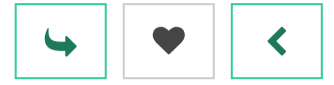


1 2 3

Stunt performer



Stunt performers stand in for actors to perform specialised or dangerous actions.



What you'll do

You'll use highly-developed physical and sporting skills to make them look natural and part of the action, like:

- gymnastics or high diving, for performing all types of falls
- fighting skills, possibly with weapons
- swimming or diving
- horse riding
- advanced driving techniques, for performing car chases and crashes

You'll set up, plan and perform stunts, usually whilst being supervised by a stunt coordinator.

Health and safety is very important as the work can be dangerous. You'd need to carry out a full risk assessment and complete detailed paperwork before you perform each stunt.

Record relevant activities you've already done on the [Activities tool](#) >

Working hours and environment

Working hours can be irregular and unsocial, depending on filming schedules. Days on set can be very long, although you may spend a lot of that time planning and setting up stunts, and waiting between scenes.

You'll work in studios or outside locations. Some stunts may be high risk and require you to spend a long time in uncomfortable conditions.

You'll wear protective clothing, harnesses or helmets for some stunts.

You could travel to studios and locations all over the UK and abroad, and you may spend long periods away from home.

You'll usually be self-employed and work on short-term contracts for each production. See our guide '[How to become self-employed](#)' for information on the advantages and disadvantages of being self-employed. You may need to do other work to earn a living when you're not performing.

Career path and progression

With experience, you could become a stunt arranger or coordinator.

Skills required

You'll need:

- ability in several sports and outdoor pursuits
- good communication and 'people' skills
- quick reactions and calmness under pressure
- a willingness to work in dangerous situations
- a high degree of responsibility and health and safety awareness
- good planning skills and attention to detail
- some acting skills (although formal experience isn't essential)

Got evidence of these skills? Record your examples on the [Skills tool](#) >

Entry requirements

You'll need to be at least 18 years old, and have excellent physical fitness and a commitment to staying very fit.

You'll also need membership of the Joint Industry Stunt Committee (JISC) Register of Stunt Performers and Coordinators. This shows employers that you're recognised as a professional stunt performer and can perform hazardous or specialist stunt work.

To get onto the JISC register, you'll need to show you have skills to the required standard and at least one year's experience across at least six different sporting areas across the following groups:

- fighting – martial arts or boxing
- falling – trampolining or high diving
- riding and driving – horse riding, driving cars, or riding motorcycles
- agility and strength – gymnastics or rock climbing
- water – swimming or sub-aqua

You will need to have done 60 days' work on TV or film sets as an actor, walk-on actor, or extra (not stunt work). Having first aid training could also be helpful.

Related university subjects

These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Drama and Theatre studies](#) >
- [Sport science](#) >

Related careers

You may also be interested in:

- [Outdoor activities instructor](#) >
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Labour Market Information (LMI)

Median averages relating to the Stunt performer profession.

UK
 USA

Jobs

Artistic, literary and media professionals

342,899

 2,417 in your local area of Liverpool

Top 5 local areas

1	Surrey	8,868
2	Hackney	8,587
3	Kent	8,466
4	Hertfordshire	8,120
5	Lambeth	7,261

Salaries

Actors and presenters

£24,249

 (Not enough data for this region) in your region of North West

Hours/week

Actors and presenters

37

 (Not enough data for this region) in your region of North West

 **Growth**

2020-2035

Culture, media and sports professionals

+0.2% ↑ 1,593 jobs

 **-4.8%** in your region of North West, an decrease of 2,325 jobs

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Actor

Actors bring stories and characters to life in film and television, on the stage, in audiobooks, or on the radio

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Dancer

Dancers use their bodies to express ideas, stories, and emotions for live audiences or in recorded performances.

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Circus performer

Circus performers entertain audiences through acrobatics, fire performance and more.

[Read the profile >](#)