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- KEY SKILLS FOR RECRUIT SELECTION
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- **FASTTRACK!** YOUR APPLICATION

AGE/GENDER	BEEP TEST REQUIRED LEVEL				
MALE	A	B	C	D	E
Under 30	≥ 9/4	9/3 - 8/6	8/5 - 7/8	7/7 - 7/4	≤ 7/3
30-39	≥ 8/5	8/4 - 7/10	7/9 - 7/1	6/10 - 6/7	≤ 6/6
40+	≥ 7/7	7/6 - 7/1	6/9 - 6/3	6/2 - 5/9	≤ 5/8
FEMALE	A	B	C	D	E
U30	≥ 7/5	7/4 - 6/10	6/9 - 6/3	6/2 - 5/9	≤ 5/8
30-39	≥ 7/1	6/10 - 6/5	6/4 - 5/6	5/5 - 5/3	≤ 5/2
40+	≥ 6/5	6/4 - 5/7	5/6 - 5/1	4/9 - 4/7	≤ 4/6

LEVEL A: The applicant has superior fitness and should have no difficulty in completing fitness assessment at the Academy

LEVEL B: The applicant has a good fitness level and should have little difficulty in completing fitness assessments at the Academy

LEVEL C: (Minimum Entry level) The applicant has average fitness and should be able to achieve the fitness assessments at the Academy with some or minimal assistance

LEVEL D: The applicant has below average fitness and while an applicant may be submitted once the applicant has reached this level, appointment to an Academy is conditional upon attaining Level C or higher

LEVEL E: The applicant has poor fitness level and an application should not be submitted until a higher level of fitness is attained

