

# Code of Conduct

## Code of Conduct - All

Our Codes of Conduct require the highest standards of conduct from everyone involved in parkour to ensure that their behaviour and actions meet the values and standards expected at all times.

Everyone must conduct themselves in an honest, fair, impartial and transparent manner.

Our Codes of Conduct are applicable to all aspects of the Sport and are driven by our Guiding Principles.

### **I will Respect:**

- The rights, dignity and worth of all people involved in parkour, regardless of any protected characteristic (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation).
- The rights, dignity and worth of children, young people and adults and ensure that I am aware of the safe sport best practice guidelines and procedures when interacting with them.
- Confidentiality and the sensitivities of information I hold on other individuals.
- Parkour and the individual's reputation and not take any action or make inappropriate comments about a fellow participant, coach, tutor, volunteer or member of Parkour UK's staff that will bring the sport or those associated with delivering the sport into disrepute, including making comments on social media will respect Parkour UK's guidance and policies on social media.
- The position I hold within parkour and always conduct myself in an appropriate manner.
- Recognise the achievements of others and applaud their successes.

- Endeavor to ensure that all involved in the sport optimise their potential by promoting the positive aspects of the sport and never condoning the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination or physical violence.
- Not impinge on others enjoyment of the sport or my performance by consuming alcoholic drinks, smoke or vape immediately prior to or while participating in the sport, or while safeguarding children, young people or adults.
- Ensure that everyone has the opportunity to participate in a fair, honest environment by rejecting cheating, abiding by the anti-doping policies and not taking illegal substances immediately prior to or while participating in the sport.

## **Code of Conduct - Coaches**

The code of conduct state the values and standards expected at all times. In addition to these, when in my capacity as a coach, tutor, assessor, tester, mentor or volunteer,

### **I will also:**

- Be a positive role model for parkour by acting in a way that projects a positive image of my role within the sport and being fair, considerate and honest with participants.
- Display high standards in my language, manner, punctuality, preparation and presentation to ensure that all time spent with me by participants, their parents/carers or colleagues is a positive experience.
- Exercise reasonable care and skill when carrying out my duties, including but not limited to keeping up to date with the latest practices and developments by taking up further education and other personal and professional development opportunities.
- Seek to inspire and motivate in accordance with an individual's abilities to enable them to participate to the best of their ability and realise their potential.
- Provide participants with planned and structured training programmes appropriate to their abilities and goals by ensuring that equal attention and opportunities are available to all, including those requiring a modified plan due to sickness, injury or disability.
- As a tutor, assessor, tester or mentor, provide candidates with the appropriate information, planned and structured programmes appropriate to their needs and goals, ensuring that equal attention is applied, and to provide appropriate feedback following observation of a session.

- Be mentally and physically fit to carry out my role within parkour.
- Ensure that the training and/or competition environment is safe and appropriate for the age, physical and emotional maturity, experience and ability of the athletes.
- Ensure that I follow instructions and comply with all health and safety regulations that apply to the role I am undertaking.
- Ensure that the sessions planned and delivered are in line with the coaching syllabus and coaching qualification held
- Ensure that any physical contact during a session meets the needs of the participant taking part in the session and not that of the coach.
- Permission should always be sought prior to contact, unless the situation is an emergency.
- The coach should ensure that the reason for physical contact meets the requirement of the sport and is taking place to reinforce a teaching or coaching skill. The coach should only use physical contact if their aim is to:
  - Develop sports skills or techniques.
  - To treat an injury.
  - To prevent an injury or accident from occurring.

## **Code of Conduct - Parents/Carers**

The enjoyment and safety of your child when involved in a parkour activity is of paramount importance to Parkour UK. Every child will be encouraged and asked to ensure that their behaviour and actions meet the values and standards expected of them at all times. As parents, you are asked to support our Codes of Conduct and embrace the spirit of our sport.

### **As a parent/carer, I will:**

- Encourage my child to follow the rules and respect coaches' and assistant coaches' decisions.
- Support my child's efforts and performance, give positive comments that motivate and encourage continued effort and learning.
- Be a positive role model to my child by helping them work towards skill improvement and good sports-personship.

- Thank the coaches, assistants and other volunteers who give their time for my child and not interfere with their decisions.
- Where appropriate, help when asked by a coach or assistant coach.
- Respect the rights, dignity and worth of all people involved in the sport, regardless of gender, marital status, race, colour, disability, sexuality, age, occupation, religion or political opinion.
- Read the rules of the gym/centre where my child participates and discuss these with my child, along with how they 'stay safe in sport'.
- Promote this code of conduct to other parents, carers and supporters.
- Be aware of my child's club safe sport policy and ensure that any concerns are reported to the club's safeguarding/welfare officer or Parkour UK's Lead Safeguarding Officer.

**As a parent/carer, I will not:**

- Pressure my child in any way; I know that this is their sport not mine.
- Use inappropriate language, harass athletes/participants, coaches, assistants or other spectators.
- Criticise or ridicule my child, or anyone else's child for making a mistake if not achieving their goals.
- Force my child if they are unwilling to participate in the sport.
- Arrive at a parkour activity under the influence of alcohol or drugs.
- Use social media to bring the sport into disrepute or make an inappropriate comment about an athlete/participant, coach, assistant, volunteer or member of Parkour UK.
- Consume illegal substances either immediately prior to or while being at a parkour activity where my child is participating in the sport.
- Consume alcoholic drinks, smoke or vape either immediately prior to or while being at a parkour activity where my child is participating.