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Specification for Parkour equipment

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Foreword

Publishing information

This British Standard is published by BSI Standards Limited, under licence from The British Standards Institution, and came into effect on 28 February 2013. It was prepared by Sub-committee, SW/65/1, *Parkour*, under the direction of Technical Committee SW/65, *Children's playground equipment*. A list of organizations represented on this committee can be obtained on request to its secretary.

Information about this document

It has been assumed in the preparation of this British Standard that the execution of its provisions will be entrusted to appropriately qualified and experienced people, for whose use it has been produced.

It is not expected that every scenario has been addressed. Where new designs or concepts are delivered that have not been provided for, the principle of risk assessment needs to be utilized on the condition that it is performed by a competent person.

The design and layout of Parkour facilities requires a good understanding of the sport and the interrelationship of equipment and "flow" routes. To ensure the safety of equipment it is recommended that design advice is obtained from a competent person and that appropriate risk assessments are carried out.

NOTE Parkour UK as the National Governing Body can provide advice on suitable competent persons.

Presentational conventions

The provisions of this standard are presented in roman (i.e. upright) type. Its requirements are expressed in sentences in which the principal auxiliary verb is "shall".

Commentary, explanation and general informative material is presented in smaller italic type, and does not constitute a normative element.

Contractual and legal considerations

This publication does not purport to include all the necessary provisions of a contract. Users are responsible for its correct application.

Compliance with a British Standard cannot confer immunity from legal obligations.

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Section 1: Design of equipment

Introduction

Parkour, also known as “Freerunning” and “Art du Deplacement”, is the non-competitive sport of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.

It is a sport that encourages self-improvement on all levels, revealing one's physical and mental limits, while simultaneously offering ways to overcome them. It is a method of training one's body and mind in order to be as completely functional, effective and liberated as possible in any environment.

The sport aims to build confidence, determination, self-discipline and self-reliance, and responsibility for one's actions. It encourages humility, respect for others and for one's environment, self-expression and community spirit, and emphasizes the importance of discovery and safety at all times.

The sport, originally termed l'Art du Deplacement, was founded in France in the 1980s by a group of nine young men who called themselves “The Yamakasi”. “Yamakasi” is a Lingala word loosely meaning “strong man, strong spirit”, and summed up the core aim of the sport: to be a strong individual: physically, mentally and ethically.

The Yamakasi founders are Yann Hertog, Chau Belle, David Belle, Laurent Piemontesi, Sebastain Foucan, Guy Richardson, Guba Boyeke, Charles Perriere, Malik Diouf and Williams Belle.

The term “Parkour” was first introduced by David Belle in 1998. “Parkour” derives from the French word “parcours” meaning “route” or “course”.

The term “freerunning” was coined by Guillaume Pelletier, a representative of a group of French practitioners involved in the production of the 2003 Channel 4 documentary, *Jump London*, to communicate this new sport to an English-speaking audience.

This British Standard covers the design of equipment for the practice and development of the principle techniques/movements of the sport of Parkour by those new to Parkour and by experienced practitioners, known as traceurs (or freerunners).

Parkour facilities can comprise a combination of items of equipment permitting flowing movement of the user.

The use of facilities as Parkour equipment is connected with sporting risks. Sporting skills and the use of appropriate equipment reduce the risk of accident, but it is important to recognize that traceurs and/or users are not required to wear personal protective equipment.

It is not the intention of this standard to specify every possible shape and construction of facilities for traceurs and/or users. Parkour is a new, developing sport and the standard does not specify requirements that affect the design of the overall Parkour facility.

Because Parkour movements are self-controlled, it is expected that injuries resulting from falls/misjudgement can occur. It is also anticipated that sites might be used by/for non-Parkour activities.

1 Scope

This British Standard specifies requirements for the manufacture of Parkour equipment for use by youths and adults. The standard recognizes that Parkour forms no part of children's play and that movement is personally determined by users, using controlled physical exertion from, to and through equipment elements and structures.

The requirements are intended to protect users from hazards that they might be unable to foresee when using the equipment as intended, or in a manner that can be reasonably anticipated.

The standard also specifies requirements for the installation and maintenance of Parkour equipment, including area, height, flow, location and separation from other facilities, including children's playgrounds and multi-use games areas (free access multi-sports equipment).

2 Normative references

The following documents, in whole or in part, are normatively referenced in this document and are indispensable for its application. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

BS 7188:1998+A2:2009, *Impact absorbing playground surfacing – Performance requirements and test methods*

BS EN 335-2:2006, *Durability of wood and wood-based products – Definition of use classes – Part 2: Application to solid wood*

BS EN 350-2:1994, *Durability of wood and wood-based products – Natural durability of solid wood – Part 2: Guide to natural durability and treatability of selected wood species of importance in Europe*

BS EN 351-1:2007, *Durability of wood and wood-based products – Preservative-treated solid wood – Part 1: Classification of preservative penetration and retention*

BS EN 636, *Plywood – Specifications*

BS EN 1176-1:2008, *Playground equipment and surfacing – Part 1: General safety requirements and test methods*

BS EN 1177, *Impact attenuating playground surfacing – Determination of critical fall height*

3 Terms and definitions

For the purposes of this British Standard the following terms and definitions apply.

3.1 clearance

dimension that allows the opportunity of free passing from, to and through equipment elements and structures and during a flow of movements

3.2 competent person

individual with sufficient training, experience or knowledge and/or particular qualifications, who is able to contribute to the design and/or layout of Parkour equipment

NOTE The level of competence is dependent upon the task involved.