

## **Parkour UK General Coaching Standards 2025 revision**

This document outlines the conditions by which a coach (as part of an organisation or as an individual professional) should operate. This guidance is for those who are involved in the coaching of parkour activities within a designated, and appropriately risk-assessed environment.

In addition to the guidance from Parkour UK, please refer to your own organisation's policies on:

- Recording of incidents, internally, NGB, and externally (RIDDOR)
- Recording of Safety checks
- Consideration of information to be included in waivers
- Duty of care recording & reporting
- Risk Assessing your coaching environment
- Please refer to the [Parkour UK Resources](#) for examples

Parkour UK recommend that all gyms and coaches have policies and procedures for the following areas as a minimum requirement:

- Safe Sport
- Code of Conduct
- Health and Safety (if you have employees)
- Standard Operating Procedures
- Risk Assessments
- First Aid Policy and Procedure
- Emergency and Incident Policy and Procedure
- Equality, Diversity and Inclusion Policy
- Complaints and Disciplinary Policy
- Anti Bullying Policy

Policies, procedures, and risk assessments should be treated as dynamic documents and reviewed and updated on a regular basis to ensure they remain accurate and effective. All staff should be required to read and understand these documents, and copies should be made available to parents

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and participants upon request. Parkour UK members are expected to adopt our policies and procedures, but can implement additional policies as required,

All clubs and coaches must have Public and Professional Liability Insurance in place and carry out DBS checks for all staff and volunteers that have regular contact with children and adults at risk in line with Home Nation guidance.

**Members should refer to our website for information on member requirements**

**1. Designated environments:**

- Indoor private spaces, such as dedicated parkour gyms & schools.
- Indoor public spaces, such as gyms, leisure centres, and sports clubs
- Outdoor private spaces, such as school playgrounds, or private parks
- Outdoor public spaces, such as parks, or public urban areas

**1. Designated equipment:**

- a) Fixed, parkour specific equipment (e.g parkour park, dedicated gym)
- b) Moveable Parkour equipment (e.g Brick by Gymnova, Continental, FreeMove, Natural Sports)
- c) Moveable sports equipment (e.g vault horses, balance beams, generic sports equipment)
- d) Street Furniture and Natural Environment (e.g walls, trees, fences, urban architecture)

**2. Coaching Ratios:**

These coach: participant ratios should be observed in all coach-led sessions†.

- a. Indoor environment 1:12
- b. Outdoor public space: 1:8

If running a class for learners with additional needs, you will need to carry out a risk assessment to determine whether additional coaches over and above the ratios listed above are required.

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† A risk assessment should determine the appropriate ratio for your setting, based on the activity, age and skill level of your participants. However, these should always fall within and not exceed the ratios stipulated here.

### 3. Coaching:

Coaching is defined as a parkour session which is planned and led by at least one qualified coach. The participants follow the instruction and guidance of the coach using the competencies taught as part of the coach's education.

- a. The coach: participant ratios outlined in this document must be followed.
- b. A coach holding the **new** Parkour UK Level 1 qualification (*From July 2026*) can coach independently within the syllabus outlined in the course, provided they are over 18 years of age.
- c. Coaches who hold the Parkour Level 2\* coaching qualification can also coach a class independently.
- d. A level 1 coach (qualified prior to July 2026) must only operate in the assistance of a level 2 and **cannot** coach a class independently. \*
- e. A level 2\* coach can lead a session of up to 45 learners with an appropriate number of level 1 coaches to the ratios outlined in point a.
- f. Coaches under the age of 18 are not allowed to coach independently by law

### 4. Qualifications

Parkour UK recognise Parkour UK Level 1 and Level 2\* coaching qualifications. If you have an alternative qualification, please email us at [courses@parkour.uk](mailto:courses@parkour.uk) to discuss eligibility

All staff and volunteers must have received safeguarding training (children & adults). We recommend the Parkour UK Safeguarding course, as it is specifically tailored to safeguarding within a parkour context.

All clubs must have at least one 1<sup>st</sup> Aid qualified (6 hours in person emergency course) coach on site at all times and all independent coaches must have an up-to-date 1<sup>st</sup> aid qualification.

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Parkour UK have developed a first aid course in conjunction with [Vital Workplace Training](#), which is designed to refresh your understanding of first aid techniques, policies and procedures, with a particular focus on accidents and injuries that may occur within a parkour environment. While this course will not provide a formal first aid qualification, it will support individuals who are not primarily responsible for first aid within their setting, or who wish to update and reinforce their existing knowledge.

It is essential that you complete a first aid risk assessment to determine the number of fully qualified Level 3 first aiders (who have completed a one-day, in-person course) required within your setting.

## 5. Movements & Syllabus

Parkour UK recognises parkour activities to be defined as any movements and skills which fall under the 'Technical Movements' set out in our [Parkour UK Framework](#)

Coached sessions should be carried out with participants who have given informed consent, or have parental consent if under 18 years old to take part in Parkour activities. Medical information should be gathered prior to the session by way of a Pre Activity Questionnaire or equivalent document.

Site-specific briefing should be given to all participants before a session begins. This should include any site-specific information, and ground rules for a safe session.

## 6. Parkour UK Framework

The rationale behind developing the Parkour UK framework was for a number of inter-related reasons:

1. To provide underwriters in the insurance market with a clearer understanding of the sport, 'what it is' and 'what it is not' and help the future insurability of parkour.
2. To develop a 'grading/badge' system which supports the growth of the sport, thus helping business development.

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3. To develop a curriculum which will underpin the syllabus for each level of our coaching courses.
4. Challenges performed in competition can be linked to the documented competency of the athlete taking part, thus ensuring safe and effective delivery offset challenges.

The framework covers the following areas:

- Technical
- Terminology
- Spirit of Parkour
- Skills of Parkour
- Risk Management
- Supplementary/General Prep

The framework was developed in conjunction with well-respected members of the community, including coaches, athletes, business owners and members of the Parkour UK team.

## 7. Open Sessions

An open session is an unstructured and uncoached session where participants can practice techniques and skills they wish to try out without the input of a coach. These sessions should be restricted to age 12+ for safety purposes and are not recommended for beginners.

Open Sessions must be supervised and the ratios in line with the coaching ratios mentioned previously in this document.

We define “Supervised” as having a qualified, competent person or persons who have adequate visibility of the space being used, whose primary role during the session is to ensure safe and appropriate use of the space. The supervising person should remain attentive and aware of the space for the duration of the session. The supervising person should not be a participant in the session and should hold a Parkour UK Level 2 qualification\*. Each gym should undertake a risk assessment that gives consideration to the specific hazards and design of their own premises and then implement an appropriate proportionate risk management system based on the assessment. Clear signage should be displayed around

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the facility showing the rules and guidelines for using the gym and adequate numbers of staff should be on hand to ensure proper adherence to these rules.

The current [Parkour UK Safesport](#) policy and your own policies should be adhered to at all times.

As with coached sessions, open sessions should have an appropriately qualified and competent First Aider on site, as well as First Aid Kit and accident recording / reporting procedures in place.

You should ensure that you have appropriate insurance in place to cover your open sessions, as well as your usual coached sessions.

## 8. Parkour Jams

A jam is a community led event where athletes from different local communities gather to train parkour together. There is no formal structure for a jam and no formal coaching which allows athletes of all levels to train the way they want and to meet other members of the community. For guidelines on how to safely run a jam safely, we have put together a '[Best practice check list for non-Parkour UK](#) events' to help you prepare.

**Please note that this information is shared as general guidance only and is NOT intended as advice on how to run a jam. We are not responsible for any actions taken based on this content. Anyone organising activities should make their own decisions and ensure they meet all relevant legal, safety, and insurance requirements.**

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