

Coaching Conditions – Parkour UK Qualifications - Updated 16/12/2021

This document outlines the conditions on 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, Supervision, Participation and/or Performance of Parkour/Freerunning activities within a designated environment.

This document can be shared with your insurance company to demonstrate the expectations and conditions you must meet as a Parkour UK qualified coach. Deviation from these conditions could make it difficult to support you should there be a claim or an accident.

It is your responsibility to understand and read and understand documents from your insurer – whether your policy is through Parkour UK or independently. Areas to highlight and understand well are:

- Recording of incidents
- Reporting of incidents to the insurer
- Recording of Safety checks
- Consideration of information to be included in waivers
- Safeguarding and duty of care recording & reporting

1. Designated environments:

- a. Purpose built Parkour Parks and facilities which include equipment designed for Parkour
- b. A public space which has been risk-benefit or risk assessed as suitable for Parkour movements such as a park or any outdoor space
- c. A private space which has been risk-benefit or risk assessed as suitable for Parkour movements such as a playground or courtyard
- d. Indoor facilities which have been risk-benefit or risk assessed such as a school gym or purpose built venue
- e. A performance or stage space built which includes equipment designed for Parkour which has been risk-benefit or risk assessed.
- f. Any other space which can be deemed appropriate for Parkour that has been risk-benefit or risk assessed.

2. Coaching:

Coaching is where a Parkour session is structured and led by a coach and the participants follow the instruction and guidance of the coach.

- a. The coach:student ratios of 1:8 outdoors and 1:15 indoors maximum must be followed.
- b. A level 1 coach must only operate in the assistance of a level 2 and cannot coach a class independently.
- c. A level 2 coach can coach a class independently.

3. Supervising:

Supervising is where a coach monitors a 'free' or 'open' Parkour session to ensure the basic safety of the participants. Supervising does not include the delivery of a structured class or session.

- a. The coach:student ratios of 1:8 outdoors and 1:15 indoors maximum must be followed.
The supervisor must meet the following conditions:
- b. First Aid Qualified
- c. Premises aware – must have a record of training on Fire Exits, Location of First Aid Kits, Health and Safety within the premises.
- d. Equipment and Risk Aware – A record of training on venues risk assessments and safety checks for all equipment
- e. Follow an agreed and recorded routine of appropriate safety checks to be carried out throughout each shift. (for example: every area of a venue is checked every 30 minutes, equipment checked and cleaned every 3 hours)
- f. A level 1 coach can supervise independently
- g. A level 2 coach can supervise independently

4. Tutoring

A Tutor is defined as a professional member of Level 2 or above who has been employed by Parkour UK – on a sub contracted or contracted basis – to deliver training courses for new coaches. This includes delivery of Level 1 & 2 courses, as well as Parkour UK CPDs and tasters.

- a. A coach is only operating as a Tutor when delivering activities directly for Parkour UK in all other activities the conditions for coaching, supervising and performing will apply as appropriate.
- b. The tutor:student ratios of 1:12 outdoors and 1:24 indoors maximum must be followed.
- c. A level 2 coach can operate in the assistance of a Tutor and cannot tutor a session independently.
- d. A Tutor can supervise independently.

5. Performing:

Performance is where Parkour movement is incorporated into an activity which is created for a live or digital audience. Parkour UK would recommend that in addition to the conditions below, performers join Equity UK to obtain more extensive performers coverage.

- a. Parkour incorporated into a live performance or recorded performance must meet condition 1 (Designated Environments)
- b. A level 1 coach must only perform under the supervision of a level 2 and cannot perform independently
- c. A level 2 coach can perform independently.

6. Participating:

At all times the member must follow government guidelines ensuring they are adhering to national and local law at all times. In addition, they must also follow Condition 1 (designated environments).

7. Definition of Parkour/Freerunning activities

Movements:

For the purposes of definition, Parkour/Freerunning activities are defined as any movements, families of movements and/or derivatives of these that are covered in the Level 1 Curriculum.

8. Acrobatics:

Acrobatics do not fall under the above definition and therefore are not covered in our current qualifications. For any members intending on teaching acrobatics we would recommend seeking separate insurance and qualifications best suited for this.

9. CPDs and Future developments

Parkour UK will continue to develop CPD opportunities which will be accompanied by additional guidance. This document will be updated when relevant and it is your responsibility to be aware of any changes or additions.

For questions or queries please contact Parkour UK – info@parkour.uk

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