

# **Parkour UK Coaching Conditions**

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This document outlines the conditions under which a coach, whether as part of an organisation or as an individual professional, should operate.

This guidance is intended for individuals engaged in coaching Parkour and Freerunning activities within a designated and suitably risk-assessed environment. You may share this document with your insurance provider to illustrate the expectations and conditions that you, as a Parkour UK qualified coach, must fulfil.

**Please consult your own organisation's policies regarding:**

- Recording of incidents.
- Reporting of incidents to the insurer.
- Recording of Safety checks.
- Consideration of information to include 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 involves a planned Parkour session led by a coach, during which participants follow the guidance and instructions given by the coach, who is utilising the competencies acquired through their coach education.

- A. The coach to participant ratios of 1:15 must be adhered to, except in outdoor public spaces where a coach to participant ratio of 1:8 should be maintained.
- B. A level 2 coach can coach a class independently.
- C. A level 1 coach must only operate with the assistance of a level 2 coach 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 and Freerunning Activities**

**Movements:** For the purpose of definition, Parkour/Freerunning activities are defined as any movements, families of movements, and/or derivatives of those taught as part of the coaching education programme.

For any questions or queries, please contact Parkour UK at [info@parkour.uk](mailto:info@parkour.uk).