



Firefighter Recruitment

Beep Test and
Claustrophobia Test
Information Guide

Respect

Integrity

Courage

Loyalty

Trust



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



Beep Test Overview

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 Queensland Fire and Rescue (QFR) assessment venue. Candidates are NOT required to complete this assessment any further than Level 9.6. Candidates are permitted a second attempt at the Beep Test within the assessment period, should they be unsuccessful on their first attempt and subject to specific requirements. To be eligible for a second attempt a candidate must attain, at minimum, Level 8.0 on their first attempt. Candidates that attain any level below 8.0 on their first attempt of the Beep Test are not eligible for a second attempt.

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

Candidates will be supervised throughout the Beep Test by QFR operational personnel. The assigned QFR 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 QFR 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.

All required safety and personal protection equipment will be provided by QFR on the day; you will not be permitted to bring or use your own personal equipment.

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 QFR officer will notify the candidate immediately and the assessment will be stopped and deemed a fail; the candidate's application will be ceased.

Beep Test Re-Attempt

Candidates are permitted a second attempt at the Beep Test should they be unsuccessful on their first attempt and subject to specific requirements. To be eligible for a second attempt a candidate must attain, at minimum, Level 8.0 on their first attempt. Candidates that attain any level below 8.0 on their first attempt of the Beep Test are not eligible for a second attempt.

Candidates may re-attempt the Beep Test on another day within the Beep Test assessment period of the campaign they are applying for.



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 QFR officer and proceed immediately to the Claustrophobia Test.

Claustrophobia Test

Task

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)

Candidates are permitted **one attempt only** at the claustrophobia test; a reattempt for this test is not permitted.

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