

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – OVERVIEW

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – OVERVIEW

Roles and Responsibilities

An individual qualified under the APA’s Level 3 instructor qualification will:

- Abide by the Australian Parkour Association’s Instructor Code of Ethics
- Stay up to date with new developments as per instructor register
- Provide instructor training where appropriate
- Take an active role in the development of trainee instructors
- Assist fellow instructors with all relevant duties
- Direct class activities and hold responsibility for the success of each class
- Welcome new students and handle paperwork
- Ensure students are signed in before class commences
- Lead class planning through discussion or assigning of activities with fellow instructors of all levels.
- Where necessary apply first aid and make recommendations for injury recovery and prevention
- Develop and modify program for delivery of ongoing classes
- Ensure safety of students and teaching staff at all times
- Set an example as a role model for students and instructors
- Gather feedback from students and instructors and discuss with relevant parties
- Schedule and attend instructor meetings to address issues raised in class including but not limited to feedback, procedures, incidents etc
- Take minutes of meetings and make available to all instructors
- Develop specialist programs where required
- Contribute to development of instructor training programs

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – OVERVIEW*Pre-requisites*

To be qualified as an APA Level 3 instructor the applicant must have:

- A minimum of 3 years of Level 2 teaching activity (Unless otherwise negotiated with the committee)
- An endorsement from a minimum of three (3) Level 3 instructors/APA committee members.
- Current APA membership for insurance purposes
- Working with children check/police check where applicable
- An Australian Business Number (ABN) for paid work where applicable
- Current first aid qualifications (Apply first aid or better)
- Completed the Australian Sports Commission's "Community Coaching General Principles" online certificate course
- Must be 19 or over

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – OVERVIEW

Scope of qualification

An APA Level 3 instructor is qualified to:

- Teach Australian Parkour Association 1st Timers, Basics, Beyond Basics, Kids and Strength and Conditioning classes unsupervised.
- Deliver workshops at these levels
- Develop and deliver instructor training
- Endorse, qualify and supervise Level 1 and Level 2 instructors
- Develop and deliver specialist programs within the scope of the APA’s Vision, Mission and Values

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – OVERVIEW

Elements of testing

Initial qualification

- Physical (Standard) – Technical Competency; Parkour Specific Conditioning; Strength Fundamentals
- Physical (Non standard) - Demonstration of *thorough exploration or progression* of a non-standard (not tested in previous examinations) technique or physical movement.
- Negotiated Project – Completion of/ongoing involvement in a project that benefits the Australian Parkour community.
- Interview – Panel interview

Currency/updates (12 monthly from date of initial qualification)

- Endorsement by APA committee
- Standard physical re-test every 12 months for 36 months after initial qualification
- After 36 months, technical testing only at 12 month intervals.

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Passes, Fails, Testing and Retesting Timeframes.

- The applicant must complete all of their initial qualification requirements within a 2-month (60 day) period unless otherwise negotiated. This period begins with the commencement of your first testing contact (regardless of module being tested).
- A failure in any section of any of the testing modules (Standard Physical, Non-Standard Physical, Negotiated Project, Interview) constitutes a fail of that module. This means that, for instance: if you had passing scores for all elements of the Physical module except for one fail in the balance section, you must re-test the entire Physical module as a whole. In the case of the Non-Standard Physical and the Negotiated Project, you may be given feedback on aspects to address in order to meet the standard required for a passing grade. This feedback must be addressed within the submission period unless otherwise negotiated.
- After the 2-month submission period has elapsed, any outstanding failing grades will be counted as an overall failure of the qualification.
- If you fail your qualification you will not be able to re-test for a period of 2 months (60 days) after the end date of your initial submission period.
- If you pass your qualification, congratulations! You will receive a certificate of qualification and be eligible to teach at the level you have qualified for.

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – APPLICATION FORM

IMPORTANT INFORMATION

Personal						
Your full name:					Date of Birth:	
Address:	Street/PO Box:					
	Suburb/City:		State:		Postcode:	
Email:						
Phone:				Mobile:		
Emergency contact name:				Emergency contact phone:		
Medical Clearance						
Please record any medical conditions or medication that may affect your ability to complete this qualification safely.						
Condition/s:						
Medication:						
I have discussed the above with a medical professional and by signing below declare that I am fit to undertake the qualification requirements.						
Name:		Signature:		Date:		

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – APPLICATION FORM

Instructor Endorsement

Endorsement Details					
1)	Endorsing instructor name:		Instructor Level:	3	Instructing Community:
	APA member #:		Phone:		Email:
2)	Endorsing instructor name:		Instructor Level:	3	Instructing Community:
	APA member #:		Phone:		Email:
3)	Endorsing instructor name:		Instructor Level:	3	Instructing Community:
	APA member #:		Phone:		Email:

Please attach signed and dated instructor endorsements to this document.

NB: An endorsement should take the form of a short letter of support. The instructor writing the endorsement should reflect on the applicant’s ability to perform the roles and requirements of the qualification, uphold the APA instructor Code of Ethics and promote the Vision, Mission and Values of the Australian Parkour Association. The endorsement should be based on the instructor’s personal experience of teaching and training with the applicant. It should also acknowledge the applicant’s dedication to teaching over a three (3) year period. In writing and signing the endorsement, the endorsing instructor takes responsibility for the applicant’s performance as an APA instructor and representative of the Australian Parkour Association.

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – APPLICATION FORM

Checklist

ALL ITEMS MUST BE COMPLETED TO BE ELIGIBLE FOR CERTIFICATION	
Attach a photocopy of the following:	✓
Endorsement from three (3) Level 3 instructors (or two (2) Level 3s and one (1) active committee member)	
Working with children check/police check, positive notice or blue card.	
Current first aid certificate (Apply first aid or better)	
Community Coaching General Principles Certificate of completion. (available online at https://learning.ausport.gov.au)	
Complete the following:	✓
Important information sheet (page 1 in this document)	
Medical clearance form (page 1 in this document)	
Instructor endorsement form (page 2 in this document)	
Applicant declaration (page 4 in this document)	

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – APPLICATION FORM

Applicant Declaration

By signing below I declare that: I have read and understood all material related to my application for qualification as an Australian Parkour Association Level 3 Instructor, including the Roles and Responsibilities; Pre-requisites; Scope of qualification; and Elements of testing. I understand that, if qualified, I am bound to the scope of my qualification in all activities in which I represent the Australian Parkour Association. I undertake to uphold the Instructor Code of Ethics and promote through my actions the Vision, Mission and Values of the Australian Parkour Association.

Applicant name:	Signature:	Date:
Witnessed by:		
Witness name:	Signature:	Date:

- UPON COMPLETION OF ALL ASSESSMENT ELEMENTS, PLEASE ENSURE THIS APPLICATION FORM IS FILLED OUT IN FULL.
- ATTACH COPIES OF ALL REQUIRED DOCUMENTATION AND SUBMIT YOUR ENTIRE ASSESSMENT PACKAGE TO THE LEVEL 3 INSTRUCTOR RESPONSIBLE FOR YOUR ASSESSMENT. (you may wish to make a copy for your records)
- HE OR SHE WILL SUBMIT A RESULTS RECORD FORM TO THE APA TRAINING DIRECTOR REQUESTING CERTIFICATION (FOR PASSING APPLICANTS)
- YOU WILL RECEIVE A PRELIMINARY NOTIFICATION OF SUCCESSFUL QUALIFICATION AND YOUR CERTIFICATE WILL BE MAILED TO YOU, OR TO YOUR ASSESSING INSTRUCTOR FOR PRESENTATION.
- CERTIFICATES ARE PRINTED MONTHLY, PLEASE BE PATIENT!

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – NEGOTIATED PROJECT

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – NEGOTIATED PROJECT

Brief

The applicant is to provide evidence of completion of/ongoing involvement in a project that benefits the Australian Parkour community. The project must lie outside the scope of delivery of regular (1st timers, basics, beyond basics, kids, S&C) classes.

Potential projects include but are not limited to:

- Writing and publishing a research article or thesis (min 3000words)
- Engaging in community development work
- Contributing to a media campaign to educate the public about Parkour
- Contributing to the APA through development of infrastructure
- Development/strengthening of the APA's international reputation and relationships

All projects are to be negotiated with the committee prior to submission.

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – NEGOTIATED PROJECT

Project overview

Provide a written description of your intended project

Committee approval for project

Approved

Rejected

Notes:

The above-described project has been reviewed by the APA Committee and has been approved/rejected for assessment.

Committee Representative:

Signature:

Date:

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – NEGOTIATED PROJECT

Evidence Requirements for Project Assessment

Criteria Determination

Based on the description of your project, the committee will negotiate a criteria checklist with you that adequately assesses the merits of the project. Depending on the nature of the project, the criteria will take into account some, all or more than the following:

- Scope
- Method
- Budget
- Stakeholders
- Delivery
- Outcomes
- Sustainability
- Vision
- Mission
- Values

Criteria sheet

Attach criteria sheet to this booklet on submission for assessment.

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – NEGOTIATED PROJECT

Assessment Notes

PASS

FAIL

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)

Brief

The applicant is to provide a demonstration of their *thorough exploration or progression* of a non-standard (not tested in previous examinations) technique or physical movement. The technique must be relevant to Parkour in that it is one or more of the following:

- complementary to the practice of Parkour
- an advanced progression of an existing technique
- a modification of existing technique (i.e. to accommodate injury/special needs/impairment)

An overview of the intended demonstration must be submitted to the examiner for approval prior to the examination. The demonstration may be filmed and submitted as video, or as a live demonstration in the presence of an examiner.

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)

Instructions/Equipment

Examiner Instructions/Equipment

- The examiner is to record all testing information as accurately as possible.
- If the demonstration is live, ensure there is an adequate record (video/photo) of the demonstration

Equipment (where applicable):

- Clipboard
- Pens
- First aid kit

- Mobile phone
- Water bottle
- Snacks/food

- Camera/video camera
- Torch/headtorch
- Spare batteries

Applicant Instructions/Equipment

- The applicant is to arrive at the examination venue/start point at least 15 minutes prior to start time. (where applicable)
- All resources needed for your demonstration are your responsibility
- If submitting a video demonstration, ensure lighting, sound and video quality are adequate. Videos that are not of acceptable quality will not be accepted. Remember this is not a showreel, fancy editing and flashy moves will not be taken into account. The examiners are interested in clarity of movement and purpose.
- If your demonstration is live, please ensure your examiners are briefed on any change of location that may be needed.
- You may use assistants/actors/props as necessary, but you must carry the demonstration yourself – it is you that is being examined.

Equipment (where applicable):

- This booklet
- Water bottle
- Snacks/food
- Mobile phone

- Any personal medication required
- Change of clothes/shoes (optional)
- Hat/sunscreen if applicable
- Towel (optional)

- Parkour spirit

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)

Demonstration overview

Provide a written description of your intended demonstration

What do you intend to demonstrate? How does it relate to Parkour? What is its context? What resources will you need? What are your requirements for venue? - You may attach additional sheets to this section.

Examiner approval for demonstration:	Granted	Denied
Notes:	Examiner name: Examiner signature: Date:	

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)

Delivery Method

Video Submission

- Maximum of 30 mins in length.
- Must be submitted as hard copy (burned to CD/DVD/FlashDrive etc) to your examiner.
- Must be high quality video/audio – if in doubt, ask your examiner.
- You must keep a backup of the video.

Live Demonstration

I have made an appointment with an examiner and have confirmed the following with him/her:

Date of delivery:		Time of delivery:		Duration:		Class name:	
Venue: (include street address)				Name of examiner:			

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (non standard demonstration)	
<i>Examiners Notes</i>	
PASS	FAIL

<i>Applicant name:</i>	<input type="text"/>
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (standard testing)
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (standard testing)

Instructions/Equipment

Examiner Instructions/Equipment

- The examiner is to record all testing information as accurately as possible.
- Ensure time limits are adhered to by keeping a stopwatch on hand at all times.
- Time-critical examination sections are denoted by the stopwatch symbol:
- You may offer encouragement but not help to the applicant.
- This test may be run in any order to accommodate differing geographical locations of testing areas.



Equipment:	<ul style="list-style-type: none"> • Pens • Stopwatch 	<ul style="list-style-type: none"> • Mobile phone • Dummy for cas-evac test (if required) 	<ul style="list-style-type: none"> • Water bottle • Clipboard
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Applicant Instructions/Equipment

- The applicant is to arrive at the examination venue/start point at least ½ hour before examination begins.
- The applicant may not bring pre-prepared notes for any of the activities.
- The medical clearance and applicant agreement forms must be completed in full prior to arrival at the venue/start point.
- The applicant must write his/her name at the bottom of each page of this booklet prior to arrival at the venue/start point.
- Once the examination has begun the applicant must follow all instructions given by the examiner.
- If the applicant fails the test at any point, he/she may choose to complete the test with an unrecorded result or stop testing immediately.
- **WOMEN ONLY:** There are elements of this test that have optional modifications for female applicants. By default, a female applicant will be tested against the modified standard. If you opt out of the modified test, that decision is final and you WILL be tested and graded according to the regular standard. Modified testing elements will be denoted by this symbol: ♀ and explained in the “APA L3 Testing Notes For Techniques” document.

Equipment:	<ul style="list-style-type: none"> • This booklet • Water bottle • Snacks/food • Mobile phone 	<ul style="list-style-type: none"> • Any personal medication required • Change of clothes/shoes (optional) • Hat/sunscreen if applicable • Towel (optional) 	<ul style="list-style-type: none"> • Parkour spirit
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Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (standard testing)

Part 1: Technical Ability

NB: See testing notes for techniques at the end of this section for clarification on form, distances and variations.



CIRCUIT TESTING - TIME LIMIT 40 MINUTES
BEGIN CIRCUIT TESTING – TIME STARTED:

Circuit Test 1

- Complete 20 repetitions of 3 techniques that are linked together.
- Techniques will be chosen by the examiner.
- Each technique should be performed to class demonstration standard.

15/20 to pass.

Techniques:	1:	2:	3:	(4):	(5):						
Laps 1-10	Competent = ✓ Not competent = ✗	1	2	3	4	5	6	7	8	9	10
Laps 11-20 <i>(other side used for bilateral techniques)</i>	Competent = ✓ Not competent = ✗	11	12	13	14	15	16	17	18	19	20
Notes:											
PASS						FAIL					

Applicant name:	
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Circuit Test 2 <ul style="list-style-type: none"> • Complete 20 repetitions of 3 alternate techniques that are linked together. • Techniques will be chosen by the examiner. • Each technique should be performed to class demonstration standard. • Cannot be the same techniques used in Circuit Test 1. 15/20 to pass.											
Techniques:	1	2	3	(4)	(5)						
Laps 1-10	Competent = ✓ Not competent = ✗	1	2	3	4	5	6	7	8	9	10
Laps 11-20 <i>(other side used for bilateral techniques)</i>	Competent = ✓ Not competent = ✗	11	12	13	14	15	16	17	18	19	20
Notes:											
PASS						FAIL					



END CIRCUIT TESTING – TIME ENDED:

Applicant name:

Technique Demonstration Test

- Complete 6 repetitions of the following techniques.
- You are allowed one (1) practice/warmup for each technique. This will not be counted toward your 6 repetitions.
- Techniques covered in circuit testing need not be repeated.
- For all bilateral techniques demonstrate 3 on right side plus 3 on left side as denoted by (L) and (R).
- Your examiner may ask you to break a technique down, or to troubleshoot common technical errors in up to 5 of these techniques.
- Refer to the document: “APA L3 Testing Notes For Techniques” for specific details on distances and form required for each technique.

5/6 for each technique to pass.

Techniques		N/A <i>(Covered in circuit test)</i>	Repetitions					
			Competent = ✓ Not competent = ✗					
			1	2	3	4	5	6
Running jump and roll			(L)	(L)	(L)	(R)	(R)	(R)
Climb up			(L)	(L)	(L)	(R)	(R)	(R)
Passement	Speed vault		(L)	(L)	(L)	(R)	(R)	(R)
	Lazy vault		(L)	(L)	(L)	(R)	(R)	(R)
	Dash vault		(L)	(L)	(L)	(R)	(R)	(R)
Running precision			(L)	(L)	(L)	(R)	(R)	(R)
Running saut de bras			(L)	(L)	(L)	(R)	(R)	(R)
Passe muraille	Wall Run		(L)	(L)	(L)	(R)	(R)	(R)
	Pop vault		(L)	(L)	(L)	(R)	(R)	(R)

Applicant name:	
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Saut de chat to saut de bras		(L)	(L)	(L)	(R)	(R)	(R)
Saut de chat to precision		(L)	(L)	(L)	(R)	(R)	(R)
Demi tour (Turn Vault)		(L)	(L)	(L)	(R)	(R)	(R)

Franchissement	Underbar		(L)	(L)	(L)	(R)	(R)	(R)
	Reverse underbar		(L)	(L)	(L)	(R)	(R)	(R)
Tic tac			(L)	(L)	(L)	(R)	(R)	(R)
Lache ♀	Level Lache							
	Dyno							
	Drop							

Muscle-up or Kip-up ♀							
Level saut de bras							
Drop jump							
Stationary rail precision							
Climbing							

Applicant name:	
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Breakdowns/ Troubleshooting:	1.
	2.
	3.
	4.
	5.
PASS	
FAIL	

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (standard testing)

Part 2: Parkour Specific Conditioning



WALL HANG AND TRAVERSE

- To be completed hanging from a wall above reach height.
- Maximum 2 minute rest between traverses.
- Only one of each traverse (left and right) needs to be completed successfully, however you may have a second attempt if you slip or fall on your first attempt.



Traverse 1 Attempt 1	Start in dead hang	Traverse 10 metres to the left	Dead hang (both arms) 30 seconds	Climb-up	Pass	Fail
Attempt 2 (optional)	Start in dead hang	Traverse 10 metres to the left	Dead hang (both arms) 30 seconds	Climb-up	Pass	Fail
Traverse 2 Attempt 1	Start in dead hang	Traverse 10 metres to the right	Dead hang (both arms) 30 seconds	Climb-up	Pass	Fail
Attempt 2 (optional)	Start in dead hang	Traverse 10 metres to the right	Dead hang (both arms) 30 seconds	Climb-up	Pass	Fail
Notes:						

Applicant name:

BALANCE – LOCOMOTION ON A RAIL										
<ul style="list-style-type: none"> This test must be completed on a round rail. Applicant may remove his/her shoes for this section. 										
Walking Upright <ul style="list-style-type: none"> The applicant is allowed a certain number of slips/falls per exercise, any more than this constitutes a fail. A slip or fall is defined as any part of the body touching the ground or the hips dropping below the rail. The applicant must re-mount the rail at the point they slipped or fell and resume the test from that point. Testing begins once the applicant has mounted the rail and taken one step. 										
Direction								Total distance	Completed = ✓	
Forwards	Walk 20 metres	Turn 180°	Walk 20 metres	Turn 180°	Walk 20 metres	Turn 180°	Dismount	60 metres		
Slips/Falls	(1) (2) (3 FAIL)									
Backwards	Walk 20 metres							20 metres		
Slips/Falls	(1) (2 FAIL)									
Quadrupedie <ul style="list-style-type: none"> The applicant is allowed 2 slips/falls, any more than this constitutes a fail. A slip or fall is defined as any part of the body touching the ground or the hips dropping below the rail. The applicant must re-mount the rail at the point they slipped or fell and resume the test from that point. The applicant may rest in quadrupedie position on the rail. Testing begins once the applicant has mounted the rail and taken one step. 										
Forwards	Quadrupedie 20 metres							20 metres		
Slips/Falls	(1) (2 FAIL)									
							<i>Distance to pass:</i>	100 metres		
Notes:										
PASS					FAIL					

Applicant name:	
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RUNNING ♀						
Endurance Test	Distance: 2km	Time Limit: 9 minutes	Applicant's Time:		Pass	Fail
Sprint Test	Distance: 200 metres	Time Limit: 30 seconds	Applicant's Time:		Pass	Fail
Notes:						

QUADRUPEDIE						
<ul style="list-style-type: none"> • Applicant to demonstrate 5 alternate variations of Quadrupedal movement. • Standard forwards and reverse variations as taught in APA 1st Timer's classes will not be accepted. • Each variation must travel 25 metres. 						
Variation	Description/Name	Distance	Completed = ✓	Notes:		
1		25m				
2		25m				
3		25m				
4		25m				
5		25m				
		<i>Distance to pass:</i>	125 metres			
PASS				FAIL		

Applicant name:	
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MOBILISE A CASUALTY

- All maneuvers to be completed with a person or dummy at or near 100% of applicant’s bodyweight.
- Applicant can be assisted with picking up and dropping a dummy where necessary.
- A conscious casualty is defined here as being able to stand upright, but not able to walk.
- An unconscious casualty is completely incapable of movement (deadweight).
- All distances to be covered without casualty touching the ground.
- Time starts when applicant makes contact with the casualty.

Piggy-Back	Move a conscious casualty 100 metres				Time limit:	45 seconds	Pass	Fail
					Applicant’s time:			
Fireman Carry	Pick up a conscious casualty on right side	Move casualty 50 metres	Stop and change carry side	Move casualty 50 metres	Time limit:	90 seconds	Pass	Fail
					Applicant’s time:			
Drag	Drag an unconscious casualty 25 metres		Place casualty in recovery position		Time limit:	45 seconds	Pass	Fail
					Applicant’s time:			
Notes:								

Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – PHYSICAL (standard testing)

Part 3: Strength Fundamentals



Wall Sit

- Rest periods are maximums and not mandatory.
- Test starts when applicant displays correct posture.
- Back against the wall, legs at 90 degrees, hands not touching the legs.
- Rounds are consecutive.

Round 1	2 min hold	60 sec rest				
Round 2	2 min hold	45 sec rest				
Round 3	2 min hold	30 sec rest				
Round 4	2 min hold	15 sec rest				
Round 5	4 min hold					
	(12 minutes total)		Applicant's Time:		Pass	Fail
5 minute rest						



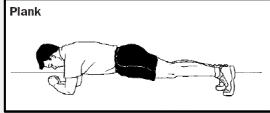

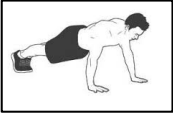
Handstand Hold

- Applicant may use a wall for support.
- Time starts when both applicant's feet have left the ground.

Minimum Time: 45 seconds	Applicant's time:		Pass	Fail
2 minute rest				

Applicant name:



Plank Variations			
<ul style="list-style-type: none"> • Applicant must demonstrate good posture throughout this exercise. • Time starts when applicant displays correct posture. • Rounds are consecutive. • No breaks. 			
Round 1	Plank Position	60 seconds	  
Round 2	Side Plank (L)	60 seconds	
Round 3	Side Plank (R)	60 seconds	
Round 4	Front support (pushup position)	60 seconds	
		(4 minutes total)	Applicant's Time: <input type="text"/>
			<input type="checkbox"/> Pass
			<input type="checkbox"/> Fail
2 minute rest			

Precision Squats			
<ul style="list-style-type: none"> • This test must be completed on a round rail. • Applicant may remove his/her shoes for this section. • Feet are to be perpendicular to the rail as in a precision landing. • The applicant may dismount after each round. • Each squat must use full range of motion, starting with knee at full extension and finishing with flexion below 90°. 			
			Completed = ✓
Round 1	Hands in front of body	5 squats	
Round 2	Hands clasped behind body	5 squats	
Round 3	Hands on head	5 squats	
		(15 total)	<input type="checkbox"/> Pass
			<input type="checkbox"/> Fail

Applicant name:	<input type="text"/>
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – TESTING NOTES FOR TECHNIQUES – L3

TESTING NOTES FOR TECHNIQUES:

- *Techniques will be tested against the following notes on form, distances and variations.*
- *Where a suitable obstacle or location for a technique cannot be found – an appropriate modification of the technique may be made by the assessor and noted in the assessment document.*
- *The assessor’s interpretation of these notes is final.*
- *Where distances use anatomical lengths, these refer to the applicant’s body.*
- *Women’s Modifications are denoted by the ♀ symbol.*

TECHNIQUE	TESTING NOTES
Running jump and roll	<ul style="list-style-type: none"> • One foot launch • Waist height or higher • At speed
Climb up	<ul style="list-style-type: none"> • No overgrip • May be covered in arm jump/climb up or wall run/climb up • Must start with arms at full extension • Symmetrical movement of arms • No forearm/elbow contact
Climb up ♀	<ul style="list-style-type: none"> • No overgrip • May be covered in arm jump/climb up or wall run/climb up • Must start with arms at full extension • Asymmetric movement of arms during the pull phase is allowed • Movement of arms during the dip phase must be symmetrical • Elbow/forearm contact is allowed
Passemment	<ul style="list-style-type: none"> • Waist height or higher • Rail, box or wall • Lazy and dash – as demonstrated in APA tutorials

Applicant name:

	<ul style="list-style-type: none"> Speed vault/step vault – foot may touch top of rail/wall but not bear significant weight (technique must be done at speed)
Running precision	<ul style="list-style-type: none"> Must be further than or equal to maximal reach – toes to fingertips at full stretch; one foot launch Balanced landing
Running saut de bras	<ul style="list-style-type: none"> Must be further than or equal to maximal reach – toes to fingertips at full stretch One foot launch
Passe muraille	<ul style="list-style-type: none"> Wall run: Must be higher than or equal to maximal reach (toes to fingertips at full stretch) plus 1 arm length. Wall pop: Must be higher than or equal to maximal reach – toes to fingertips at full stretch. Technique is complete when applicant’s chest and at least one foot is higher than the wall
Saut de chat to saut de bras	<ul style="list-style-type: none"> Saut de chat: Waist height or higher; rail, box or wall Saut de bras: Between waist and head height (from initial launch surface) Distance: Body length or greater
Saut de chat to precision	<ul style="list-style-type: none"> Saut de chat: Waist height or higher; rail, box or wall Precision: Balanced landing. Distance: Body length or greater
Demi tour	<ul style="list-style-type: none"> Waist height or higher Rail
Franchissement	<ul style="list-style-type: none"> Gap must be no greater than arms length – shoulder to fingertips Foot may tap the bar Movement must be continuous
Tic tac	<ul style="list-style-type: none"> Applicant must show basic technique Variations using hand/s may be accepted
Lache	<ul style="list-style-type: none"> Level lache: Horizontal distance – body length or greater Dyno: Vertical distance – arm length or greater. Can be demonstrated either two-handed or one at a time Dyno can be done on bars or on a wall (using the feet) Drop: Vertical distance – heel to shoulder length or greater. Can be demonstrated either two-handed or one at a time
Lache ♀	<ul style="list-style-type: none"> Level lache: Horizontal distance - knee to head Dyno: Vertical distance – fingertip to elbow length Dyno can be done on bars or on a wall (using the feet) Drop: Vertical distance – knee to head

Applicant name:	
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Muscle-up or kip-up	<ul style="list-style-type: none"> • Rail • Technique starts from dead hang • Can be symmetric or asymmetric • Technique is complete when applicants chest is above rail and arms are at full extension
Muscle-up or kip-up ♀	<ul style="list-style-type: none"> • Rail • Technique starts from dead hang • Can be symmetric or asymmetric • Technique is complete when applicants chest is above rail and arms are at full extension
Level Saut de bras	<ul style="list-style-type: none"> • Horizontal distance: Body length or greater • Height: heel to shoulder length or greater
Drop jump	<ul style="list-style-type: none"> • Height: heel to shoulder length or greater
Stationary rail precision	<ul style="list-style-type: none"> • Horizontal distance: Body length or greater • Balanced landing • If this cannot be done between 2 rails, a jump from any object to a rail will be acceptable
Climbing	<ul style="list-style-type: none"> • Must demonstrate consistent technique for a period of 30 seconds or longer • Vertical or overhung surface • Rock; Wall; Scaffolding

Women’s Modifications for Parkour Specific Conditioning Elements

Wall Hang and Traverse ♀	<ul style="list-style-type: none"> • Distance – 6 metres • Minimum dead hang time – 20 seconds
Running ♀	<ul style="list-style-type: none"> • Endurance – 2km in 10:45 • Sprint – 200m in 40 seconds

Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – INTERVIEW

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<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – INTERVIEW

Brief

- The applicant is to be interviewed by panel of Level 3 instructors and Committee members, consisting of no less than two (2) Level 3 instructors and two (2) Committee members, up to a maximum of six (6) persons on the panel.
- The panel may ask questions on a number of topics to determine the applicant’s suitability for the roles and responsibilities of a Level 3 instructor.
- The duration of the interview is not set, but may last up to a maximum of 120mins.
- If the panel cannot be available all at once, the interview may be conducted over a number of sessions to be organised by the interviewee.
- Results of the interview will be decided on by the panel, with additional consultation with the committee if necessary.

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – INTERVIEW

Interview Particulars

Details:

Date	Time start	Time end	Contact type
			<input type="checkbox"/> Face to face <input type="checkbox"/> Phone <input type="checkbox"/> Video <input type="checkbox"/> Mixed

Address (if face to face interview)

Attendees:

Role	Name	Contact method
Applicant		
Panel – Level 3		
Panel – Level 3		
Panel – Committee		
Panel – Committee		
Panel –		
Panel –		

Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – INTERVIEW

Interview Records

Attach notes and records of interview proceedings. Include questions, answers and panel commentary where appropriate.

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 3 – INTERVIEW

Result Summary

The interview panel has discussed the content of the interview, calling on additional members of the committee where necessary, and has concluded the following:

PASS **FAIL**

Applicant name: