

Stunt Performer interview questions

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What to expect

Interviews for Stunt Performers usually combine a conversation about your experience with a practical assessment of your physical and safety skills. Employers want to see that you can take direction, work safely and stay calm under pressure.

- **Safety and technical:** Questions about harness inspection, rigging, risk assessment and compliance.
- **Behavioural:** Questions about teamwork, adapting to changes and handling pressure on set.
- **Scenario:** Hypothetical situations involving equipment failure, injury or last-minute script changes.
- **Physical readiness:** Questions about training routines, injury prevention and maintaining a broad skill base.
- **Process:** Questions about how you prepare for a stunt from call sheet to final take.

The interview typically starts with a screen or phone call with a producer or coordinator. If you progress, you will attend a practical session where you demonstrate specific skills such as falls, wire work or fight choreography. A final panel may include the stunt coordinator, director and a safety officer, who will ask a mix of technical and behavioural questions.

1. Walk me through how you prepare for a high fall, from the moment you get the call sheet to the final take.

Why they ask

This tests your process, safety awareness and ability to work with a team.

How to structure your answer

A step-by-step walk-through: start with reviewing the script and call sheet, then check equipment, rehearse with coordinator, communicate with camera, perform, debrief.

Example answer

"First, I read the call sheet and script to understand the fall height, landing surface and camera angles. I then meet with the stunt coordinator to discuss the rigging plan. Before the take, I inspect my harness, the descender and the crash mats. We rehearse the timing with the camera operator. During the take, I focus on my body position and the cue. After, I debrief with the coordinator to see if we need another take."

2. Tell me about a time you had to adapt a stunt on set because of a last-minute change.

Why they ask

This shows your problem solving and flexibility under pressure.

How to structure your answer

STAR: Situation, Task, Action, Result.

Example answer

"On a commercial shoot, the director decided to change the camera angle from a wide shot to a close-up during a fight scene. The original choreography would have hidden the impact. I worked with the other performer to adjust our timing and distance so the punch looked real but stayed safe. We ran it twice with the new angle and got the shot. The director was happy, and no one was hurt."

3. You're rigged for a wire sequence and notice a frayed cable just before the take. What do you do?

Why they ask

This assesses your judgement and commitment to safety.

How to structure your answer

Assess the risk, communicate immediately, stop the take, escalate to coordinator, document, then decide whether to fix or postpone.

Example answer

"I would immediately signal to the coordinator and stop the take. I would not perform until the cable is checked. I would point out the fray to the rigging team and the safety officer. If it cannot be replaced quickly, we postpone the shot. I would also log the issue in the safety report so it gets fixed properly."

4. How do you maintain your physical skills across different disciplines like martial arts, gymnastics and horse riding?

Why they ask

This checks your commitment to ongoing training and versatility.

How to structure your answer

Explain training routine, how you cross-train, how you manage injury prevention.

Example answer

"I train six days a week, splitting time between martial arts, gymnastics and riding. I work with a coach on fight choreography and do strength and conditioning to prevent injury. I also practise falls and wire work in a controlled environment. This routine keeps me ready for whatever a script requires."

5. Describe a time you worked with a difficult director or actor during a fight scene. How did you keep the scene safe and on track?

Why they ask

This explores your interpersonal skills and ability to maintain safety under pressure.

How to structure your answer

STAR: Situation, Task, Action, Result.

Example answer

"On a film set, an actor wanted to improvise a move that wasn't rehearsed. I explained the risk and suggested we walk through it slowly with the coordinator. We adjusted the move to keep it safe while still looking dynamic. The actor appreciated the collaboration, and we got the shot without incident."

6. What's your approach to inspecting harnesses and rigging before each take?

Why they ask

This is a technical safety question to see if you follow proper procedures.

How to structure your answer

Describe your inspection checklist, how you verify compliance, what you do if something is non-compliant.

Example answer

"I check the harness for fraying, stitching and buckle integrity. I inspect the rigging points, descenders and safety lines. I confirm the crash mats are positioned correctly. If anything looks worn, I tag it and report it to the coordinator. I never skip a check, even if we are pressed for time."