There's an equipment assembly test and the equipment carry test, and that's where you'll be carrying a very sequent over a 25 metre distance.  
So with these tests they are all set by the national firefighter…Sorry, not firefighters charity. I've been working with them recently. Start again, Annie.  
That NFCC, which is the National Fire Chiefs Council.  
So these are sort of like all our tests and that's within all the fire services in the UK.  
We are governed by these standards.

Uh, so what's important to really understand is if you don't meet the standards of either their hand grip or the bleep test, unfortunately you would not be able to proceed with the rest of the recruitment process. And we would ask you to reapply from there.

So we are planning to for you all to have a bit of a trial of these physical tests, and so we will be releasing dates of our practical trials, looking at the start of December and I really, really hope that you're able to come down and visit our stations because you get to see me and my team, but also have a really good understanding of what's expected on your selection day.

You'll have the opportunity to talk with the crews and we've actually done this before from our previous wholetime recruitment campaign a couple years ago, and our potential candidates actually spent like a good few hours there and what they found really valuable was just to have that opportunity to talk to our crews and talk to our fitness team, because, you know, we're there to help you and support you in any way we can. And there are never, ever any stupid questions, because if there is, I'm the first person to ask that.  
And so, uh, just to reconfirm everything that we're saying:

So on your selection tests, so the first two tests that you'll do is the hand grip and the bleep test, and these tests are what you need to pass and be successful in to proceed with the other tests.  
So and then from there you've got the equipment assembly test, the equipment carry test, the latter lift and the latter climb, and the confined space test as well.

So I hope I've given you lots of information there and I'm more than happy to sort of answer questions, but probably the biggest thing is come down and see us, with our trial practical tests and you know we'll be more than happy to like discuss these tests and you have a sort of like real goal I'm you know talk to our to our fantastic crews.  
So thank you very much for listening and it's just so fantastic that we've got a really good response today. Thank you.

**Katie Norman (off-screen)**  
Ah, thank you, Annie.  
I don't know if you want to go through really quickly the medical standards.  
You know, we do the eyesight standards and things, just so people have a really quick, rough idea and if you they may need to get checked prior to starting in this process.

**Annie McInerney:**  
Yep. So, as you can see, I wear glasses here.

Now, if you do wear glasses or wear contact lenses, what we would recommend is that you have a look on our website and look at the eyesight standards. Now the entry level to get into the fire service, and this is the same right across the country, is that you've got like good eyesight to a very good standard.  
So I would certainly check that, but also if you've had laser eye surgery as well, you need to wait 12 months after your surgery, from there.

Now it's part of, if you are successful at interview, you'd be invited to your medical and this is where your pre-employment is so important because they'll ask lots of different questions about your medical background, and on your medical day they'll have a look at your eyesight, your hearing, so though they'll go through quite a detailed process.

And if you do have any questions on the medical side, hearing, or eyesight or medications, then we've also got another opportunity where we've got our ‘Occy Health’ team.  
Sorry. ‘Occy health!’ Occupational health.  
The team that will help with these answers, and like I say, we've got a team here that can help answer any questions and it could be anything about something or nothing.  
We are happy to help at this moment in time.