

# Parkour/Freerunning

## Doing it

## Legally and Safely

Parkour is popular and we appreciate it can be an enjoyable and healthy activity. However if it is not done safely it can result in personal injury and put others at risk. There have been two recent injuries that could have been far more serious than they were.

You must:

- **Select an appropriate training area & be respectful of your surroundings.**
- **Not parkour on private property.**
- **Check your surfaces and structures.**
- **Not parkour at height.**
- **Be courteous to members of the public and those around you.**
- **Assess the level of the movements being performed against your own skill level.**

