



Parkour UK Coaching Conditions - Updated 22/11/2023

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

This document can be shared with your insurance company to demonstrate the expectations and conditions you must meet as a Parkour UK qualified coach.

Please refer to your own organisations policies on:

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

- Document templates are available on request from Parkour UK.

1. Designated environments:

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

2. Coaching:

Coaching is where a Parkour session is planned and led by a coach, and the participants follow the instruction and guidance of the coach using the competencies taught as part of their coach education.

- a. The coach:participant ratios of 1:15 must be followed, except in outdoor public spaces where a coach:participant ratio of 1:8 should be followed.
- b. A level 2 coach can coach a class independently.
- c. A level 1 coach must only operate in the assistance of a level 2 and cannot coach a class independently.
- d. A level 2 coach can lead a session of up to 45 learners with an appropriate number of level 1 coaches to the ratios outlined in point a.

3. Definition of Parkour/Freerunning activities:

Movements:

For the purposes of definition, Parkour/Freerunning activities are defined as any movements, families of movements and/or derivatives of those taught as part of the coach education program.

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