

Parkour Free Running Art du Deplacement

Area: Dry Facilities **Category:** Operations

Introduction

Parkour is the non-competitive physical discipline of training to move freely through and over any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.

Parkour UK provides governance and regulation of Parkour/Freerunning throughout the UK, acts as the custodian of the sport/art, protects the rights and freedoms and promotes the interests of both those new to Parkour and experienced practitioners, known as traceurs (or freerunners), their member organisations and the UK community.

This guidance note aims to provide some key points and information to assist operators in awareness and implementing best practice associated with Parkour. It provides guidance for operators who wish to offer formal Parkour sessions. It does not provide guidance for those taking part in Parkour within their community.

How to use the guidance notes

Operators have a legal requirement to manage health and safety. Employers must protect the 'health, safety and welfare' at work of all their employees, as well as others on their premises. This guide has been produced to help operators do this.

If the content of this guidance note relates to your operations it is recommended you review your risk assessments, policies, procedures and training to ensure the content provided has been considered.

The guidance provided is not intended to be exhaustive and will be reviewed and added to from time to time by CIMSPA. CIMSPA and their contributors provide no warranty as to its accuracy or completeness.

Should you wish to seek further understanding or justifications for the information covered, additional associated resources are listed at the bottom of this guidance note.



RD Docs for Guidance

This guidance note covers:

- Hazards and Risks
- Safe set up
- Operating Standards
- Maintenance, Checks and Inspections
- Supervision and Training
- Emergency procedures and first aid

Hazards and Risks

Just like many sports or activities, Parkour/Freerunning comes with risks of injury or death to participants. These exist regardless of Parkour UK intervention/engagement. Participants in Parkour/Freerunning should be aware of, and accept these risks and be responsible for their own actions.

Parkour UK as the National Governing Body has taken appropriate steps to minimise the risk of injury or death. The approach to participation endorsed by Parkour UK is aligned with the official UK Government Policy, European Play and Education Policy and guidelines from the Health and Safety Executive (HSE).

Hazards and risks - these include slips and trips, collision with other participants or structures, incorrect handling, falls from the structures, and injuries due to poor maintenance. Appropriate risk assessments and where required safe systems of work for all equipment and activities must be undertaken and documented prior to any Parkour/Freerunning activity taking place. Ideally, this should be completed in association with appropriately qualified Parkour/Freerunning coaches.

Safe set up

The European Standard for Parkour Equipment – Safety requirements and test methods (BS EN 16899: 2016) covers the design of equipment for the practice and development of the principle techniques/movements undertaken in Parkour.

Parkour facilities can comprise of a combination of equipment items permitting flowing movement by the user. Equipment is usually installed permanently, but portable, temporary equipment may also be used.

The use of appropriate equipment can reduce the risk of an accident. It is not common practice for those partaking in the sport of Parkour to wear Personal Protective Equipment (PPE). Parkour movements are self-controlled so it is expected that injuries resulting in falls or miss judgements can occur, just like in any other sport.

The European Standard (BS EN 16899: 2016 Sports and recreational equipment. Parkour equipment. Safety requirements and test methods) specifies requirements for the installation and maintenance of Parkour equipment, including height, area, flow, location and separation from other facilities such as playgrounds and multi-use games areas.

Operational Standards

Rules should be explained to those taking part, as a part of an induction and with clear signage also displayed in the activity area. A disclaimer process is recommended to ensure users are aware of the risks of the activities.

Examples of guidance include:

- **Only undertake activities that are within your ability**
- **Start with lower level activity and only move to higher level activities once you are experienced and confident**
- **All jumps should be landed on two feet**
- **Be aware of those around you; it is your responsibility to avoid others within the area.**
- **No eating or drinking whilst within the free running area.**
- **Never hang upside down from any structure**
- **Platforms - Only experienced and competent customers are allowed onto the top of platforms. Somersault/flips off platforms or between platforms or diving headfirst is not allowed.**

When the area is not in use it should be secured to prevent unauthorised use.

Admissions policy

The European Standard (BS EN 16899: 2016) specifies the requirements for Parkour equipment, mainly by users starting from 8 years of age. The requirements are intended to protect users from hazards that they may not foresee when using the equipment as intended, or in a manner that can be reasonably anticipated. Parental consent should be provided for those under the age of 16/18 depending on insurance requirements. Participation policies should consider this European standard.

Supervision and Training

Sessions should be supervised at all times. Those supervising should assess the competency of those using the equipment. Competency can be assessed by customers being able to freely move around.

All coached sessions must be managed in line with Parkour UK guidelines, including application of the relevant coaching ratio(s), which are 1:8 outdoors and 1:15 indoors.

Parkour UK has a selection of awards, continuous professional development (CPD) and qualifications developed exclusively and awarded by 1st4Sport Qualifications and endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

These include:

Level 3 Award for Tutors and Assessors in Sport

This is an introductory tutoring and assessing qualification for individuals wanting to tutor and assess in sport, specifically relevant to delivering vocational sports coaching qualifications awarded by 1st4sport.

Level 2 Parkour/Freerunning Coach

This qualification is designed to provide learners practical and theoretical knowledge of coaching Parkour/Freerunning, including how to effectively plan, conduct and evaluate Parkour/Freerunning coaching for participants of all ages. The qualification is designed to prepare coaches for employment in paid or voluntary roles in coaching Parkour/Freerunning.

Level 1 Parkour/Freerunning Assistant Coach

This qualification is designed to provide learners with an introduction into the safe, ethical and effective management practices and principles involved in the assistant coaching of Parkour/Freerunning sessions. This qualification is designed for aspiring Parkour/Freerunning coaches to develop their knowledge of how to effectively assist the coaching of Parkour/Freerunning sessions.

Level 1 Parkour/Freerunning Activator

This qualification is designed to prepare learners for deployment as an activator in Parkour/Freerunning. Successful achievement of this qualification will enable activators to organise and facilitate Parkour/Freerunning activities. This qualification does not provide competence to coach, teach or instruct Parkour/Freerunning activities. The qualification is designed to support community development, with the aspiration to be able to tackle deprivation, radicalisation, physical inactivity and social exclusion, supporting health, well-being and participation initiatives.

All coaches should be suitably trained through qualifications aligned to the CIMSPA professional standards.

In addition to the qualifications above, considerations should be given to the following training and registers.

- **Safeguarding training (in the last 3 years) and satisfactory check if working with children or adults at risk, through the Disclosure and Barring Service (DBS), Disclosure Scotland or Access NI, depending on location.**
- **Appropriate First Aid Training (in the last 3 years).**
- **Appropriate (as recommended) registration with the Parkour UK, Parkour Professionals Register which provides proof of qualification and insurances of £10m. Alternatively, appropriate insurance by the facility for their Parkour/Freerunning activities.**

Awards - Unit 1 Participating in Parkour/Freerunning award

Through practical participation under the supervision of a Parkour UK qualified coach, participants will learn and develop basic skills fundamental to Parkour/Freerunning. These skills and practices learned in a supervised and controlled environment can be credited through the successful completion of the Unit 1 Participating in Parkour/Freerunning award. This award **does not** provide competence to coach, teach or instruct Parkour/Freerunning activities.

Maintenance, Checks and Inspections

It is important that surfaces which are to be used are checked for their stability and ability to withstand the impact they are likely to be exposed to as part of the participation. Documented equipment checks and inspection should take place in line with the manufacturer's requirements. This will normally consist of a daily check and more in depth weekly/monthly checks. Examples of what checks should include are:

- **Check of all equipment and trampolines for condition and any damage**
- **Check of all platforms**
- **Condition check of all padding**
- **Signage clean and clearly visible.**

Facilities delivering this activity should ensure this activity is covered under their employers and public liability insurance with any requirements of insurers being met.

Emergency procedures and first aid

It is important to ensure that emergency situations are dealt with in a manner which minimises the risk to customers and staff members. Emergency procedures provide a systematic approach to addressing medical, environmental, and security emergencies. Plans should be tailored to an organisation's specific venue, resources, and personnel. Emergency plans should assign roles and designate a chain of command.

The main emergency procedure to consider for Parkour is injury to participants. It is therefore important to consider the first-aid provision and accident procedures that need to be in place. This may be action to be taken in the event of a spinal injury, or suspected spinal injury. When the activity is taking place at a facility, other emergency procedures will need to be considered in line with the potential emergencies that could occur within the facility as a whole, including fire, power failure and adverse weather if it is taking place outside.

For guidance on adverse weather including thunder and lightning refer to the CIMSPA Adverse Weather guidance.

Useful Resources

Parkour UK:

<https://parkour.uk/>

Parkour UK. What is Parkour? Undated. Retrieved from:

<https://parkour.uk/what-we-do/what-is-parkour/>

The European Standard for Parkour Equipment – Safety requirements and test methods (BS EN 16899: 2016):

<https://shop.bsigroup.com/ProductDetail/?pid=000000000030325359>

Disclosure and Barring Service (England and Wales):

<https://www.gov.uk/government/organisations/disclosure-and-barring-service/about#dbs-checks>

Disclosure Scotland:

<https://www.mygov.scot/disclosure-types/>

AccessNI:

<https://www.nidirect.gov.uk/information-and-services/accessni-criminal-record-checks/apply-accessni-check>

Health and Safety Executive: Children's play and leisure: promoting a balanced approach:

<https://www.hse.gov.uk/entertainment/childs-play-statement.htm>

Play Safety Forum: Managing Risks in Play Provision:

<http://www.playengland.org.uk/media/172644/managing-risk-in-play-provision.pdf>

UK Government: Common Sense, Common Safety (The Young Report):

<https://www.hse.gov.uk/aboutus/commonsense/index.htm>

Health and Safety Executive: HSE principles for Cost Benefit Analysis in support of As Low As Reasonably Practical decisions:

<https://www.hse.gov.uk/risk/theory/alarpcba.htm>

Play Safety Forum: Managing Risk in Play Provision, implementation guide

<https://playsafetyforum.wordpress.com/resources/>

Health and Safety Executive: Risk Education: <https://www.hse.gov.uk/education/index.htm>

CIMSPA professional standards library:

<https://www.cimspa.co.uk/education-training/professional-standards/professional-standards-library/>

These guidance notes have been produced by Right Directions in partnership with CIMSPA.

For more information on parkour or any other topics, please email Right Directions: info@righdirections.co.uk or give us a call for a chat: (01582) 840098