



Parkour UK
Return to Move Guidance
17 July 2020



Introduction

The UK government Coronavirus risk level is still at level 3 – the virus is in general circulation and local outbreaks are likely to occur. It is imperative that we continue to try to reduce spread of the virus as best able, utilising the latest information and advice.

Each of the Home Nations have the latest and frequently updated guidelines available, and we would encourage individuals and organisations to look at the relevant local guidelines in the first instance for implementation, due to the frequent and variable implementations between each. These sources should provide information on maximum group sizes and makeups among other core advice on topics such as travel and use of masks.

[England](#)

[Scotland](#)

[Northern Ireland](#)

[Wales](#)

Parkour UK has further provided this information to help individuals and member organisations to implement these guidelines with practical tips and considerations.



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Outdoor Practice

Parkour, Art du Deplacement and Freerunning have always been outdoor sports at their core, with the ethos being the overcoming of challenges inherent in our public spaces and finding ways to navigate our environments.

Please refer to the links above for local guidelines on maximum group sizes, distancing guidelines, travel and mask advice.

Implementation

- Do NOT train if you are unwell, observe isolation timeframes if you or household contacts are ill
- It may be worth training in smaller groups to allow individuals to sanitise sharing the same contact areas and space
- consider bringing cleaning equipment for sanitising before and after use.
- For personal hygiene consider bring handgel or soap & water.
- Consider the use of face masks while training (if you have no medical conditions which may preclude their use) to prevent asymptomatic spread and protect others
- Avoid handshakes and hugs, do not share food or drink

Tips and Suggestions

- Use students bags and bottles to help mark and aid spacing



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Indoor Practice

There is a provisional date for Gyms in England to reopen on 25th July, Northern Ireland had reopened on 10th July (there are no current dates for Scotland and Wales as yet). In anticipation of this reopening and a hopeful future reopening for the other home nations, the following advice is offered.

Please refer to the following [link](#) for England guidelines on maximum individuals in facility, spacing equipment, One-Way systems, distancing guidelines, hygiene and cleaning. We have looked over this guidance and have tried to interpret it in a way that can be practically implemented by our member organisations. We recognise that there is still very little in the way of hard evidence behind a lot of what is being suggested by the government, but have come to an approach of best practice

Implementation

- Do NOT train if you are unwell, observe isolation timeframes if you or household contacts are ill
- Continue to offer online classes and facilities where able for those who do not feel comfortable returning to gym settings
- Do not greet with hugs or handshakes
- Avoid partner exercises
- Consider avoiding activities or techniques that may require spotting. Where necessary though, safety always comes first and it would be preferable to spot than to allow an injury to occur
- Avoid sharing equipment where able, where this is not feasible and contact areas may be shared, consider smaller sub-group sizes (up to 3) to allow rotation between areas, cleaning between.
- Contact areas have been considered in terms of surfaces that may be contacted by Hands (such as vaults, swinging or climbing), by Feet (most jumps and precisions, or rail balance), or where the Head comes into close proximity with a surface (such as in a roll).
 - We would encourage cleaning of surfaces between each class at least, with standard household cleaning products.
 - Head and Hand contact surfaces are deemed more likely to be higher covid19 infection risks so would encourage cleaning more frequently during classes where necessary
- If equipment cannot be effectively cleaned then it should not be used.
- Consider staggering classes to allow groups to leave and enter at different times, and limiting maximum number of individuals in indoor facilities
- Register individuals entering/exiting facilities and retain contact details in case of need for contact tracing for 21 days
- Encourage all attendees to wash their hands before and after each session, and during where appropriate. Have handgel / washing stations and cleaning equipment readily accessible
- Improved ventilation with fans and open windows/doors where able



- No showering on-site, and arrive/leave promptly from classes with a clean change of clothes as changing rooms should not remain open except in exceptional circumstances
- Reception areas will need to be considered to minimise staff-visitor contact, and staff may require additional training or familiarisation with new practices. Facemasks and PPE should be considered in those with public-facing roles.
- Oneway systems should be implemented where feasible, or managed where walkways / stairs etc do not allow this
- Consider contactless payments and online booking systems to avoid transfer of cash and use of paper/pens.

Tips and Suggestions

- Consider making a game out of cleaning for participants
- Use tape and other resources to mark one way systems and appropriate spacing in gym areas
- Consider buying an InfraRed (non-contact) thermometer for temperature checking staff and visitors and refusing entry if an individual has a temperature above 37.8c
- Continue to offer online classes and facilities where able for those who do not feel comfortable returning to gym settings












Provision in Schools

The current best guidance for returning to school sport is from the Youth Sport Trust and can be found [here](#).

Considerations for 'returning to school sport'

The policy decisions made for sport in education rely on responsible interpretation of Government guidance in the interest of public health. Those individuals involved in the organisation and delivery of school sport need ensure they are up to date with Government guidance on group sizing, social distancing, use of equipment and hygiene management. Additional considerations in planning include which facilities are open, the specific characteristics of the activities and the availability of the workforce. To ensure that the school sport offer is inspiring, accessible and meaningful for children and young people, providers of local school sport provision are encouraged to:

 <p>Put the health and safety of children, teachers and parents/carers first.</p>	 <p>Be clear about the intent of the offer. For example, this could be skill development or building resilience.</p>	 <p>Ensure young people are at the heart of decision making - consultation is key.</p>	 <p>Engage with key local stakeholders to ensure clarity of messaging and offer.</p>
 <p>Develop a strategy for grouping pupils to ensure bubbles are consistent with Government guidance.</p>	 <p>Have an equipment policy that aligns to the schools' strategy.</p>	 <p>Ensure that there is an approach for managing and briefing the workforce regarding their responsibilities.</p>	 <p>Plan and communicate what to expect and why, to pupils, teachers and parents.</p>
 <p>Have an increased focus on responding to local conditions and addressing a particular need, e.g. transition.</p>	 <p>Prepare a flexible offer that can be delivered at home, in a single school (intra competition) or virtually across schools.</p>	 <p>Use outdoor spaces where possible and have continued engagement with local facility providers in relation to accessing indoor spaces.</p>	 <p>Identify priority groups of young people who will need additional support.</p>

Please always refer to the official Government guidelines on group sizing, social distancing, use of equipment and hygiene management.





Medical and Psychological Considerations

As people return to training indoors and outdoors there is likely to be an increase in rate of injuries from deconditioning and change in the type, frequency and intensity of training. Please be mindful of this and be careful in graded return to full training according to progress of the individual

MIND have created a useful guidance on mental health and return to sport which can be found [here](#). It is also important to look after the mental health of your staff as well as participants, and there are practical tips and examples to help support this.



Returning to sport and physical activity as lockdown eases

You might feel relieved or excited that lockdown is easing where you live, meaning you can return to some of your usual activities including some sport and physical activity sessions. But you might also find yourself feeling less positive about the changes and may move through a range of difficult thoughts and feelings.

Risk Assessments

A risk assessment is a systematic process of evaluating the potential risks that may be involved in a projected activity or undertaking and is followed by making judgements and recommendations to mitigate / remove the negative impact. A template for risk assessment can be found [here](#).

The **Health & Safety Executive** recommend 5 steps to managing risk:

1. Identify hazards

- Look around and see what hazards there may potentially be
- Example – equipment, staff, surfaces

2. Assess

- Assess how likely and serious that harm may be
- consider their impact on staff and visitors
- Consider what is being done presently to control this risk, and what further actions need to be taken
- Set a timeframe and who to carry out the action

3. Control

- Look at what you are doing already and consider: can I remove the hazard, if not can I mitigate/reduce?
- Consider increased cleaning schedules, reduced visitor volume, PPE etc

4. Record

- Templates are useful to record these findings

5. Reassess

- Reassess hazards and risks regularly.

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Description of Parkour specific risks

1. Allowing groups of people to meet in outdoor public spaces and practice Parkour
2. Allowing groups of people to meet in indoor facilities and practice Parkour
3. People attending class together may not always adhere to strict 2m social distance protocols.
4. Public spaces may be crowded and unsuitable for Parkour practice
5. Participants may share training equipment/surfaces
6. Participants may require spotting by a coach or to be caught due to a fall.
7. Participants may require first aid as a result of a tumble or fall.

Ultimately each facility and owner will need to think about their facility specifically and the unique/different risks it poses and how they can address it. Consider unique risks which may include

- Individual members of staff / health conditions
- Unique facility training environments
- Unique differences between classes for adults and children
- Local restrictions on ages / group sizes etc.