing a multi-stage aerobic fitness test. The candidate will be required to run between two cones that are set at a distance of 20 meters apart. The time given to complete the distance between cones will get progressively shorter until the test is complete. This task is aimed at simulating the level of fitness required by a firefighter during operational duty.

Warning

A warning on this task will occur if:

- 1st Warning (Candidate leaves early/does not reach the line/one foot not completely behind the line)
- 2nd Warning (Candidate leaves early/does not reach the line/one foot not completely behind the line)
- 3rd Warning (Candidate leaves early/does not reach the line/one foot not completely behind the line)

Failures

A failure on this task will occur if:

- Failure (Candidate fails to cross the line before the beep has sounded to start level 9.7)
- Failure (Candidate receives 3 or more warnings in total)



Once a candidate is deemed successful, the candidate must follow the instructions of the QFES officer and proceed immediately to the Claustrophobia Test.

Claustrophobia Test

The candidate will wear a blacked-out mask and will be led into an isolated room by an assessor. The candidate will then take a seat on the ground as directed by an assessor and remain in that place until an assessor notifies them that the test is complete and leads them out of the room.

Failures

A failure on this task will occur if:

- Failure (Candidate voluntarily withdraws)
- Failure (Candidate takes off their mask, adjusts their mask or touches their mask)
- Failure (Candidate talks to the assessors)

Following the completion of the Claustrophobia Test, the assessment is complete.

