

Safeguarding Policy

Foreword

Parkour can, and does, have a powerful and positive influence on people - especially children¹ and adults at risk². Not only can it provide opportunities for enjoyment and achievement, it can also develop valuable qualities such as self-esteem, leadership 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 Parkour³ has a positive experience in what can be a challenging environment, managed to be as safe as possible. We want this policy to continue to promote a culture that recognises the value of individuals, while developing participants under positive coaching and leadership including where participant led, jointly helping a combined community responsibility in looking after those participating, particularly those young or more vulnerable.

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. We understand it is not the responsibility of individuals working in Parkour to determine if abuse has taken place, but it is their responsibility to act upon and report any concerns.

This policy sets out a framework to meet our commitment to good practice and the safeguarding and welfare of children and adults at risk within Parkour and Parkour related activities.

A variety of titles are used in this policy to describe the people working (full or part time, paid or voluntary) within Parkour, such as; 'Staff', 'Coach', 'Instructor', 'Volunteer' etc – often referred to as the 'workforce'. This policy applies either directly or indirectly to all individuals working, volunteering or participating in Parkour according to their level of contact with children and adults at risk. If you have any doubt as to its relevance to your role, please contact your Welfare Officer or the Parkour UK Safeguarding Officer.

¹ In this document a child is defined as anyone who has not yet reached their 18th birthday. 'Children' therefore means 'children and young people' throughout. The fact that a child has reached 16 years of age, is living independently or is in further education does not alter his/her status.

² The term 'adults at risk' means 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.

³ The term 'Parkour' refers to the [sporting definition](#) of Parkour/Art du Deplacement and 'Freerunning'



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Contents

1. [Safeguarding Policy](#)
2. [Understanding Safeguarding](#)
 - a. [Contextual Safeguarding](#)
 - b. [Principles underpinning Safeguarding](#)
 - c. [What does Safeguarding in Parkour mean?](#)
 - d. [Responsibility to safeguard](#)
 - e. [Relationships of Trust](#)
3. ['Abuse and Poor Practice'\(Forbidden Conduct\)](#)
 - a. [Mandatory Reporting](#)
 - b. [Abuse categories](#)
 - c. [Poor Practice Categories](#)
4. [Recognising Abuse, Poor Practice and Bullying](#)
5. [Responding to Disclosure, Suspicion and Allegation](#)
 - a. [Informing parents/carers](#)
6. [Procedures when dealing with concerns of possible abuse away from / within Parkour \(flowchart\)](#)
7. [Procedures when dealing with concerns of possible abuse from within Parkour \(flowchart\)](#)
8. [Responding to a concern](#)
 - a. [Responding to a disclosure](#)
 - b. [Making an Incident Report](#)
9. [Outcome resulting from an incident report / Case Management Process](#)
 - a. [Case Management Group \(CMG\) function](#)
 - b. [Appeal](#)
 - c. [Monitoring and Evaluation](#)
 - d. [If an allegation is made against you](#)
10. [Good Practice](#)
11. [Working with children and coaching ratios](#)
12. [Confidentiality](#)
13. [Recruiting volunteers / staff for positions of trust](#)
14. [Use of Social Media / Online communication with children](#)
15. [Changing areas](#)
16. [Self Harm](#)
17. [Medical treatment of children](#)
18. [Transporting children](#)
19. [Late Collection](#)
20. [Photography and Videoing at Events and Competitions](#)
21. [Guidelines for the use of cameras at Events](#)

- a. [Press Photographers, Professional Photographers, Member organisation Press/Publicity Officers](#)
 - b. [Reporting concerns about camera use](#)
 - c. [Dealing with concerns raised about camera use](#)
- 22. [People with a disability](#)
 - 23. [Race and Racism](#)
 - 24. [LGBT+ and other marginalised groups](#)
 - 25. [Elite / talented](#)
 - 26. [Whistleblowing](#)
 - 27. [Monitoring procedures](#)

[Appendix A: Useful Contacts](#)

[Appendix B: Member organisations & Safeguarding requirements](#)

[Appendix C: Member organisation Welfare Officer Job Description](#)

[Appendix D: Bullying](#)



Safeguarding Policy

Parkour UK regards the safeguarding and welfare of everyone and specifically children and adults at risk to be of paramount importance. In order to protect them from 'abuse and poor practice' (Forbidden Conduct), Parkour UK is committed to taking all reasonable steps to provide a safe environment for them to participate in Parkour activities held under the auspices of Parkour UK and its partners. To this end, Parkour UK has detailed policies and procedures:

- which promote the prevention of abuse of, and poor practice towards children and adults at risk
- which provide channels through which concerns and allegations can be reported
- to manage and respond speedily to any reports of concerns and allegations
- cause an appropriate investigation and establish an appropriate Safeguarding Discipline process

In support of the above, Parkour UK has procedures outlined in this document:

- for advising adults on how to interact with children and adults at risk in ways which are beneficial for all concerned
- which support anyone who reports concerns that a child or adult may have been or may be at risk of being abused
- which provide support to, and the fair treatment of, anyone against whom allegations have been made
- for responding appropriately if it is established that someone is unsuitable for work with or has behaved in an unacceptable manner towards children and adults at risk

Working Together 2018 states;

'There are many sports clubs and organisations including voluntary and private sector providers that deliver a wide range of sporting activities to children. Some of these will be community amateur sports clubs, some will be charities. All should have ... arrangements (sic) in place and should collaborate to work effectively with the safeguarding partners as required by any local safeguarding arrangements. Paid and volunteer staff need to be aware of their responsibilities for safeguarding and promoting the welfare of children, how they should respond to child protection concerns and how to make a referral to local authority children's social care or the police if necessary.'

Safeguarding is everybody's responsibility

Everyone involved with children and adults at risk within Parkour 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.

Understanding Safeguarding

This document includes policy in relation to children, and ‘adults at risk’.

There are differences in process around keeping *children* safe from abuse and poor practice, and that which applies to *adults at risk*;

Children;

Safeguarding and promoting the welfare of children is defined for the purposes of this document as:

- Protecting children from maltreatment
- Preventing impairment of children's mental and physical health or development
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- Taking action to enable all children to have the best outcomes

(Working Together, July 2018)

Adults at Risk;

The Care Act 2014 sets out six principles underpinning the safeguarding of adults;

- Empowerment - People are supported and encouraged to make their own decisions and informed consent
- Prevention - It is better to take action before harm occurs
- Proportionality - The least intrusive response appropriate to the risk presented
- Protection - Support and representation for those in greatest need
- Partnership - Services offer local solutions through working closely with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse
- Accountability - Accountability and transparency in delivering safeguarding

(Ann Craft Trust, 2023)

Contextual Safeguarding

Contextual Safeguarding has been integrated into Working Together to Safeguard Children 2018 and Keeping Children Safe in Education guidance.

Within our sport we recognise 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 are around changing areas and use, often with the use of cameras, phones and devices capable of taking/sending images, and from unmonitored direct communication or contact with children, be it from their peers or those in a position of trust. In larger, unstructured ‘jam’ environments which vary widely, it may not be unusual for groups to stay together overnight, and these situations may involve greater vulnerability for participants. A positive combined community responsibility developed within the structured part of the sport may help prevent that vulnerability.

Peer on Peer abuse

It must be recognised that many cases in sport relate to **peer on peer** abuse or conduct. Simply because a possible perpetrator may also be a child is unlikely to minimise the effect abuse can have on another child.

Cases should be reported as other forms of 'Forbidden Conduct'. While it is clear children can also commit criminal offences, most accepted guidance is around ensuring the information is shared with Statutory Agencies where usual thresholds exist, leading to research by those agencies, often through a MASH (Multi Agency Safeguarding Hub) process.

This will ensure as full a picture around a child is obtained, and the right decisions for that child will follow, often with Agencies taking a route to deal with children through educating them around their behaviours. Parkour UK has a similar ethos, in trying to correct any behaviours which may lead to further serious issues for that child, and others, in future. This helps to reduce the risk of isolation and embarrassment for children amongst their peer groups, and reduces the opportunity of others to exploit them, and in serious cases, make demands of children to carry out acts against their wishes.

Principles underpinning safeguarding

Effective safeguarding is underpinned by key principles:

- Safeguarding is everyone's responsibility: for safeguarding to be effective each member organisation and workforce of Parkour UK should play their full part; and
- A child-centred approach: for children to be supported effectively there should be a clear understanding of the needs and views of children
- Adults can make their own decisions (subject to having such capacity) having the right to make unwise decisions, if understanding the implications.

Subsequent to these principles the following legislation is applicable (non exhaustive list):

- The legal and statutory definition of a child is a person under the age of 18 years (Children Act 1989/2004 definition, Protection of Children (Scotland) Act 2003; Protection of Freedoms Act 2012; Working Together to Safeguard Children 2018) and (Adults) Care Act 2014 and Mental Capacity Act 2005
- The safety and welfare of a child is of the highest importance (Children Act, Protection of Children (Scotland) Act)
- An adult has a moral and statutory duty for the care, custody and control of any child under their supervision
- All children have the right to be safeguarded from abuse
- All incidents of poor practice or suspicions of poor practice and allegations of abuse will be taken seriously and responded to swiftly and appropriately
- All children have the right to participate in Parkour events and activities in an enjoyable and reasonably safe environment

- Children and adults at risk have the right to expect appropriate support in accordance with their personal and social development when involved in Parkour related events and activities
- It is the responsibility of child / adult welfare experts, agencies and courts to determine whether or not abuse has taken place but it is everyone's responsibility to report any concerns
- Confidentiality should be upheld in line with the Data Protection Act 1998; the Human Rights Act 2000 and the Protection of Freedoms Act 2012

The Voice of Children

In regard to safeguarding, children have said they need:

- Vigilance: to have adults notice when things are troubling them
- Understanding and action: to understand what is happening; to be heard and understood; and to have that understanding acted upon
- Stability: to be able to develop an on-going stable relationship of trust with those helping them
- Respect: to be treated with the expectation that they are competent rather than not
- Information and engagement: to be informed about and involved in procedures, decisions, concerns and plans
- Explanation: to be informed of the outcome of assessments and decisions and reasons when their views have not met with a positive response
- Support: to be provided with support in their own right as well as a member of their family
- Advocacy: to be provided with advocacy to assist them in putting forward their views

What does safeguarding in Parkour mean?

The 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.

Everyone involved in organising Parkour events and activities has a duty to ensure that participants are:

- Provided with access to Parkour in a way that is appropriate for their age and ability
- 'Welcomed into the sport' by people competent and understanding of the needs of children / adults at risk
- Coached and trained by appropriately qualified people
- Encouraged to take part in Parkour events and activities only when it is in their best interests; 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)
- Protected from bullying or undue pressure from any source
- Encouraged and supported to achieve their potential
- Encouraged how to behave in the Parkour environment so as to safeguard and care for themselves
- Afforded respect, confidentiality and privacy in all Parkour environments and contexts

It is also clear there will be times when we must work in partnership with children, their parents⁴ and other agencies in order to safeguard children or support them if safeguarding them becomes an issue. We, and Member organisations affiliated to Parkour UK will recognise the statutory responsibility of Statutory Agencies to ensure the safety of children and work with appropriate partners to comply with their procedures.

Responsibility to safeguard

By joining Parkour UK participants, member organisations and other groups agree to abide by the *Parkour UK Safeguarding Policy & Procedures*.

All member organisations affiliated to Parkour UK will take responsibility for safeguarding children and adults at risk as is required by law and treat them with respect. This will include:

- Incorporating the statement in Appendix B and providing a disciplinary process to enable participants to be suspended or disaffiliated
- Taking responsibility, moral and legal, for safeguarding children and adults at risk from 'abuse and poor practice'(Forbidden Conduct) by implementing procedures that provide a duty of care and well-being
- Respecting and promoting the rights, wishes and feelings of participants
- Adopting the good practice specified in this policy to:
 - safeguard and protect children and adults at risk from 'abuse and poor practice'(Forbidden Conduct)
 - protect the member organisation and its participants against allegations, when recruiting, training and supervising their volunteers, employees and other workers
 - require officials, volunteers and participants to adopt and abide by the Parkour UK Safeguarding Policy & Procedures and the Parkour UK Code of Ethics and Conduct
 - respond appropriately to any complaints about 'abuse and poor practice'(Forbidden Conduct)

Bodies and other organisations involved in delivering Parkour in the United Kingdom will also adhere to the Policy & Procedures unless they use an alternative Safeguarding Policy & Procedures which meet the necessary standards.

Members responsibility to safeguard

Everyone involved in Parkour at every level including participants and workforce⁵, administrators, member organisations, parents and spectators (as far as is feasible) agree to abide by the Parkour UK Code of Ethics and Conduct. By participating or being involved in Parkour everyone is deemed to agree to, recognise and adhere to, the principles and responsibilities embodied in the Code.

Relationships of trust

Trust is an important concept in safeguarding and anyone who is in a position of responsibility over a child or who the child has a right to trust must honour that trust. This is particularly important for workforce.

⁴ The term parent/s throughout this policy refers to parent/s, carer/s and guardian/s.

⁵ The term workforce refers to anyone qualified by Parkour UK to deliver Parkour.

This statement recognises that genuine relationships do occur between people in position of responsibility and participants in a group but that no intimate relationship should begin whilst the person in position of responsibility is in a 'position of trust' with the participant.

Since June 2022, the law states ***any sexual activity (direct or online) with a child by a person in a Position of Trust with them (as defined) is a criminal offence*** under the changes implemented by the Sexual Offences Act 2022. <https://www.gov.uk/government/publications/positions-of-trust-factsheet>

New positions of trust are defined for non-statutory settings by reference to the activity which the adult is carrying out in relation to the child, namely, *coaching, teaching, training, supervising, or instructing*.

The responsibility and influence that a person in authority has over someone attending a group or activity cannot be under-estimated. If there is an additional competitive aspect to the activity and the person in authority is responsible to some extent for the success or failure of a child or adult at risk, then the dependency of the child or adult at risk upon the person in a position of responsibility will be increased. It is therefore vital for people to recognise the responsibility that they must exercise in ensuring that they do not abuse their position of trust. A member organisation or organising group may become liable for the actions of a person(s) that they have placed in a position of responsibility.

Note that children aged 16-18 can legally consent to some types of sexual activity; however, in most provisions of legislation they are classified as children.

If you are in a position of responsibility and you engage in an intimate or inappropriate relationship with a child or adult at risk it is a breach of the Parkour UK Code of Ethics and Conduct and as such will result in disciplinary action.

‘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.

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.

We need to understand abuse, and poor practice and the forms in which it may occur.

Abuse

Abuse is maltreatment of a child. 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. This can be particularly relevant, for example, in relation to the impact on children of all forms of domestic abuse. Children may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others. Abuse can take place wholly online, or technology may be used to facilitate offline abuse. Children may be abused by an adult or adults, or another child or children.

The effects of abuse can be very damaging and if untreated or unchallenged, may have significant and longer term effects. For example, a person who has been abused as a child may find it difficult or impossible to maintain stable, trusting relationships; may become involved with drugs or prostitution; may attempt self harm or suicide; or may abuse a child in the future. Some categories as described below may cross into one or more other categories.

Categories of Abuse are commonly recognised as;

- **Physical Abuse** - Any deliberate and unwelcome act – such as punching, beating, kicking, biting and burning – causing physical trauma or injury. Can also consist of forced or inappropriate physical activity (e.g., inappropriate age or physique training loads; when injured or in pain) etc.
- **Sexual Abuse** - Any conduct of sexual nature, whether non-contact, contact or penetrative, where consent is coerced/manipulated or is not or cannot be given. The activities may include but are not limited to assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing. Sexual Abuse may also include non-contact activities, such as involving individuals in looking at, or in the production of, sexual images, watching sexual activities, encouraging others to behave in sexually inappropriate ways, or grooming a person in preparation for abuse (including through the internet or on mobile devices). See p12.

- **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; failure to allow adequate provision for injury or fluids etc.
- **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. This can also include radicalisation
- **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 of Poor Practice

- **Harassment or Hazing** - Any acts of neglect, psychological abuse, repeated physical abuse, and sexual harassment. Includes demeaning / humiliating or discriminatory comments or behaviour towards a child / adult at risk. May occur 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. This can include racist or homophobic behaviour, as well as that generated due to others minoritised ethnic groups.
- **Sexual Harassment** - Any verbal or physical conduct of a sexual nature which is unwelcome. Sexual Harassment includes sexual advances, requests for sexual favours, and other verbal or physical conduct of a sexual nature when such conduct is made either explicitly or implicitly. Sexual Harassment may take the form of Sexual Abuse.
- **Bullying** - Bullying can take other forms of abuse ethnicity. It may not always be an adult bullying a child. It is recognised the most frequent form of bullying is by a child or children often within the peer group of the child being bullied.
Bullying may be seen as ongoing, usually repeated deliberately hurtful behaviour, where it is difficult for those being bullied to defend themselves. It has been defined as 'repeated (systematic) aggressive verbal, psychological or physical conduct by an individual or group against another person or persons'. See *Appendix D*
- **Professional Poor practice** – can cover a very wide range, but includes those in a *position of trust including volunteers* (non exhaustive list);
 - Failing to ensure there are adequate safeguarding arrangements / support

- Coaching or supervising children or adults at risk without another responsible adult present
- Exceeding level of competence and/or qualification
- Employing practices that are inappropriate for the stage of psychological and physical development of the individual
- Excessive training or competition
- Using inappropriate or non recommended coaching methods
- Failing to adhere to use of photography / image policies
- Intentional exclusion of parents when not appropriate
- Inappropriate social media / messaging / online contact with a child / adult at risk contrary to policy
- Failing to respond to concerns or expulsion of those raising a concern
- Practices that may be carried out with the best intentions but are commonly used by people to 'groom' a child / adult at risk:
 - Offering to give a child a lift home while alone / sharing rooms
 - Giving a child gifts
 - Having unnecessary /inappropriate physical contact with young people
 - Socialising/having friendships with young people outside training outside of their peer group.

Good guidance is given in the Code of Practice for Sports Coaches by UK Coaching - ukcoaching.org/resources/topics/guides/code-of-practice-for-sports-coaches

Recognising Abuse, Poor Practice and Bullying

Abuse occurs both inside and outside the family setting. Even for those experienced in working with abuse, it is not always easy to recognise a situation where abuse may be occurring or may have taken place. Staff and volunteers in Parkour are not experts at such recognition; however, they do have a responsibility to act if they have any concerns about the behaviour of someone (an adult or another child) towards a child or adult at risk and to follow the procedures in this document.

Other than a participant / parent disclosing concerns to staff or a volunteer, observing behaviour or sudden changes in behaviour can raise the possibility that abuse is taking place or has taken place.

The following indicators may or may not indicate that abuse, poor practice or bullying has taken place, but the possibility should be considered:

- Unexplained or suspicious injuries such as bruising, cuts or burns, particularly if situated on a part of the body not normally prone to such injuries
- Displaying an injury for which the explanation seems inconsistent
- Describing what appears to be an abusive act involving the child

- A person expressing concern about the welfare of another child
- Displaying sexual awareness that is inappropriate
- Encouraging sexually explicit behaviour
- Distrusting adults, particularly those with whom a close relationship would normally be expected
- Being prevented from socialising with other children by another person
- Displaying variations in eating patterns including overeating and loss of appetite
- Losing weight for no apparent reason
- Becoming increasingly dirty or unkempt

Some common signs that there may be something concerning happening in a child's life include:

- Unexplained changes in behaviour or personality
- Becoming withdrawn
- Seeming anxious
- Becoming uncharacteristically aggressive
- Lacks social skills and has few friends, if any
- Poor bond or relationship with a parent
- Knowledge of adult issues inappropriate for their age
- Running away or going missing
- Always choosing to wear clothes which cover their body

This list is not exhaustive and the presence of one or more of the indicators is not proof that abuse is actually taking place. A good working relationship with the parent may help to identify any concerns or help to understand what a child may be experiencing e.g. family bereavement, self harm, eating disorder etc.

It may be that younger / more vulnerable members may be a greater risk of;

- **Grooming**
 - Groomers might buy gifts, give attention, take children on trips / outings, show understanding, try and isolate children from their friends and family, making them feel dependent on them and giving the groomer power and control over them. They might use blackmail to make a child feel guilt and shame or introduce the idea of 'secrets' to control, frighten and intimidate.
- **Sexual Exploitation**
 - Child sexual exploitation (CSE) is a type of sexual abuse. When a child or young person is exploited they're given things, like gifts, drugs, money, status and affection, in exchange for performing sexual activities. Children and young people are often tricked into believing they're in a loving and consensual relationship. They may trust their abuser and not understand that they're being abused. See the NWG link - [nwgnetwork.org/what-is-child-exploitation/](https://www.nwgnetwork.org/what-is-child-exploitation/)
 - Children and young people can be trafficked into or within the UK to be sexually exploited. They're moved around the country and abused by being forced to take part in sexual activities, often with more than one person. Young people in gangs can also be sexually exploited.

- **Criminal or Gang Exploitation**
 - Where children and young people are manipulated and coerced into committing crimes. Gangs may be Peer Group, Street Gang (discernible group for whom crime and violence is integral to the group's identity) or an Organised Criminal Gang (a group of individuals for whom involvement in crime is for personal gain (financial or otherwise)).

- **Child trafficking**
 - Trafficking is where children and young people tricked, forced or persuaded to leave their homes and are moved or transported and then exploited, forced to work or sold. Children are trafficked for sexual exploitation, benefit fraud, forced marriage, domestic slavery, forced labour or committing crimes etc.

- **Online abuse**
 - Any type of abuse that happens on the internet. It can happen across any device that's connected to the web, like computers, tablets and mobile phones. Includes Social Media, text and messaging apps, emails, online chats and gaming.

- **Non recent abuse**
 - sometimes called historical abuse, is when an adult was abused as a child or young person under the age of 18. **Any concerns around non recent abuse must be reported as a current concern would be.**

- **Female Genital Mutilation**
 - FGM is when a female's genitals are deliberately altered or removed for non-medical reasons. It's also known as 'female circumcision' or 'cutting', sunna, gudniin, halalays and other terms.

- **Radicalisation**
 - Radicalisation is the encouragement to develop extreme views or beliefs in support of terrorist groups and activities opposing fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs. The Home Office has Channel duty guidance and a vulnerability framework to identify those at risk.
www.gov.uk/government/publications/channel-and-prevent-multi-agency-panel-pmap-guidance

See the NSPCC's website around types of abuse - nspcc.org.uk/what-is-child-abuse/types-of-abuse/

It is not the responsibility of those working in Parkour to decide that child abuse is occurring but it is their responsibility to act on any concerns.

Responding to Disclosure, Suspicion and Allegation

Parkour UK's primary responsibility is to prevent risk of harm and ensure that safeguarding concerns are passed on as appropriate to Police and Children's Social Care / Multi-Agency Safeguarding Hub, NSPCC Child Protection Helpline without delay. If you think a child is in immediate danger, call the police on 999. These organisations have the statutory responsibility to make enquiries to establish if a child is at risk of harm.

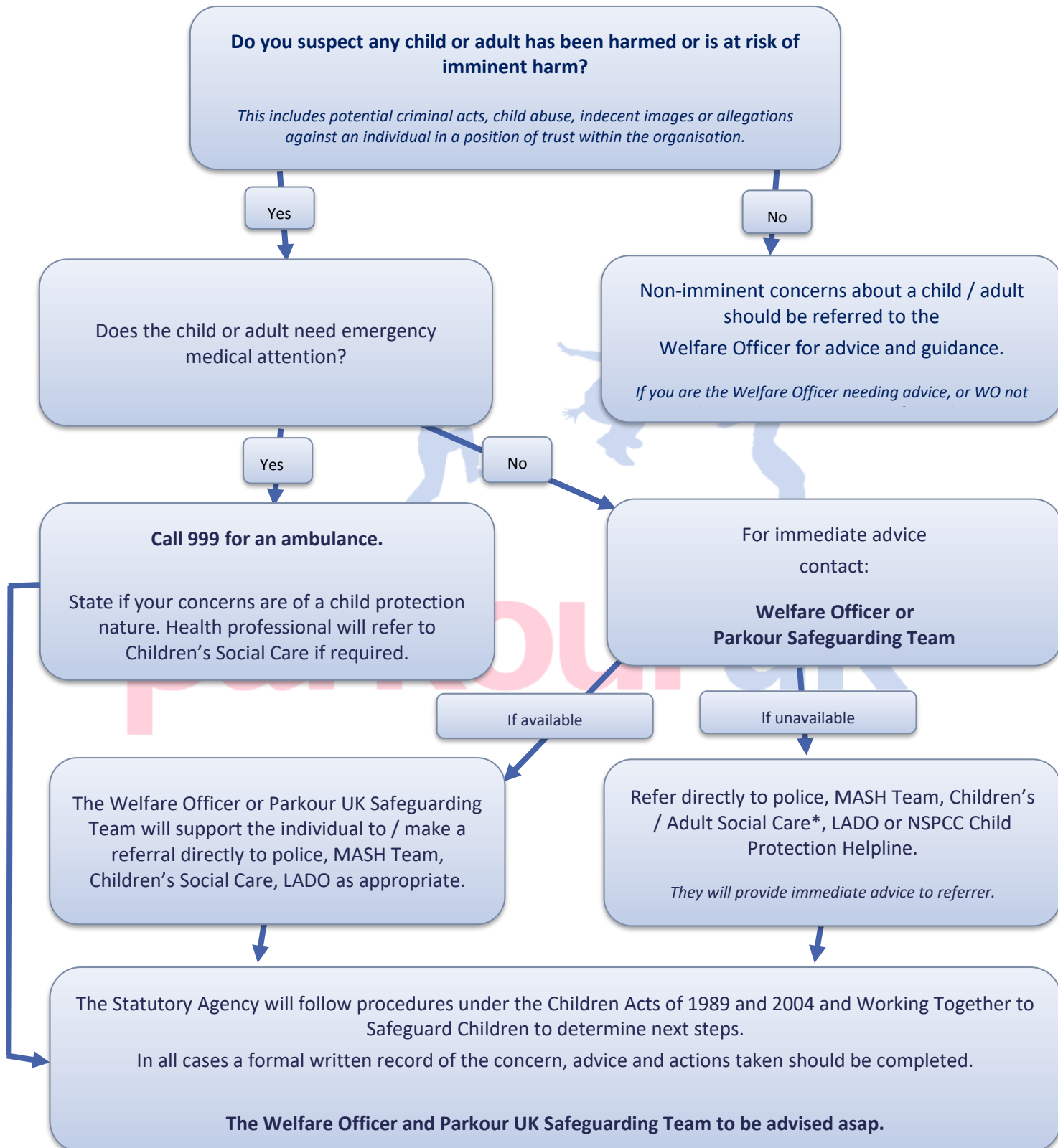
Please report *any* potential matters relating to safeguarding children / adults at risk to the Safeguarding Officer (safeguarding@parkour.uk) or the National Office. This includes any concerns about the welfare of children either within, or outside of Parkour and any concern over behaviour related to the welfare of children including those away from the sport.

Informing parents/carers

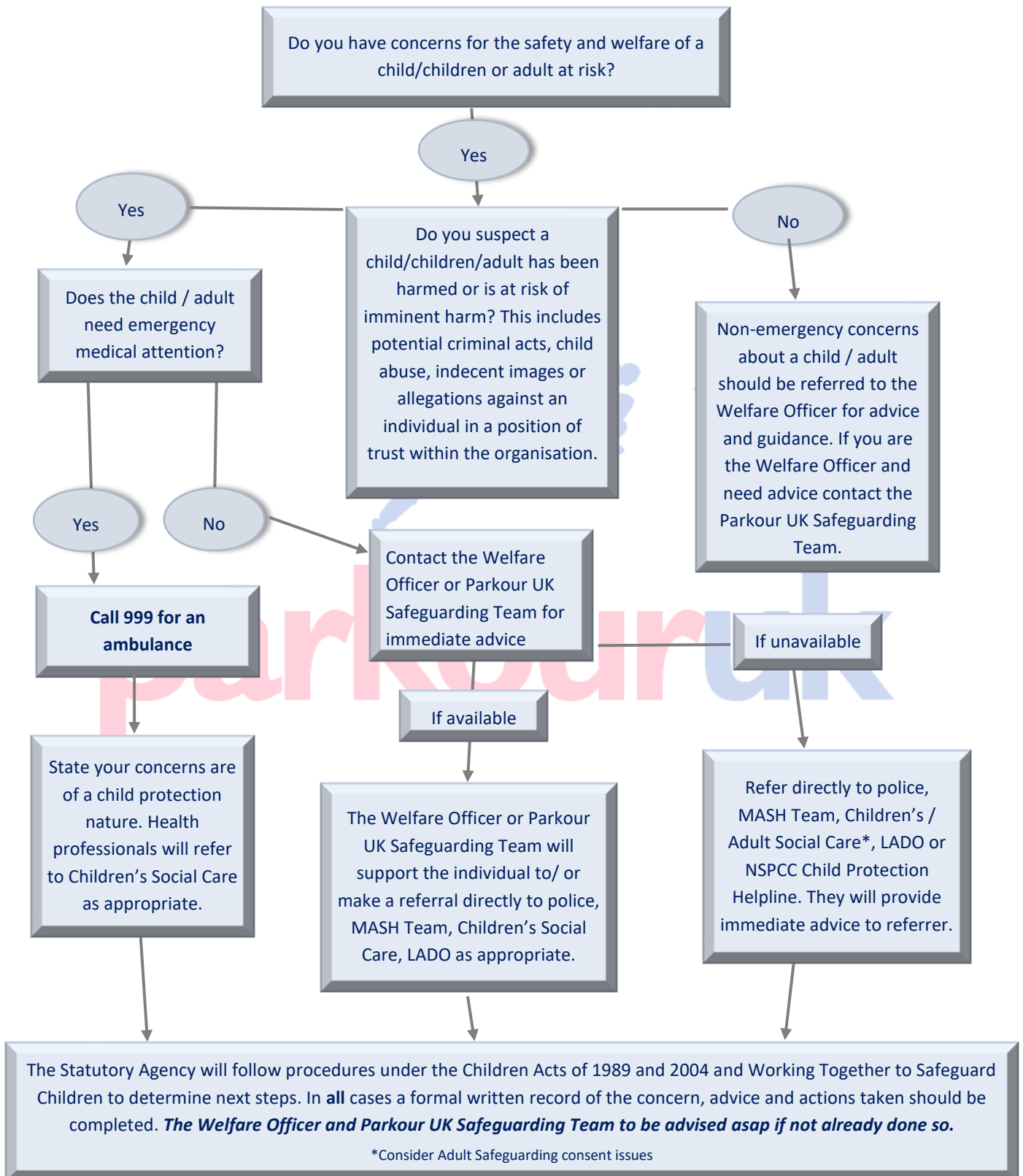
Wherever possible, personnel concerned about the welfare of a child should work in partnership with parents/carers. Therefore, in most situations, it would be important to talk to parents/carers to help clarify any initial concerns (e.g. if a child's behaviour has changed, it is important to check whether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

Procedures when dealing with concerns of possible abuse away from / within Parkour



Procedures when dealing with concerns of possible abuse from within Parkour



Responding to a concern

There are common scenarios that will give rise to concern about a child or adult at risk:

- The child/adult says something, acts in a way, or presents a sign(s) that raises your concern
- Anyone saying something about a child/adult at risk that raises your concern
- You see or hear something that gives you cause to be concerned about the behaviour of a person towards a child or adult at risk
- You see or hear something that causes you to believe a member of Parkour UK or a person involved in Parkour may be under suspicion of abusing a child or adult at risk
- Allegations of previous abuse: may be made some time after the incident, for example by an adult who was abused as a child or by a volunteer who is still currently working with children
- Increasingly, it is also recognised that Social Media has made it easier to 'call out' the behaviours of those who may abuse children or adults at risk or subject them to Poor Practice. We will also listen to those who may disclose such concerns in this way, wherever possible.

Firstly, ensure the safety of the child / adult at risk – if the child needs immediate medical treatment, call an ambulance, acting on advice - inform medics of your concerns and ensure they are aware it may be a child safeguarding issue. Similarly for adults at risk, while considering their consent to assist them.

Secondly, make a judgement about whether your concern is sufficient to cause you to take immediate action; this may be to protect the child from potential harm or to report your concern while the state of the child is time sensitive (for example bruising will subside over a period of time). If you need advice contact your Member organisation Welfare Officer or the Parkour UK Lead Safeguarding Officer.

Where concerns about a child are urgent (i.e. has been harmed or at immediate risk of harm) refer immediately to Children's Social Care/Police and send a copy of the Incident Report form to both them and the Parkour UK Lead Safeguarding Officer within 24 hours.

Thirdly, note down or record what has been said to you or what you have seen. Date and time your note and try and be as factually accurate as you can. This will help when producing an Incident Report.

Lastly, if you have any concern at all you must report concerns to the Member organisation Welfare Officer who will:

- Complete the Parkour UK Incident Report form
- Report to the Parkour UK Lead Safeguarding Officer within 24 hours

Responding to a disclosure

If a child informs you directly that (s)he, or another child, is concerned about someone's behaviour towards them (this is termed disclosure), you should:

- Be calm – do not panic and do not allow your shock or distaste to show
- Tell the child that (s)he is not to blame and that (s)he was right to tell

- Take what the person says seriously, recognising there may be difficulties in interpreting what is said by a child who has a speech impairment and/or differences in language
- Only ask open questions to clarify what has been said and to have sufficient information to act – do not ‘investigate’ any further
- Reassure the child but **do not** make promises of confidentiality which might not be feasible in light of subsequent developments – make no promises and do not agree to keep secrets
- Follow the procedures to report the concern – do not approach or contact the alleged abuser
- Time is of the essence, **do not** wait, act as a matter of urgency

Making an Incident Report

If the incident or allegation is serious you should report it immediately to the Police or Social Care.

Ideally the report should be made utilising the Parkour UK Incident Report Form. The report needs to include:

- Details of the child i.e. name(s), age/date of birth, address, race, gender and ethnic origin, and parent detail if possible
- Full details of the referral. Ensure the referral details are recorded verbatim i.e. always use the child’s own words
- A description of any visible bruising or other injuries
- The child’s account, if available, of what happened, who was involved and how any incident or injury occurred
- Witnesses to the incident(s)
- Any times, dates or other relevant information
- A clear distinction between what is fact, opinion or hearsay
- A signature, time and date on the report
- Remember you must not investigate the allegation.

Reporting any serious / criminal matter to the Police or Children’s Social Care department should not be delayed by attempts to obtain more information. Wherever possible, referrals telephoned to the Children’s Social Care department must be confirmed in writing within 24 hours. A record must be made of the name and designation of the Children’s Social Care member of staff or Police Officer to whom the concerns were passed, together with the time and date of the call, in case any follow-up is needed. A copy of this information should be sent direct to the Parkour UK Lead Safeguarding Officer.

Data Protection legislation covers the recording and transfer of all information associated with safeguarding matters. Information passed to Children’s Social Care or the Police must be as helpful as possible, hence the necessity for making a detailed record at the time of the disclosure/concern. The necessity of sharing information to keep children safe outweighs risks of breaching Data Protection, if shared only with those who ‘need to know’. (Cross reference)

Outcome resulting from an incident report / Case Management Process

If the incident/concern has been reported directly to the police or social care the investigation will usually initially be progressed under their control. Any internal process would usually be placed on hold while it is verified to commence such would have no risk of obstructing a police or Social Care investigation.

Case Management Group (CMG) function

- The CMG will normally be comprised of a Director, Independent expert, and a personnel function member. In more complex cases, the CMG may invite others to be part of a relevant discussion, to assist progression of a case.
- The CMG will have oversight of all Safeguarding / Welfare Cases brought to notice.
- They will ensure a secure method of recording concerns, actions and reviews is in place, available only to the LSO and CMG.
- If required as a matter of urgency the CMG will ensure any action necessary is taken immediately on a case by the Lead Safeguarding Officer / CMG member, to protect any child or adult at risk (or any group of such).
- The CMG will determine whether cases referred to them need immediate referral to police / other statutory agencies / seek ongoing advice from external agencies such as the CPSU.
- The CMG will determine whether or not any measures are necessary or individual involved need suspending, pending the outcome of the investigation (ensuring this would not frustrate Statutory Agency investigations). Safeguarding a child or vulnerable person / people would always be a priority. If urgent, the Independent expert may make such a Recommendation to the LSO, implemented if both agree necessary.
- Regular communication (at least every month) should take place between the CMG and LSO to ensure cases are being progressed, and any further risks identified and actioned.
- The CMG will ensure relevant parties in cases (including victims and perpetrators) are updated at an appropriate time, without compromising investigations.
- The CMG will ensure appropriate support is/has been signposted for relevant parties while managing cases. Consideration will be given to what support may be appropriate or signposted for children, parents, participants, volunteers or staff. Use of Helplines, support groups and open meeting will maintain an open culture and help the healing process. We will also give consideration to what support may be appropriate for the alleged perpetrator of the abuse throughout the process.
- The LSO and CMG will strive to maintain confidentiality in safeguarding cases, but may need to share information under 'Working Together 2018' protocols, with Statutory Agencies and other parties who have an ability to protect children / adults at risk (subject to necessity / proportionality aspects particularly in Adult cases)
- The CMG will ensure any cases may be referred to any external organisation, subject to any agreement around such being in place, according to agreed thresholds.

Investigation

- The CMG will decide when it would be appropriate for an internal investigation to take place – usually after formal notification of completion of any Statutory Agency investigation / assessment.
- The CMG will decide the most appropriate route for investigation and will also decide on who is best placed to undertake an investigation independently. The Independent expert should maintain impartiality sufficient to ensure they may be used as an Independent Investigator – so as to maintain consistency within the Sport around understanding ‘what works’ in relation to preventative sanctions and understanding and reacting to trends in the sport. Upon the conclusion of an investigation the investigator shall produce a written report setting out the procedure followed and his or her findings. This report shall be given to the CMG.
- The type of investigation will depend on:
 - a) Poor practice that is minor in nature (*usually internal investigation – collation of statements, review by CMG*)
 - b) Poor practice that is more serious in nature – e.g. ‘Professional Poor practice’ (*internal or independent investigation, review by CMG, and if potential for exclusion from Parkour UK activity – refer to Disciplinary/Panel Hearing*)
 - c) Potential abuse that contravenes ‘Forbidden Conduct’ or requires Children’s / Adult Social Care or police investigation – e.g. Physical, Sexual, Psychological abuse or Neglect, Harassment or Hazing, Sexual Harassment or Bullying (Level 1) (*Independent, external or internal investigation, review by CMG, and if potential for exclusion from Parkour UK activity – refer to Disciplinary/Panel Hearing*)

Following a Statutory Agency investigation

Informed by the findings of Children’s Social Care and/or Police investigations or the internal investigations, the Parkour UK Safeguarding CMG will assess all individual cases to decide whether a person should face measures or be reinstated (or a combination) and how this can be sensitively handled.

This may be a difficult decision; particularly where there is insufficient evidence to prosecute perpetrators by reaching the very high level of proof (beyond all reasonable doubt a person has committed an offence) and in the public interest to take the matter to court. This is often not directly linked to risk.

Once investigated, the matter must be considered by the CMG, and depending on thresholds, based on the balance of probability that harm / risk of harm has, may in future, or may have been caused to a child or adult at risk, may arrive at one of the following outcomes (this may include serious harm caused to adults such as violence or sexual offences);

- No case to answer
- Warrants advice/warning as to future conduct/sanctions
- Training/mentoring and support agreed
- Complaint resolved with agreement between parties
- Referral for Disciplinary / Panel hearing;
 - Upon completion of any investigation, the CMG will convene to consider the case. In the event the CMG considers that the Individual / Organisation Concerned has a case to answer regarding conduct involving Children or Adults at Risk such that:
 - there has been a breach of the rules and regulations (including any code of conduct) of Parkour UK; and/or

- that a person has engaged in conduct which directly or indirectly adversely affects the welfare and safety of a Child, Children or Adult(s) at Risk and/or places them at risk: and
- a sanction which involves excluding the individual from participation in activities regulated by Parkour UK may be appropriate
- the CMG shall refer the Concern to the Parkour UK Safeguarding Hearing Body
- Any other outcome the CMG feel appropriate and reasonable

It is worth noting that there is no time limit in law to the submissions of allegations or incidents of a safeguarding nature.

Dissatisfaction with Statutory Agency outcome / action;

- The CMG may communicate with or raise an appropriate Complaint to any agency or organisation that may not have seemingly carried out their functions towards children / Adults at Risk satisfactorily, under relevant guidance.
- This is an important function as all professionals in Safeguarding should expect and embrace any challenges from colleagues, as mistakes are made, and others may not have been fully in possession of all the relevant information, on which to base decisions.

Appeal

The Parkour UK Appeal Procedure is available to anyone under investigation and can be found in the Parkour UK Policy. The Appeal Panel will exclude anyone sitting on the initial panel, excluding the Secretary. The panel should comprise of a chair and two other participants, with the Secretary in attendance. Any organisation or participant wishing to appeal against the decisions made by the Safeguarding Disciplinary Panel must do so in writing, to be received by the Parkour UK Safeguarding Officer within seven days of the decision being communicated to the person.

Monitoring and Evaluation

To be conducted at the close of each case by the Parkour UK Safeguarding Case Management Group to see if any changes need to be made to policies/procedures or lessons that can be learnt.

If an allegation is made against you

Any concerns involving the inappropriate behaviour of an adult or child towards a child or adult at risk will be taken seriously and investigated. If you are the person who is the centre of an allegation, the situation will be explained to you and you may be required to cease working in Parkour, you will be informed as soon as possible based on advice from the Statutory Agencies. This may result in suspension from activity within Parkour whilst an investigation is being carried out. This is to protect all parties involved and is a normal, non-judgemental, action.

A representative of Parkour UK will follow good practice and tightly defined procedures to ensure that confidentiality is maintained in all circumstances within the small group of people dealing with the allegation.



Final Draft April 2023

Parkour UK will assess, on a case-by-case basis, any support needed for the person against whom an allegation has been made. A Parkour UK representative will be available to provide support to an individual where an allegation has been made against them. You will also be directed towards sources of emotional support.



Good Practice

We believe the spreading and embedding of good practice is the most effective way to safeguard children and adults at risk in Parkour. Good practice is following the practices described in this policy and behaving in a way that is aligned with the Parkour UK *Code of Ethics and Conduct*. Recognising and intelligently copying good practice is also the way in which Parkour member organisations and participants learn and develop their thinking and working practices.

Poor practice (see Categories of Poor Practice above) is where the behaviour of an adult or another child is inappropriate and causes concern. Poor practice under Safeguarding includes behaviour which contravenes the Parkour UK *Code of Ethics and Conduct*, infringes an individual's rights, or is a failure to fulfil the standard of care expected. Poor practice is unacceptable in Parkour and will be treated seriously. A variety of actions may be taken that are appropriate to remedy the poor practice; such action may include requiring the individual to be trained, placed with a mentor, banned from practising etc.

Good practice related to safeguarding in Parkour is built around everyone involved in Parkour demonstrating exemplary behaviour in order to protect children and themselves from allegations.

Good practice is built around the following framework:

- Providing Parkour activities and events that are appropriate to the participants age and ability, developing creativity
- Training participants to assess risk-benefit for themselves
- Adults avoid 1 on 1 situations with those under 18 yrs.
- Taking care when recruiting people who will work with children and adults at risk, including volunteers
- Checking and monitoring all workforce in positions of trust that have regular and frequent contact with children and/or adults at risk
- Adults being aware of the risks to participants and understanding their responsibility to safeguard them
- Reporting concerns – not investigating them any more than is necessary to confirm a concern exists

How can we translate this into action?

- Adopting and complying with Parkour UK Safeguarding Policy & Procedures
- Ensuring appropriate Safeguarding Training and education is provided for our staff and Coaches, promoting their learning and development
- Promoting the policy to all participants and parents
- Treating all children and adults at risk equally, with respect and dignity
- Making Parkour fun and enjoyable
- Building relationships based on mutual trust which empower children to share in the decision-making process
- Building our relationships and promoting safeguarding within the wider Parkour community, with those who are able to influence a positive culture and respected in their communities
- Always working in an open environment (e.g. avoiding private or unobserved situations and encouraging an open environment - i.e. no secrets)

- Always putting the safety and wellbeing of children first, before winning or achieving goals
- Maintaining a safe and appropriate distance from participants (e.g. it is not appropriate to have an intimate relationship with a child or to share a room with them unless they are from the same family). In some cases, it may be a serious breach of the Parkour UK Code of Ethics and Conduct, unlawful, or both
- Ensuring any form of physical contact is provided openly and only when absolutely necessary, for instance when a child requires physical contact for personal safety reasons
- Keeping up to date with technical skills, qualifications and insurance
- Ensuring parents/teachers/coaches/instructors/officials work in pairs if groups have to be supervised
- Ensuring that if mixed groups of children or adults at risk are taken away, they are accompanied by a male and female member of staff. Best practice can be found at the cpsu.org.uk/resource-library/tools/safe-sport-events-activities-and-competitions/
- Ensuring that at residential and/or events, adults do not enter children's rooms/tents or invite children into their rooms/tents; if an adult is working in a supervisory capacity, he or she should only enter the children's rooms/tents when accompanied by another adult
- Being an excellent role model – this includes not smoking, vaping, drinking alcohol or using prohibited substances in the company of children and promoting a healthy diet
- Giving enthusiastic and constructive feedback rather than negative criticism
- Recognising the developmental needs and capacity of children and adults at risk – avoiding excessive training or competition and not pushing children into things against their will
- Securing written parental consent to act in loco parentis; permission may be needed for the administration of emergency first aid or other medical treatment
- Keeping a written record of any injury that occurs, and the details of any treatment given; where staff witness an injury this must be reported to the parents at the first opportunity

If any of the following incidents occur, you should report them immediately to another colleague and make a written note of the event; parents must be informed of the incident:

- If you accidentally hurt a participant
- A child is distressed in any manner
- If a participant appears to be sexually aroused by your actions
- If a participant misunderstands or misinterprets something you have done

There are a number of particular situations or matters that are important in creating a good caring and safeguarding environment in Parkour, these follow;

Working with children and coaching ratios

Safety Guidelines in Parkour state that there must always be at least 2 supervisors with any group, this is to ensure that at least one supervisor is able to oversee a group while any injury or problem is dealt with. This may include one trained supervisor aged 16 or 17.

Parkour is different from many other sports and the level of supervision should take account of:

- The age and ability of the children
- The activity being undertaken

- Children's growing independence
- Children's need for privacy
- The geography of the venue being used
- The risk-benefit assessment

However, you should be aware of Government guidance which states that when working with groups of children under 8 years of age there should be at least one supervising adult for every six children (Care Standards Act 2000). Participants under the age of 17 must be supervised at all times and cannot be included in staffing ratios.

While the risk–benefit assessment may well indicate the need for an enhanced level of supervision and staffing for a particular activity, the following table shows recommended minimum adult to child ratios.

Children's age	Number of adults
4 to 8	2 for the first 6 children and then 1 more for every additional 6 children
9 to 12	2 for the first 8 children and then 1 more for every additional 8 children
13 to 18	2 for the first 10 children and then 1 more for every additional 10 children
Mixed aged groups	Many groups in Parkour will contain children of mixed ages in which case the member organisation or lead coach will need to work out what level of supervision (above the minimum of 2 adults) fits the circumstances.

Pre-activity planning should ensure that, in case of an accident or an incident involving a child or member of staff, there will be sufficient adults remaining to supervise the group safely. In coaching sessions any additional adult does not have to be a qualified instructor or coach.

Confidentiality

The principle that the safety and welfare of the child / adult at risk is of the highest importance means that the data protection considerations that might apply to other situations, should not be allowed to over-ride the right of children or adults at risk to be protected from harm. However, every effort must be made to ensure that confidentiality is maintained when an allegation has been made and is being investigated.

Only those that 'need to know' – i.e. have an effective role in keeping a child / adult at risk safe, should be informed.

Information which is passed to Parkour UK will be securely stored by Parkour UK, with limited access to designated people, in line with data protection laws.

Member organisation Welfare Officers should also make arrangements to store any confidential information securely but accessible if the person in the role changes. The Parkour UK Safeguarding Officer will offer to store such confidential information on behalf of a member organisation if approached.

Recruiting volunteers / staff for positions of trust

The majority of people helping to deliver Parkour events and activities are dedicated and motivated by commendable reasons. However, all reasonable steps should be taken to prevent unsuitable people, or people with inappropriate motivation, from working with children. Good practice requires that supervision is available at all times to people working with children or adults at risk.

It is important that the procedures are understood, adopted and applied consistently when appointing people to a position of trust where they will, or may, deal with children or adults at risk. Such positions and roles include coaching and volunteers that will be responsible for caring for children when they are overnighting.

The Recruiting Policy includes:

- Guidelines to member organisations and associations on the recruitment and selection of volunteers particularly when they may be in a position of trust – including Reference and DBS checks.
 - Roles and responsibilities, the importance of these and how these should be defined
- The importance of diversity and the need to provide equality of opportunity to anyone interested in applying for roles

Checking people in positions of trust do not have a criminal record

The law regarding the checking of criminal records is different in each home nation and has changed in England & Wales recently in that we can no longer check everyone that works with children. In England & Wales the following determines whether or not you can check a person, this may be different in Scotland and Northern Ireland.

The law varies across the UK but in general requires that ensure a Disclosure and Barring Service Check (or equivalent in Scotland & Northern Ireland) if:

- they are working with children and/or adults at risk in isolation from other adults, and
- their contact with the child or children is:
 - once per week or more, or,
 - 4 or more days in each 30-day period, or
 - any overnight supervision between 2am and 6am

The full process can be [found here](#) but if they do not meet the criteria a check is not permissible *by law*.

If you live in or volunteer in Scotland the Disclosure Scotland website has a [tool](#) for deciding whether PVG is needed.

Checking of References is also a vital tool to assist identifying persons who may be unsuitable to work with children and is recommended on all occasions.

Use of Social Media / Online communication with children

Social networking now affects all our lives. Sites such as Facebook, Twitter and WhatsApp are excellent tools for communicating with people of all ages. These sites allow instant and two-way communication at low cost. However social media can be used in a negative and harmful way and users should be aware of how best to mitigate any risks.

There are a number of potential risks for people, particularly children and young people, in using social media sites. Many sites including TikTok and Snapchat have presented risks to children in their use. These risks include cyber bullying, grooming and potential abuse, identity theft and exposure to inappropriate content.

There is some good practice that everyone should adopt when using social media sites;

- Familiarise yourself with the privacy and security settings for the sites you're using and learn how to use them
- Find out how to report concerns about inappropriate content to the people who run or moderate the site
- Think about what information you'd be willing to share with friends, acquaintances and strangers, offline in the 'real' world; moderate your online information sharing accordingly
- Don't give out personal information such as address, mobile number, your current location etc...
- Bear in mind data protection legislation regarding retaining and distributing personal information about yourself and others
- Some social media sites have a minimum age for participants; Facebook for example has a minimum age of 13 for anyone having a profile
- Developing technology has allowed instant streaming, which itself presents some risk of harm, if not conducted with thought and preparation.

It is important to note that misuse / abuse conducted on Social Media may result in a criminal investigation, and members are encouraged to directly refer criminal activity to police.

This also includes action between members while engaged in a parkour activity, and in those circumstances, may also breach the Codes of Conduct / Codes of Ethics and result in disciplinary action.

If 'out of sport' inappropriate social media activity emerges, members are encouraged to report directly to the Social Media platform provider.

It is also recognised that Social Media has made it easier to 'call out' the behaviours of those who may abuse children or adults at risk, or subject them to Poor Practice. We will also listen to those who may disclose such concerns in this way, wherever possible.

Guidance for young people

Although organisations, such as Parkour UK, can put in place guidance and safeguards, it is important that children and young people are aware of the risks online and reduce the risk to them as much as possible.

Guidance to children includes:

- Be safe and smart online; protect yourself from difficult or dangerous situations, visit www.thinkuknow.co.uk or www.ceop.police.uk and read through the tips and advice
- Only invite or accept 'friend requests' from people you actually know; don't ask people in a position of authority to be your friend e.g. coach or teacher, it could be embarrassing for both of you and it would be poor practice to share too much personal information
- Don't give out personal information such as address, mobile number, school you attend or your current location
- Set your privacy and security settings to private or 'friends only'
- Don't upload photos or send comments that may be hurtful to others

- When uploading photos, always make sure you and any others in the image are happy for them to be online; don't upload inappropriate or embarrassing photos
- Consider that anything you put online including your status, comments, tweets and photos etc... may be shared or viewed by more people than you originally intended; once it's out there and seen...you can't take it back. It could be used later which may not be in your own best interests.
- If you're worried about something that is happening online speak to your parents, an adult you trust, your Member organisation Welfare Officer, your school teacher, or visit www.ceop.police.uk

Guidance for participants, volunteers and coaches

The following guidance will help to protect your privacy and prevent allegations against you. We strongly advise coaches and other volunteers communicating with children and young people not to use social media. The informality of social media can lead to misunderstandings and misuse. Good practice includes:

- If you are in a position of trust with a child or young person do not accept their 'friend' requests or communicate with them via social media
- If you do need to communicate using social media with anyone under the age of 18 make sure you have permission to do so from parents/carers; always copy another colleague, parent, welfare officer or moderator into the message/communication
- Remember that any photos, video clips and comments uploaded to social media or the internet may be there forever, even if you delete them, and they may be viewed by people you don't expect; make sure photos, video clips and comments are appropriate for everyone to view and seek the relevant permissions
- Don't comment via social media on the performance (either positive or negative) of any athletes you coach
- If you are worried about any young person, use your organisation's reporting procedure and/or report your concerns to www.ceop.police.uk

Guidance for member organisations

If your member organisation or association has decided to have a social media presence, those involved in maintaining this should adopt the following good practice:

- Learn how to use the service you would like to provide – for example if you have chosen to use Facebook make sure you understand how it operates, how the privacy settings are used, what safeguards are already in place and how you can use them
- Manage your social media – Nominate a moderator or responsible person to manage the site and content; this person will need to be trained in how to spot the warning signs of bullying and grooming
- Target the right age group – make sure the content of the site is relevant to the age group you are targeting
- Promote safety – make sure users know how to protect themselves online and promote websites where they can receive support and advice such as www.thinkuknow.co.uk and www.ceop.police.uk
- Personal details – do not ask users for personal or contact details including their full name, age, address, school, college or current or home location
- Use the right images – adhere to the guidance in this document on the use of images

Changing areas

Changing areas used in Parkour are varied. Changing may take place in changing rooms but may also be in the outside or car etc. We live in a society that takes personal privacy seriously and there is much evidence that newcomers are shocked and often put off returning to Parkour by the practice of people changing in the open – often with little or no modesty.

Respecting the views of others is important and people getting changed should do so in a way that is private – even if it's just getting changed in a car.

Where changing rooms are available, children using them should be supervised at all times by two participants of staff. Adult staff should not change or shower at the same time using the same facility as participants. If you are involved in a mixed gender squad, separate changing facilities should be made available (or use at staggered times). If a child is uncomfortable changing or showering in public no pressure should be placed on him or her to do so; encourage them to shower and change at home. If your member organisation has participants with disabilities, involve them and their carers in deciding how they should be assisted and ensure they are able to consent to the assistance that is offered.

No volunteers, medical or otherwise, may be present in changing areas whilst children of the opposite sex are getting showered or changed.

No photographic equipment is allowed in the changing area environment, while switched on. This includes cameras, video cameras, smartphones, etc.

We recognise that some unstructured 'jam' environments may vary widely, it may not be unusual for groups to stay together overnight, and these situations may involve greater vulnerability for participants. A positive combined community responsibility developed within the structured part of the sport may help prevent that vulnerability.

Self Harm

Self-harm, also sometimes referred to as self injury, is a term used to describe a wide range of behaviours where individuals intentionally hurt themselves; it is often seen as a physical response to an emotional pain. There are lots of different forms of self-harming. Some individuals may use the same method of self harm all the time, whilst other individuals may use different ways at different times. Ways of self-harming can include but are not limited to:

- cutting
- rubbing/scraping the skin with sharp objects
- scratching, picking and pinching of skin
- biting yourself
- burning
- interfering with healing
- hair pulling (and then potentially hair eating)
- hitting objects, including punching and head banging
- abusing drugs and alcohol

- poisoning or overdosing
- eating disorders
- exercising excessively.

The World Health Organisation state one in five young people will self-harm by the age of 25.

The Good Childhood Report 2018 published by the Children's Society identified that of 11,000 14-year-olds surveyed, 16 per cent reported they had self-harmed in the prior year. This equates to nearly 110,000 children aged 14 may have self-harmed across the UK in the same 12-month period. This report also highlighted that girls are more than twice as likely to self-harm as boys, 22 per cent of girls, compared to 9 per cent of boys.

There are a wide range of reasons why children may self harm, and actually a sporting environment may often offer some support and normality for a child. Self harm is a highly complex area and requires appropriately qualified medical expertise to support the young person and their family.

In most cases the parents/guardians of the child would be informed of the concerns so the Welfare Officer can establish that the parents/guardians are aware and the young person is receiving appropriate professional support. Occasionally parents/guardians may be aware but don't know where to turn for help. Clubs can provide appropriate signposting to the professional help available as listed at the rear of this document.

Specialist services such as the child's GP and CAMHS are best placed to give direct support. Agencies such as SelfHarmUK, YoungMinds, Harmless and the NSPCC indicated at the rear of this document are able to assist and give best advice.



Medical treatment of children

The following good practices apply:

- Parents should be encouraged to complete a Medical Condition / consent form for medical conditions that parents feel should be notified to Parkour UK
- No child should be treated in a situation where the child is on his/her own in a treatment area
- All treatment procedures should be 'open' i.e. the door remains open, parents are invited to observe treatment; where strict medical confidentiality is to be observed then parents of the child should be invited to attend
- If treating an area of the body which is potentially embarrassing to a child (i.e. the groin) a suitable consenting adult of the same sex must be present to act as a chaperone
- Maintain medical confidentiality and patient dignity at all times
- Obtain written parental consent prior to medical treatment being carried out on a child wherever possible

- All treatment procedures should be explained to the child and verbal consent given before treatment is carried out

Transporting children

In the main member organisations and coaches should encourage parents to make private arrangements to transport their children. Best practice is to avoid transporting a child alone. Parents are used to 'risk assessing' for their children and when parents arrange transport it is their responsibility and keeps the member organisation (or coach) away from various legal responsibilities.

Guidance is given on such by the CPSU; thecpsu.org.uk/resource-library/best-practice/guidelines-on-transporting-a-child-or-young-person-in-your-car/

This guidance includes measures to minimise risks, including group travel, vetting checks, contact arrangements and parental awareness.

Member organisations and others organising groups should develop and publicise policies regarding the collection of children, adults at risk and people with disabilities to take them to and from Parkour activities. The policies should reflect the age, location, time and nature of the activity.

Late Collection

Parents or carers should be informed that it is not the responsibility of the member organisation or organising group to transport children and other vulnerable people to their homes in the event of the parent or carer being delayed.

Staff/volunteers should:

- Attempt to contact the parent/carer using emergency numbers in the event of late collection
- Check the Member organisation or organising group contact list for any information regarding the child or adult at risk,
- Contact the alternative contact name/number / ask the child for any further family members
- Wait with the child or at-risk adult at the agreed collection point with another adult if at all possible
- If there is no reply or response from the above and after a reasonable time you are unable to contact anyone else, seek advice from police or children's social care / MASH - Multi Agency Safeguarding Hub or equivalent.
- Remind parents/carers of the policy relating to late collection

Staff/volunteers, do not:

- Travel in a situation that puts you in a 1 to 1 position with a child or adult at risk
- Take the child or adult at risk home or to any other location
- Ask the child or adult at risk to wait in a vehicle or venue with you alone
- Send the child or adult at risk home with another person without parental permission

Photography and Videoing at Events and Competitions

The use of photographic and video equipment helps capture the successes of participants and those special moments and views around Parkour events. Families and individuals will often look back on such happy memories for years. Positive images of children having fun and enjoying their Parkour also help to promote Parkour. However, we do want the Parkour environment to be safe particularly for children and adults at risk and we recognise that some people have used events as an opportunity to take inappropriate photographs or video of vulnerable, young or disabled participants. Such inappropriate images and video can easily end up on the internet and elsewhere.

We are faced with a dilemma; we want people to take pictures and videos but we need to safeguard children from their images being misused. Added to this challenge is the fact that most Parkour takes place in areas of land that are quite large and usually open to the public. It is usually impractical to police such environments with the small volunteer presence normally available at events.

Any suspicious or concerning behaviour by a person using a camera will be the way in which we identify people that should be challenged, usually by way of alerting a workforce member, or if felt a safeguarding issue, reported as such. See; [Dealing with concerns raised about camera use](#)

The publishing of images of children / use of video equipment as a coaching aid

By adopting the principles that follow, you will be putting into place good practice that should offer reasonable protection to children wherever and whenever images are taken and stored.

- Parents/carers and children have a right to decide whether children's images are to be taken, and how those images may be used
- Parents/carers must provide written consent for a child's images to be taken and used
- Images should convey the best principles and aspects of Parkour, such as fairness and fun
- Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context.
- Images must not be sexual or exploitative in nature, nor open to obvious misinterpretation and misuse – remember images can and often are modified
- All images of children should be securely stored
- In the case of images used on websites and in publications, particular care must be taken to ensure that no identifying details enable contact with a child by a potential abuser
- The filming of children during training sessions is not recommended unless there is a legitimate need or purpose for that filming to take place. For example, a coach may wish to film participants to assist in their technique.
- Assuming filming is justified, parents of any children concerned must be provided with full information on the filming. That information should include when it is proposed to take place, the purpose of the filming, who is filming, how will the film be used or published and agreements on what happens to the film once it has served its purpose. Parents are then in an informed position to decide whether they consent or not to their child being filmed. Written consent should be requested from the parent for their child to be involved in the film. It is recommended that parents are invited to the filming or if this is not practical that they are shown the film before it is published. Once the footage has served its purpose, it

should always be destroyed, unless the need to keep it can be justified and that has been agreed with the parents.

Guidelines for the use of cameras at Events

Public Information

Notices regarding the safe use of cameras at events should be published prominently in event programmes and at significant places at the event. For large events an announcement should be made over the public address system prior to the start of the event.

The recommended wording is: 'In line with the policies of Parkour UK, the organisers of this event advise that any person wishing to take photos or video showing children are allowed only to do so under the conditions of that policy. The organisers reserve the right to challenge anyone taking inappropriate photos or video and may, if such warnings are ignored, refer the matter to the police.'

Press Photographers, Professional Photographers, Member organisation Press/Publicity Officers or Participants Specifically Designated to take photos for the Member organisation

An application should be made to the event organiser or organising member organisation who will issue an identification pass giving an individual the authority to take images or video footage of children at a particular activity or event.

The organiser should:

- Inform participants and carers that a photographer will be attending an event and encourage them to consent to both the taking and publication of images or video
- Recognise there may be children taking part who may be placed at risk, should their identity or image be publicly available (e.g. risk from an abusive parent, family court orders etc)
- Talk with the photographer about how they will identify children without consent for images to be taken; most photographers are experienced in dealing with this situation
- Provide a clear brief about what is considered appropriate in terms of content and behaviour, for instance cameras should not be used around changing areas
- Issue the photographer with identification which must be worn at all times
- Inform photographers that they should not pull children away for 1 to 1 sessions without consent and a chaperone

Other parents, carers, competitors and spectators

Carers, spectators and competitors of all ages wishing to take photos or videos of their child or of other children should be made aware of the Parkour UK policy regarding the taking of photos and video that include images of children. This can be most easily achieved by:

- Publishing the statement provided by Parkour UK at the event, probably at the start and at the information tent if there is one
- Adding a short paragraph on the 'Entry On the Day' form which participants complete to enter the event

Competitors may also want to use personal video cams such as the GoPro devices. Providing this is for personal use and not explicitly for videoing others, event organisers should feel free to use their own judgement in coming to a decision.

We recognise some 'passers by' may take images of the activities including children taking part. If there are safeguarding concerns around their behaviour or display what would commonly be felt to be an inappropriate interest, then the advice below applies.

Reporting concerns about camera use

Inform participants and spectators that they should report any concerns they have about the possible misuse of a camera to the organiser at an event or the coach at a training session. All such concerns must be recorded in the same manner as any other incident or safeguarding concern.

All activity or event organisers should be vigilant about the possibility of individuals attending sporting events specifically to take inappropriate images or video footage of children. Any concerns during an event should be reported to the organiser and then the Member organisation Welfare Officer. If it is a potentially criminal matter (such as taking / sharing indecent photograph of an under 18 year old) it should be reported to the police.

Dealing with concerns raised about camera use

There will be occasions when concerns are raised at an event about a person using a camera who is acting in a suspicious manner. An event volunteer must challenge the individual causing the concern to safeguard the children participating in the event.

The event volunteer should:

- Approach the individual
- Ask the individual who they are and why they are using the camera suspiciously
- The matter should be referred immediately to police if a criminal offences (such as indecent images of a child) is suspected. Ideally do not alert the 'suspect' if there are concerns they would have opportunity to delete the images.

People with a disability

It has been recognised that disabled children / adults at risk are likely to be at increased risk of abuse and that the presence of multiple disabilities appears to increase the risk of both abuse and neglect.

Disabled participants / workforce members may be especially vulnerable to abuse for a number of reasons:

- Commonly increased likelihood of being socially isolated with fewer outside contacts than those non-disabled
- Their dependency on others for practical assistance in daily living, including intimate personal care, increases their risk of exposure to abusive behaviour
- They may have an impaired capacity to resist or avoid abuse
- They may have speech, language and communication needs, which may make it difficult to tell others what is happening
- They often do not have access to someone they trust to disclose that they have been abused
- They are especially vulnerable to bullying and intimidation

Welfare Officers and member organisations officers should be aware that:

- Bullying and emotional abuse can take place because participants / workforce members with disabilities may look and act differently or require “aids” to help them function; they can be a target for all types of bullying, by young people and adults; the “abuser” may not realise the hurt being caused by inappropriate comments but sometimes they do and the bully is picking on the person least able or likely to complain
- Disabled children may be subject to physical assaults of a minor or major nature; they may be less able to remove themselves from a situation, an adult may become frustrated by their lack of response, or it can be as a result of physical bullying
- Sexual Abuse of those in society who are unable to either stop or understand acts that are taking place are unfortunately not rare; good safeguarding practice within the member organisation, especially in terms of the need for a young person to be assisted in personal care, either during Parkour activity or when changing, can help prevent the possibility of such abuse arising

Disabled participants / workforce members can be excluded by inappropriate acts of an individual and the member organisation itself. Parkour UK is an inclusive organisation and expect member organisations to do all they can to be inclusive to all.

The Welfare Officer and other responsible adults in the member organisation have a duty to assist in safeguarding disabled children;

Measures should include:

- Making it common practice to help disabled children make their wishes and feelings known in respect of their care and treatment
- Making sure that all disabled children know how to raise concerns and giving them access to a range of adults with whom they can communicate; disabled children with communication impairments should have a means of being heard available to them at all times
- An explicit commitment to and understanding of disabled children’s safety and welfare among volunteers working with disabled children
- Close contact with families, and a culture of openness on the part of the volunteers

Common poor practice includes:

- Doing things of a personal nature for children or disabled adults, that they can do for themselves; only trained carers may do things of a personal nature for children, particularly if they are young or disabled; at no time should a coach or volunteer do such things

Further information on these matters can be found in “Including & Safeguarding People with Disability in Parkour”.

Race and Racism

Individuals including children from minoritised ethnic groups are likely to have experienced harassment, racial discrimination or institutional racism. Although racism may cause significant harm it is not, in itself, a category of abuse. All organisations working with children, including those operating where minoritised ethnic groups are

numerically small, should address institutional racism, previously identified as '*the collective failure by an organisation to provide appropriate and professional service to people on account of their race, culture and/or religion.*

LGBTQ+ and other marginalised groups

Sport England advise the sport and physical activity sector is working with community groups to better understand what works for the LGBTQ+ (the lesbian, gay, bisexual, trans and queer/questioning (LGBTQ+) community) and other marginalised communities.

Parkour UK endorse the Sport England 'Uniting the Movement' 10 year strategy around every person in every type of community being able to be physically active, including allowing all marginalised communities be supported in Parkour UK activity, as with people with other protected characteristics.

Children within these groups may have additional vulnerabilities, facing the same risks, but are at greater risk of certain types of abuse. Parkour UK aims to create a supportive and welcoming culture for all children, safe from harm and a place where they can thrive. Some within these groups may want to discuss how they feel, and it is important they are able to trust those who have responsibility for them, and allow their voice to be heard and understood.

Communication is key, and assumptions should not be made around their wishes to be excluded from certain activities. Listening to their needs is vital; many children will not know, or may be questioning their identity, or may not tell anyone of their sexuality or gender identity until, they are older.

They may be experiencing low self-esteem, or possibly depression, feeling a sense of isolation, minority stress, a need to prove themselves in other areas of their lives, imposter syndrome or a fear of bullying.

We aim to create a culture of acceptance, awareness and understanding of different types of sexuality and gender identities.

Guidance from childline.org.uk/info-advice/ or the CPSU thecpsu.org.uk/help-advice/topics/safeguarding-lgbtqplus-young-people/ website is invaluable.

Elite / talented

Parkour is similar to other sports in the potential for young elite / talented performers to be open to 'abuse'. We support senior athletes' comments that "*Child athletes are children first: Let them play!*" a sentiment that applies to Parkour as much as any other sport.

In Parkour it can be easy to confuse elite / talented young athletes who are children by age but adults by way-of-life and intelligence. There are particular safeguarding dangers for such children at a high level come a lot of requirements and demands that are usually associated with adult life: frequent travel trips and being abroad for long periods of time, resulting in separation from family and community support, often from a young age; money

issues like funding trips; coping with negative media coverage; balancing intense Parkour activity with private life and education.

Abuse of the elite / talented can take many forms:

- Physical abuse, damaging an athlete's physical health and well-being, for example:
 - Young people training or being forced to train through injury, pain or exhaustion, sometimes being unaware of the effect of overtraining despite coach warnings (self-harm or through peer pressure) or unable to speak up to their parents, peer group
 - Overtraining and forced exertion as a deliberate training practice as a way of 'toughening them up'
 - Physical harm inflicted punitively as a result of poor performance

Physical violence, bullying and neglect, and the use of performance-enhancing doping, drugs or alcohol under pressure from themselves, peers or entourage

- Psychological abuse, damaging an athlete's emotional health and well-being. This occurs mostly where it is believed to be a necessary part of training, coaching and competing at high level. Some examples include:
 - Humiliation or bullying based on gender, body, shape, weight, performance, personal preference
 - Exertion of undue pressure to achieve high performance
 - Intimidation
 - Emotional neglect
 - Mental pressure from too high expectations, often from parents and peer group
- Related health and well-being issues; the failure to recognise and respond to issues such as body image, eating disorders, mental well-being, depression, and self-harm, all of which can have negative consequences for health. Examples include:
 - Nutrition and weight loss regimes leading to eating disorders such as anorexia or bulimia
 - Mental health issues linked to coping with pressure
 - Self-harm, which may be directly attributable to participation in sport and can be linked to perceived poor performance, body image pressures, or sport-acquired eating disorders

If this area of work is one that your member organisation or participants are involved in you should read the Child Protection in Sport Unit's page the cpsu.org.uk/help-advice/topics/elite-athlete-welfare/ and link to the IOC Consensus - olympic.org/Consensus-Statement-Adopted-On-Training-The-Elite-Child-Athlete/EN-Training-the-Elite-Child-Athlete:

Whistleblowing

Parkour UK has a Whistleblowing Policy available on the website. The term 'whistleblowing' is commonly used in an employer / employee context and is fully supported where concerns are in the 'public interest', including around the health and safety of individuals.

If you have a concern with regard to the behaviour of an adult or other child towards a child or adult at risk in a Parkour situation, it is important that you share your concerns with the Parkour UK Safeguarding Officer. If you have a concern regarding the Parkour UK Safeguarding Officer, you should share your concerns with the Parkour UK Chief Executive or the Chair of Parkour, or Sport England.

All information received and discussed will be treated in the strictest confidence and only shared with those individuals within Parkour UK who will be able to manage and resolve the situation. On occasion it may be necessary to seek advice or inform the statutory agencies e.g. Children's / Adult Social Care⁶ or/and the Police. All concerns will be taken seriously and managed accordingly within the policy and procedures for the safeguarding of children / Adults at Risk in Parkour.

You can call the NSPCC Child Protection Helpline on 0808 800 5000 or Childline on 0800 1111 directly if you feel more comfortable. Both Helplines are open 24 hours a day and calls are free of charge. In Scotland Children 1st on 08000 282233 will be able to provide guidance. The Ann Craft Trust is able to provide similar advice around adults at risk - www.anncrafttrust.org/

Monitoring procedures

The *Parkour UK Safeguarding Policy & Procedures* will be regularly monitored, and a full policy review will take place every 3 years. The following situations may also evoke a review of the policy:

- Any changes in legislation
- Significant changes around the Sport / Safeguarding industry
- Any changes in governance of Parkour
- Learning opportunities around any significant cases



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⁶ Any reference to Children's / Adult Social Care also includes MASH (Multi Agency Safeguarding Hub) or similar local setup.

Appendix A: Useful Contacts

[Please complete the table with local details for quick referral]

Parkour Contacts

Dan Newton CEO Parkour UK Safeguarding Officer	info@parkour.uk 176 Pontefract Road, Cudworth Barnsley S72 8BE	07503743852
Member organisation Welfare Officer		

Local Contacts

Local Children's / Adult Social Care / MASH		
Out of hours / Emergency Duty Team		
Local Police via 101 - emergency contact via 999		101 999
NSPCC free phone 24 hour helpline		0808 800 5000

National Contacts

The NSPCC includes Wales CPSU Child Protection in Sport Unit	National Centre 42 Curtain Road London, EC2A 3NH England Wales Northern Ireland	0808 800 5000 0116 366 5580 029 2033 4975 028 9035 1135
Children 1 st in Scotland	CHILDREN 1 ST 83 Whitehouse Loan, Edinburgh, EH9 1AT	0131 446 2300 08000 28 22 33
Childline UK NI Childline	Freepost 1111 London, N1 0BR 74 Duke Street Londonderry	0800 1111
NSPCC specific helplines include; <ul style="list-style-type: none">• FGM• Gangs• Radicalisation	fgmhelp@nspcc.org.uk help@nspcc.org.uk help@nspcc.org.uk	0800 0283550

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	Email; safeguarding@parkour.uk
Child Protection in Sport Unit (CPSU)	T: 0116 366 5590	Email: cpsu@nspcc.org.uk Website: www.thecpsu.org.uk
NSPCC Helpline	T: 0808 800 5000	Email: help@nspcc.org.uk Website: www.nspcc.org.uk Online reporting: www.nspcc.org.uk/what-you-can-do/report-abuse/report-abuse-online
ChildLine	T: 0800 1111	Website: www.childline.org.uk
The Samaritans	T: 116 123	Website: www.samaritans.org
Victim Support	T: 0808 1689 111	Website: www.victimsupport.org.uk
CEOP – Child Exploitation and Online Protection Centre	T: 0870 000 3344	Website: www.ceop.police.uk Online reporting: www.ceop.police.uk/safety-centre
Self Help		Website: www.self-help.org.uk
Kidscape	T: 020 7730 3300	Website: www.kidscape.org.uk
Family Lives	T: 0808 800 2222	Website: www.familylives.org.uk
Ann Craft Trust (Adult Safeguarding)	T: 0115 951 5400	Website: www.anncrafttrust.org/contact
National Working Group Child Exploitation (NWG)	0300 303 3032	https://nwqnetwork.org/



Final Draft April 2023

SelfHarmUK via
youthscape

01582 877220

<https://www.selfharm.co.uk/>

Harmless

<https://harmless.org.uk/>

YoungMinds

<https://www.youngminds.org.uk/>



Appendix B: Member organisations & Safeguarding requirements

A requirement for ALL member organisations

Paragraphs 1 to 3 of the following regulations are to be included, under a heading of “Safeguarding children and adults at risk”, in the Articles of Association, Member organisations⁷ involved in Parkour in the United Kingdom to ensure that safeguarding is embedded throughout the sport.

Paragraphs 4 to 12 are to be included in the Disciplinary Rules and Procedures of each Member organisation.

Safeguarding Children & Adults at risk

1. The **[name of Member organisation]** agrees to adopt the Parkour UK Safeguarding Policy & Procedures.
2. All individuals involved in Parkour through **[[name of Member organisation]** at every level, including participants, Officials, Instructors/Coaches, Administrators, Member organisation Officials or spectators (where it is feasible to manage) agree to abide by the *Parkour UK Code of Ethics and Conduct* ("Code") and all such individuals participating or being involved in Parkour **[name of Member organisation]** in one of the aforementioned roles or in a role which comes within the intended ambit of this paragraph and the *Parkour UK Safeguarding Policy & Procedures* generally are deemed to have assented to and as such recognise and adhere to the principles and responsibilities embodied in the Code.
3. Each and every constituent member of **[name of Member organisation]** including without limitation all member organisations and disciplines, shall be responsible for the implementation of the *Parkour UK Safeguarding Policy and Procedures* in relation to their participants.

For inclusion in the Disciplinary Rules and procedures of the Affiliated Body

4. Any act, statement, conduct or other matter which harms a child or person, or poses or may pose a risk of harm to a child or person, shall constitute behaviour which is improper and brings the sport into disrepute.
5. In these Regulations the expression "Offence" shall mean one or more of the Offences contained in Schedule 4 to the Criminal Justice and Court Services Act 2000 and amendment within the Sexual Offences Act 2003 (Home Office Circular 2005/16) and any other criminal offence which reasonably causes Parkour UK to believe that the person accused of the offence poses or may pose a risk of harm to a child or person.
6. Upon receipt by **[name of The Affiliated Body]** of:
 - a) notification that an individual has been charged with an Offence; or
 - b) notification that an individual is the subject of an investigation by the Police, Social Services or any other authority relating to an Offence; or
 - c) any other information which causes the body reasonably to believe that a person / group poses or may pose a risk of harm to a child or person then Parkour UK shall have the power to order that an individual / group be suspended from all or any specific Parkour activity for such a period and on such terms and conditions as it deems fit. For 'person' it can also be interpreted as a Member Organisation or part thereof.

⁷ The term "Member organisation" refers to all Parkour UK affiliated member organisations, associations and all other affiliated bodies involved in Parkour in the United Kingdom.

7. In reaching its determination as to whether an order under Regulation 6 should be made, Parkour UK shall give consideration, inter alia, to the following factors:
 - a) whether a child is, or children, or adults are, or may be, at risk of harm;
 - b) whether the matters are of a serious nature as determined in [Error! Reference source not found.5](#) above;
 - c) whether it appropriate when consideration of longer term sanction / measure, to allow representation by the individual / body to the decision making process, whether conducted under a panel process or otherwise;
 - d) whether an order is necessary or desirable to allow the conduct of any investigation by Parkour UK or any other authority or body to proceed unimpeded.
8. The period of an order referred to in [Error! Reference source not found.6](#) above shall not be capable of lasting beyond the date upon which any change under the Rules of Parkour UK or any Offence is decided or brought to an end and information assessed by or on behalf of Parkour UK.
9. Where an order is imposed on an individual under Regulation [Error! Reference source not found.6](#) above, Parkour UK shall bring and conclude any proceedings under the rules of Parkour UK against the person relating to the matters as soon as reasonably practicable.
10. Where a person is convicted or is made the subject of a caution in respect of an Offence, that shall constitute a breach of the rules of Parkour UK and it shall have the power to order the suspension of the person from all or any specific Parkour activity for such a period (including indefinitely) and on such terms and conditions as it thinks fit.
11. For the purposes of these Regulations, Parkour UK shall act through the Parkour UK Safeguarding Case Management Group and Disciplinary Panels.
12. Notification in writing or an order referred to above shall be given to the person concerned and/or any Member organisation with which he or she is associated as soon as reasonably practicable.
13. Where a person is deemed to be unsuitable to work with children, Parkour UK must refer the person to appropriate agencies (e.g. DBS) for consideration for inclusion on any 'Barred List' etc.

Requirement for Participants of Affiliated Bodies in the United Kingdom

All participants of British Parkour, constituent associations, associations and member organisations including, and without limitation, each and every member organisation and discipline must include the following wording under a 'Child Welfare' or 'Safeguarding Children & Adults at risk' heading within their rules:

"All Participants agree to abide by the ***Parkour UK Safeguarding Policy and Procedures***. All individual participants are deemed to have read, understood and assented to the ***Parkour UK Code of Ethics and Conduct*** ("Code") and as such recognise and adhere to the principles and responsibilities embodied in the Code."

All Affiliated Bodies shall ensure that the following wording is incorporated into all membership forms and all forms, contracts and/or terms of engagement regarding the appointment of Instructors/Coaches, Officials and other individuals on a full-time, part-time or voluntary basis;

"I, [***name of person***] have read and understood the ***Parkour UK Code of Ethics and Conduct*** ("Code") and as such agree to fully recognise and adhere to the principles and responsibilities embodied in the Code."

Photography Statement for inclusion in appropriate operation documents

Member organisations will include the following statement in their event delivery plans and requirements.

[name of Member organisation] is committed to providing a safe environment for children under the age of 18 to participate in Parkour activities and events. Essential to this commitment, is to ensure that all necessary steps are taken to protect children from the inappropriate use of images.

[name of Member organisation] have adopted the following good practice guidelines issued by Parkour UK.

Publishing Images

- Always ask for written permission and gain consent from parents/carers of children to take and use their image; explaining what the image will be used for;
- If a child is named, their image will not be used;
- If an image is used, the child will not be named and their personal details: email addresses, telephone numbers, addresses etc. will not be published;
- Images of a child or children will only be published if the child or children are in suitable dress to reduce the risk of inappropriate use / interpretation;
- Ensure that any images used reflect positive aspects of children's involvement in Parkour, enjoyment/competition etc.

[name of Member organisation] will ensure that organisers of all events and activities:

- Provide a clear (written and / or audible) brief about what is considered appropriate in terms of content and behaviour, for instance cameras should not be used around changing areas and images of children should highlight the fun and enjoyment that involvement in Parkour brings
 - Inform photographers that they should not place children in any 1 to 1 sessions without consent and a chaperone
 - Inform participants and carers that a photographer will be attending an event and encourage them to consent to both the taking and publication of images or video
 - Act on the concerns of any participants and parents regarding the inappropriate use of photographic equipment
 - Inform children and their parents/carers if video equipment is to be used as a coaching aid; ensure informed consents are in place
 - Ensure that any images or video taken by any authorised photographer will be stored safely
-

Appendix C: Member organisation Welfare Officer Job Description

The welfare and support of children and adults at risk in Parkour is of the highest importance to Parkour UK. The Member organisation Welfare Officer will, therefore, act as a first point of contact for any person in Parkour at member organisation level who has a concern about safeguarding the welfare of children and adults at risk. They will assist the member organisation in developing and promoting an environment inclusive of, and friendly to, children and adults at risk.

Core Areas of Knowledge

Previous knowledge is not required as training is available which will enable people to feel confident in doing this work, but ideally is able to act independently and in the best interests of the child / adult at risk, putting their needs above that of others and the organisation itself;

- Basic knowledge of and/or familiarity with the pertinent legislation and Government guidance relevant to this role.
- A basic knowledge of the roles and responsibilities of the statutory agencies within child and adult welfare, such as Social Services, Police and the NSPCC.
- Understanding of local procedures for reporting child welfare concerns to the statutory agencies.
- Familiarisation with the Parkour UK Safeguarding Policy and Procedures and knowledge of how to put this into practice in relation to children in your member organisation.
- Awareness of equity issues within the context of child and adult welfare.
- A basic knowledge of the different forms of behaviour that can occur within and outside sport which are harmful to children, from poor practice to child abuse.

Core Skills and Abilities

- Administer/organise paperwork and record information received.
- Act as a local source of advice on matters relating to the safety and welfare of children and adults at risk.
- Support the interests of children and adults at risk within Parkour.
- Communicate with others and especially acting as a link person with the Parkour UK Lead Safeguarding Officer

Core Tasks

- To help safeguard children and adults at risk by the promotion and implementation of the *Parkour UK / , Safeguarding Policy & Procedures* at member organisation level.
- To be the first point of contact in the member organisation for the reporting of concerns relating to the safety and welfare of children and adult at risk.
- To assist in the raising of awareness of others in Parkour at a member organisation level in respect to the safety and welfare of children and adults at risk.
- To be the source of advice and information on the safety and welfare of children and adults at risk at a member organisation level.

- To report regularly to the member organisation's committee, becoming a member organisation Committee Member if appropriate.



Appendix D: Bullying

Bullying is at least Poor Practice and may also be a form of abuse. See ‘Bullying’ under Poor Practice’ above.

Bullying may be seen as deliberately hurtful behaviour, repeated over a period of time, where it is difficult for those being bullied to defend themselves. It includes *‘repeated (systematic) aggressive verbal, psychological or physical conduct by an individual or group against another person or persons’*.

The Anti-Bullying Alliance defines bullying as “the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyberspace”.

It is important to recognise that it may not always be an adult bullying a child. Studies on bullying have reported that the most frequent form of bullying is by a child or children often within the peer group of the child being bullied.

Although anyone can be the target of bullying, sometimes those subjected to bullying are singled out for physical reasons – appearances, physically small, having a disability or belonging to a different race, faith or culture.

Research shows it can and does occur anywhere where there is inadequate supervision – on the way to and from activities, at a sporting event or changing rooms.

Bullies

Bullies come from all walks of life; they bully for a variety of reasons and may even have been abused. Typically, bullies can have low self-esteem, be excitable, aggressive and jealous. Crucially, they have learned how to gain power over others and there is increasing evidence that abuse of power can lead to crime.

The competitive nature of sport makes it the ideal environment for the bully. The bully in Parkour can be:

- A parent who pushes too hard
- A participant who intimidates inappropriately
- A member organisation official who places unfair pressure on a person
- A spectator who shouts abuse

Forms of Bullying

Bullying can include:

- Physical e.g. hitting, kicking and theft
- Verbal e.g. name calling, constant teasing, sarcasm, racist or homophobic taunts, threats, graffiti and gestures
- Emotional e.g. tormenting, ridiculing, humiliating and ignoring
- Sexual e.g. unwanted physical contact or sexual comment

Indicators of Bullying

The damage inflicted by bullying can frequently be underestimated. It can cause considerable distress to children, to the extent that it affects their health and development or, at the extreme, causes them significant harm (including self-harm), or seriously contemplate suicide. There are a number of signs that may indicate that a child or disabled person is being bullied:

- Behavioural changes such as reduced concentration and/or becoming withdrawn, clingy, depressed, tearful, emotionally up and down, reluctant to go to school, training or sports member organisation
- A drop in performance in school or in sport
- Physical signs such as stomach-aches, headaches, difficulty in sleeping, bedwetting, scratching and bruising, damaged clothes and bingeing for example of food, cigarettes and alcohol, or self harm
- A shortage of money or frequent loss of possessions

Reporting bullying

Regardless of who the perpetrator might be, signs of bullying in or around Parkour should be reported to the Member organisation Welfare Officer or if the bullying has taken place elsewhere a responsible adult, staff member or parent/carer. *Serious bullying can involve criminal behaviour such as Harassment or Assault. Such matters may be appropriate to report to police.*

It is important that bullying is recognised and that member organisations take appropriate action and rigorously enforce anti-bullying strategies. We should not underestimate the damage that can be caused by bullying.

Action to prevent bullying and help those being bullied

Take all signs of bullying very seriously

- Encourage all children to speak and share their concerns; create opportunity to let children have a voice around what they like / dislike in their sporting environment.
- Help the victim speak out and tell the person in charge or someone in authority; create an open environment
- Investigate all allegations and take action to ensure the victim is safe; speak with the victim and the bully or bullies separately
- Reassure the victim that you can be trusted and will help them, DO NOT make promises of confidentiality
- Record in writing exactly what has been said using the child's own words and as soon after disclosure as possible; ideally use the Parkour UK Incident Report Form
- Report any concerns to the Member organisation Welfare Officer.
- If more serious or appropriate, or unable to be resolved, ensure a process such as a local, varied Panel ideally consisting of 3 members, is established to consider the bullying claims, allowing representation from parties, to consider fair outcomes.

Actions to take toward the bully

In the case of children found bullying:

- Talk with the bully or bullies, explain the situation, and try to get them to understand the consequences of their behaviour; seek an apology for the victim(s)
- Inform the parent(s) of the bully/bullies

- Insist on the return of any 'borrowed' items and that the bully or bullies compensate the victim(s)
- Impose sanctions as necessary
- Encourage and support both the victim and the bully to change their behaviour
- Hold meetings with the families to report on progress as the incident is resolved
- Inform significant member organisation officers (Chair, President) of the incident and of any action taken
- Keep a written record of any action taken and update the Parkour UK / Member Organisation Safeguarding Team / Welfare Officer.

