

SAFEGUARDING SUMMARY POLICY

2023 - 2026



Supporting a positive experience in Parkour

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SAFEGUARDING POLICY SUMMARY

Foreword

Parkour / Freerunning can, and does, have a powerful and positive influence on people - especially children and adults at risk. Not only can it provide opportunities for enjoyment and achievement, it can also develop valuable qualities such as self-esteem, leadership, individuality and teamwork. These positive experiences are likely to be enhanced if delivered by people who place the safety and welfare of children or adults at risk first and adopt practices to support, protect and empower them.

Parkour UK is committed to ensuring that everyone including children and adults at risk who participate in Parkour/Freerunning has a positive experience in what can be a challenging environment, managed to be as safe as possible. We value individuals and want to help the combined community responsibility keep all safe from harm.

Parkour UK is committed to developing and implementing policies and procedures which ensure everyone knows and accepts their roles and responsibility in relation to their duty of care for children and adults at risk. We will do the right thing to deliver an environment and culture in which children and adults at risk can enjoy, learn, and grow. We are committed to ensuring there are correct and comprehensive reporting procedures, promoting good practice and providing sound recruitment and placement procedures for all individuals working within Parkour/Freerunning. It is not the responsibility of individuals working in Parkour/Freerunning to determine if abuse has taken place, but it is their responsibility to act upon and report any concerns.

For the full Safeguarding Policy and Procedures, see www.parkour.uk/safeguarding/



SAFEGUARDING

“Safeguarding is everyone’s responsibility.”

Everyone involved with children and adults at risk within Parkour/Freerunning has a responsibility to take action and follow these procedures; this includes acting as specified in the procedures if they have reason to believe that a person has been or is in danger of being harmed or have been subject to poor practice.

What does safeguarding in Parkour / Freerunning mean?

Welfare of children and adults at risk has a broad remit within Parkour. Member organisations and participants need to prioritise the need to safeguard children and adults at risk whilst accepting that Parkour is a sport of managed risk in relation to physical safety. We want to help influence the ‘unstructured’ participation side by engagement and discussing safeguarding and everyone’s responsibility as a community.

Everyone has a duty to ensure participants in all forms are;

Welcomed

- Welcomed into the sport by people competent and understanding of the needs of children / adults at risk.

Encouraged

- Encouraged and supported to achieve their potential.
- Encouraged to take part in Parkour/Freerunning events and activities only when it is in their best interests.
- Encouraged how to behave in the Parkour / Freerunning environment to safeguard and care for themselves.

Protected

- Protected from bullying or undue pressure from any source **including peers**
- Children should not be required or pressured to participate, or attend too many training sessions, so as to threaten their well-being.
- Protected from any form of ‘abuse and poor practice’ (Forbidden Conduct)

Appropriately treated

- Provided with access to Parkour / Freerunning in a way that is appropriate for their age and ability.
- Coached and trained by appropriately qualified people.

Respected

- Afforded respect, confidentiality, and privacy in all Parkour / Freerunning environments and contexts.

DEFINITIONS

Child	Anyone under the age of 18
Adult at Risk	An adult who has needs for care and support (whether or not the local authority is meeting any of those needs) and is experiencing, or is at risk of, abuse or neglect; and as a result of those care and support needs is unable to protect themselves from either the risk of, or the experience of, abuse or neglect. Adults are free to make their own informed choices.
Child Protection	Part of the safeguarding process focused on protecting individual children identified as suffering or likely to suffer significant harm.
Safeguarding	Protecting from maltreatment, preventing impairment of mental health or development. Provision of safe and effective care. Taking action to enable children and adults at risk to have best outcomes.
Position of Trust	Under Sexual Offences Act Reference to the activity which the adult is carrying out in relation to the child, namely, coaching, teaching, training, supervising, or instructing.

ABUSE AND POOR PRACTICE (Forbidden Conduct)

Within Parkour UK we adopt the term 'Forbidden Conduct' (outlined in some IOC sports), which forbids Abuse and Poor Practice under this common term, addressing also lower-level concerns raised in sport.

Non-safeguarding

'Forbidden conduct' *excludes* professionally accepted coaching methods within Parkour for skill enhancement, physical conditioning, team building, appropriate discipline, or techniques used to improve athlete performance.

Mandatory reporting



All concerns involving Forbidden Conduct must be reported. All those working with children in voluntary or paid workforce roles have the obligation to report through the Parkour UK Safeguarding Lead, any act or behaviour that may objectively be considered Forbidden Conduct. Failure to report under these Rules may result in consequences under the Safeguarding provisions."

Abuse

Abuse is maltreatment of a child /adult. Somebody may abuse or neglect a child by inflicting harm, or by failing to act to prevent harm. Harm can include ill treatment that is not physical as well as the impact of witnessing ill treatment of others. It can be caused by adults as well as peers.

Contextual Safeguarding

There are certain environments or contexts where children may be vulnerable, and a need to ensure all members take action to prevent risk. In this context, specific risks include being alone with children, changing areas and use, including unstructured 'jam' environments; the use of devices capable of taking/sending images, and from unmonitored direct communication or contact with children, with peers or those in positions of trust.

Adult abuse

Can be the removal of decision making, breach of relationships of those in a Position of Trust towards an adult at risk, exploiting them, in any physical, sexual or financial way.

Abuse categories:

Physical abuse

- Any deliberate deliberate and unwelcome act - such as punching, beating, kicking, biting and burning - causing physical trauma or injury.

Sexual abuse

- Conduct of sexual nature, whether non-contact, contact or penetrative, where consent is coerced/manipulated or is not or cannot be given. Assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. Non-contact activities, such as involving individuals in looking at, or producing, sexual images, watching sexual activities, encouraging to behave in sexually inappropriate ways, or grooming a person in preparation for abuse (incl. internet or on mobile devices).

Neglect

- The failure of an individual with a duty of care towards a child to provide a minimum level of care to that child which is causing harm, encouraging harm, allowing harm to be caused, or creating imminent danger of harm. Concealment /ignoring of any safeguarding concerns (failing to refer). Forced training in unsafe training venues/equipment.

Psychological Abuse

- A pattern of deliberate, prolonged, repeated non-contact behaviours within a power differentiated relationship. Persistent emotional maltreatment of a child such as may cause severe and ongoing effects on the child's emotional development. Repeated inappropriate mention around body image, of food intake / weight / weighing. Can also include radicalisation.

Abuse of Adults at Risk

- Abuse of adults at risk - may also include further categories such as self neglect, modern slavery, domestic or discriminatory abuse, organisational, financial, forced marriage, 'mate crime' or radicalisation. See anncrafttrust.org/resources/types-of-harm/ for further explanation.

Poor Practice categories:

Harassment or Hazing

- Neglect, psychological abuse, repeated physical abuse, and sexual harassment. Includes demeaning / humiliating or discriminatory comments or behaviour towards a child / adult at risk. In combination or in isolation, directly or indirectly. Any intentional action or situation created that causes embarrassment, harassment or ridicule, and risks emotional, physical or sexual harm to a child, regardless of the individual's willingness to participate.

Sexual Harassment

- Any unwelcome verbal or physical conduct of a sexual nature. Sexual advances, requests for sexual favours, and other verbal or physical conduct of a sexual nature. Sexual Harassment may take the form of Sexual Abuse.

Bullying

- Ongoing, usually repeated deliberately hurtful behaviour, where difficult for those being bullied to defend themselves. Has been defined as 'repeated (systematic) aggressive verbal, psychological or physical conduct by an individual or group against another person or persons'

Professional Poor Practice

- Wide range of behaviours, but includes those in a position of trust including volunteers;
 - Failing to safeguard or respond to issues
 - Using inappropriate practices for stage of psychological / physical development of individual
 - Excessive training
 - Using non approved methods
 - Breaching photographic / image policies
 - Inappropriate Exclusion
 - Lone working, giving gifts or lifts, befriending
 - Privately communicating /messaging with a child / inappropriate socialisation

GREATER VULNERABILITIES AND RISKS

Younger or more vulnerable participants may be at greater risk of;

- Grooming
- Sexual Exploitation
- Criminal or Gang Exploitation
- Child Trafficking
- Online abuse
- Female Genital Mutilation
- Radicalisation

Each of these categories are explained in further detail in the full Parkour UK Safeguarding Policies and Procedures. All concerns should be reported through normal process, but further signposting for support and advice is given by specialist agencies and groups, mentioned in our Policies and Procedures - <http://www.parkour.uk/safeguarding/>

GOOD PRACTICE

Adults
understanding
responsibility

Safe
recruitment

Appropriate
activities and
coach ratios

Monitoring all
those in
Positions of
Trust

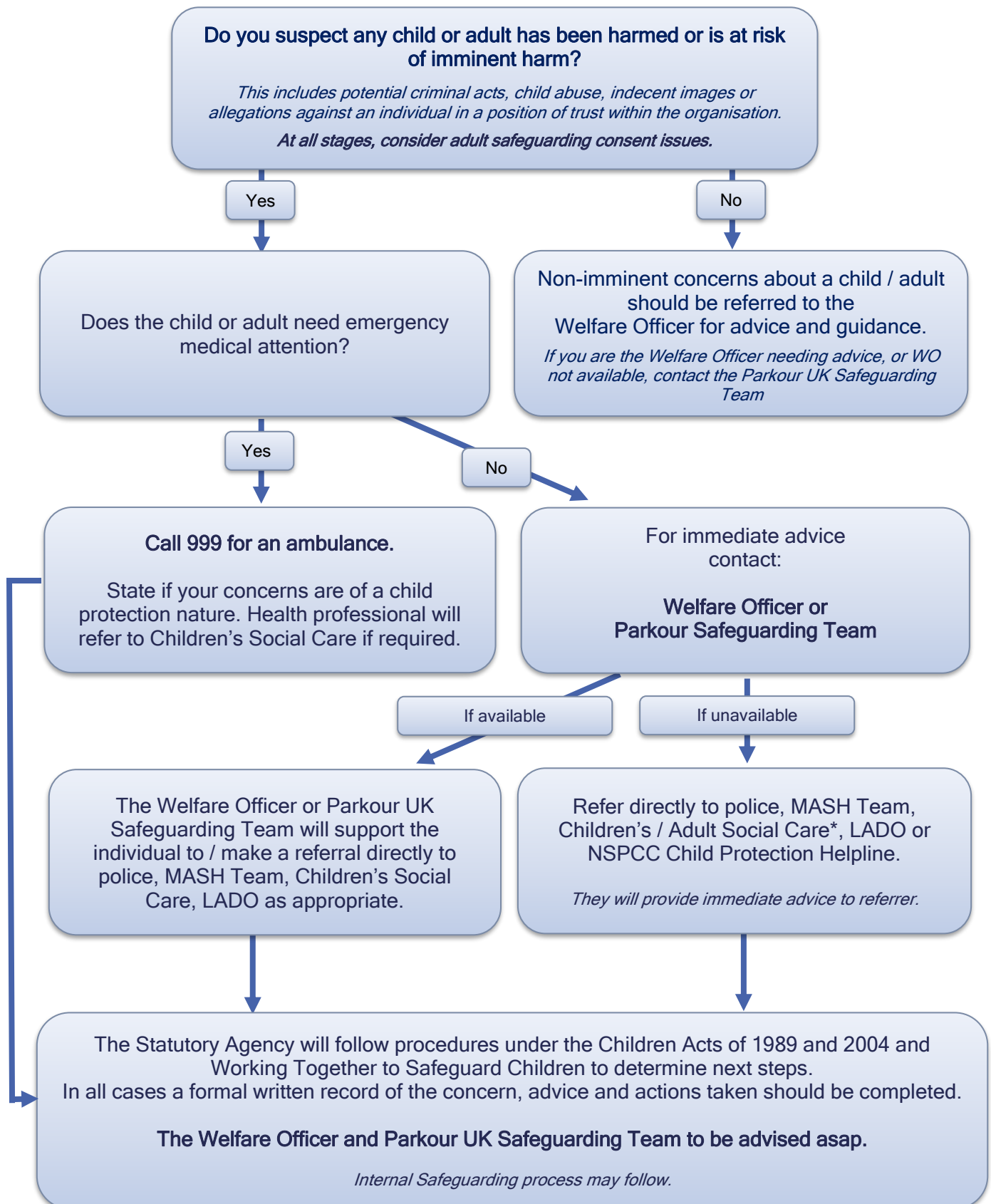
Reporting
concerns

Listening
and reacting

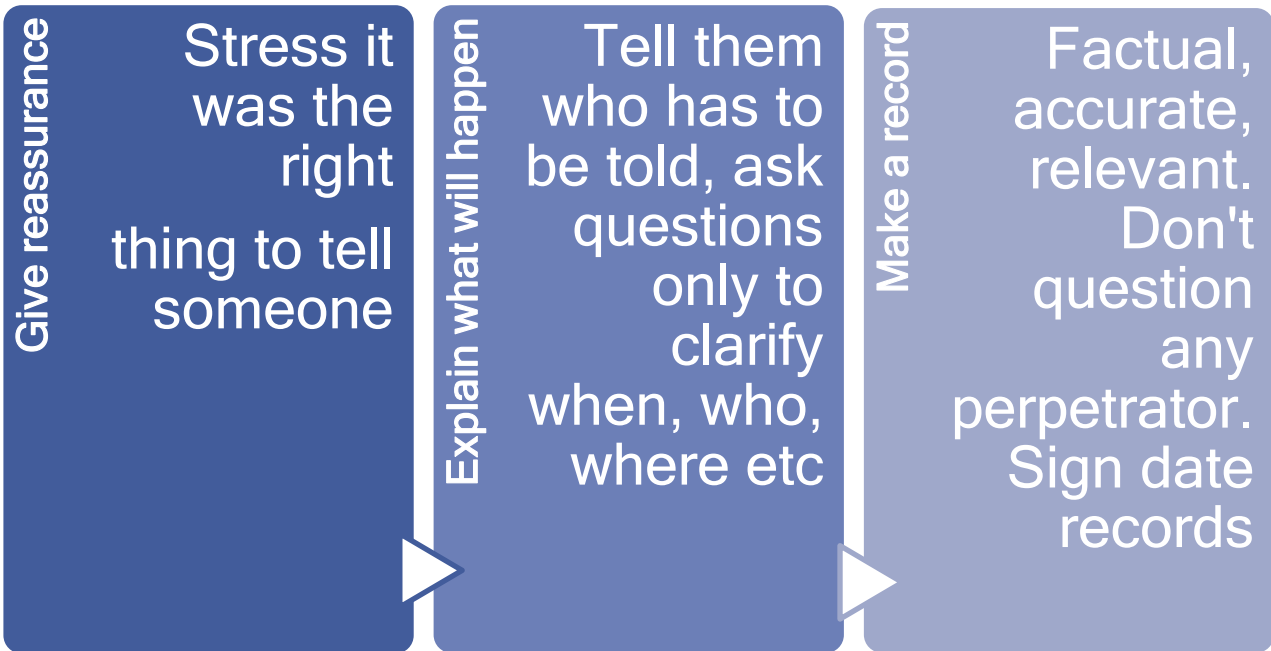
Embedded Good Practice

DEALING WITH CONCERNS

Do you have concerns for the safety and welfare of a child or adult at risk?
If so, follow the flow chart below;



RESPONSE TO A CHILD OR ADULT AT RISK



Informing parents/carers:

Wherever possible, personnel concerned about the welfare of a child should work in partnership with parents/carers. Therefore, in most situations, it would be important to talk to parents/carers to help clarify any initial concerns (e.g. if a child's behaviour has changed, it is important to check whether there is a reasonable explanation such as family upset or bereavement).

However, there are circumstances in which a young person might be placed at even greater risk if concerns are shared (e.g. where a parent/carer may be responsible for the abuse or not able to respond to the situation appropriately). In these situations or where concerns still exist, seek advice before informing the parent/carer. Any suspicion, allegation or incident of abuse must be reported to the Welfare Officer and Parkour UK Lead Safeguarding Officer as soon as possible.

USEFUL BRIEF GUIDE



Coaching ratios

- Age 4-8: Two for the first 6 children, then 1 more for every additional 6
- Age 9-12: Two for the first 8 children, then 1 more for every additional 8
- Age 13-18: Two for the first 10 children, then 1 more for every additional 10



Social Media / online communication

- Don't accept friend requests if in a Position of Trust
- Only if needed, communicate with U18's ensure parent is copied in
- Be careful around image use and uploading
- If in Position of Trust, don't comment on U18's Social Media



Changing areas

- Respect others and change in a way that is private
- Adults should not be in vicinity of children changing /sleeping incl at 'jams'
- No photographic devices around changing areas



Self Harm

- Report any suspicion of self cutting, scraping, scratching, burning, hitting objects, drug use or overdosing, eating disorders
- Support child and ensure work with Welfare Officer/ parents as appropriate to support child to ensure specialist advice sought



Transporting children / adults at risk

- Avoid being alone with them
- Keep parents informed of arrangements



Use of camera devices / equipment

- Only action shots depicting positive sport aspects
- Gain parental consent for child images; don't identify children's names
- No sexual or inappropriate images
- Report any concerns about camera use in any context

Further details of process / guidance is contained in the [Parkour UK Safeguarding Policies and Procedures](#)

SUPPORT FOR ALL INVOLVED

It is important to acknowledge that, in matters relating to any Child / Adult Protection incidents, it can be distressing for all involved. It is, therefore, important to be aware of sources of support and help that may be available in this situation.

The following organisations may be able to provide support:

Lead Safeguarding Officer Parkour UK

T: 07920 793728 | E: safeguarding@parkour.uk

Child Protection in Sport Unit (CPSU)

T: 0116 366 5590 | www.thecpsu.org.uk | E: cpsu@nspcc.org.uk

NSPCC Helpline

T: 0808 800 5000 | www.nspcc.org.uk | E: help@nspcc.org.uk

ChildLine

T: 0800 1111 | www.childline.org.uk/

The Samaritans

T: 116 123 | www.samaritans.org/

Victim Support

T: 0808 1689 111 | www.victimsupport.org.uk/

Child Exploitation and Online Protection Centre (CEOP)

T: 0870 000 3344 | www.ceop.police.uk/Safety-Centre/

Kidscape

T: 020 77303300 | www.kidscape.org.uk | E: info@kidscape.org.uk

Family Lives

0808 800 2222 | www.familylives.org.uk

Ann Craft Trust (Adult Safeguarding)

T: 0115 951 5400 | www.anncrafttrust.org/

National Working Group (NWG) - Child Exploitation

T: 0300 303 3032 | nwgnetwork.org/

