



PARKOUR

Parkour, also known as “free running” is the 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.

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.

Due to its popularity worldwide an updated standard has been released – AS EN 16899:2020 Sports and Recreational Equipment – Parkour Equipment – Safety requirements and test methods.

Parkour facilities can comprise a combination of items of equipment permitting flowing movement of the user. Equipment is usually installed permanently, but for temporary use, equipment may also be portable.

The use of facilities as parkour equipment is connected with sporting risks. Traceurs and/or users are not required to wear personal protective equipment.

Parkour is a new, developing sport and the standard does not specify requirements that affect the design of the overall parkour facility.

It is also anticipated that sites might be used by/for non-parkour activities.

The standard specifies requirements for ages 8 and over.





Safety Requirements

Due to potential access by children, equipment shall be designed to make access difficult for your children.

Access to rails and bars to higher than 1000mm from the impact area require at least onestep that is a minimum of 700mm.

Access to landing 1000mm high may be as easy access as needed. However steps or very easy means of access shall be avoided.

Access to landings 1001mm to 1500mm shall require at least one step that is minimum 700mm.

Access to landings 1501mm to 3000mm shall require at least one step that is minimum 1000mm.

All elements of parkour are inspected as one cluster.

Parkour should be separate from children's play areas.

The level of separation from other sporting activities shall reflect the difference in risk level between activities.

Landings should have a surface area with a minimum inscribed circular diameter of 1000mm.

Where the FHof is less than 1600mm IAS (Impact attenuating surface) is not required.

The FHof shall be determined from the top of the equipment.

The maximum FHof should not exceed 3000mm.

Kidsafe WA © 2022

Excerpts may be copied for educational purposes.

Written permission is required to copy this fact sheet in its entirety.

For more information (08) 6244 4880
Poisons Information Centre 13 11 26

