

GENDER EQUALITY IN PARKOUR IN FINLAND

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ABSTRACT

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Gender equality has been lacking in sports for years. Parkour has been a male-dominated sport and its masculine roots have influenced the way its culture has formed. The purpose of this thesis is to study equality and gender equality in parkour. The study investigates reasons why fewer females than males practice parkour in Finland. Studying this topic is important in order to know how to develop opportunities for female parkour practitioners to practice parkour and increase the number of female practitioners. This thesis will investigate how to approach achieving gender equality in parkour, as well as if it is necessary to take actions towards better gender equality. The thesis is commissioned by the Finnish Parkour Association who wanted to gain knowledge of why fewer females than males start practicing parkour to improve the opportunities for female practitioners to practice parkour. Lack of research exists in terms of gender equality in parkour which is why it is important to research whether everyone has equal opportunities to practice the sport and what could be done to improve equality. Since the topic has not been researched extensively the thesis produces new and important information and the results of the thesis can be directly utilized by the Finnish Parkour Association and all parkour actors.

Both quantitative and qualitative research methods were used in this thesis. Semi-structured interviews and an online survey were used as data collection methods. The interviews were conducted with four experienced parkour coaches and the online survey (n = 54) was sent to the Finnish Parkour Association's members and 28 member organizations of the Finnish Parkour Association to send their members. The group that was studied were all parkour practitioners over 15 years of age. The interviews were done to gain a deeper understanding of gender equality in parkour and why fewer females than males practice parkour. The interviews were analyzed with thematic analysis. The online survey was analyzed in the SPSS program, where multiple-choice questions were analyzed with cross-tabulations and a Likert scale question was analyzed with T-test to calculate the means and the p-value was counted with an Independent Samples Test, and Levene's Test for Equality of Variances. The limit for the statistical significance level that was used was $p < 0,05$. Open-ended questions and text field questions in the survey were analyzed with thematic analysis and coding.

The results show that the Finnish parkour community sees equality and gender equality in parkour in Finland achieve quite well. Based on the results of the study, females perceive parkour as a more unequal sport than males. The results showed that females have some barriers practicing parkour such as people's gendered mental images of parkour as an extreme sport that belongs to young male practitioners and has a distinct lack of female role models in the sport. Another barrier is that most female practitioners would like to practice with other female practitioners but there are very few. In the future, female participation could be increased by organizing more low-threshold try-out days, educating parkour instructors about equality, increasing visibility and images of females' parkour through marketing, and having more female examples and role models in parkour to encourage more females in the sport.

Keywords: parkour, equality in sport, gender equality in sport, Finland

TIIVISTELMÄ

Lammi, M. 2023. Sukupuolten tasa-arvo parkourissa Suomessa. Liikuntatieteellinen tiedekunta, Jyväskylän yliopisto, Vastuullisen urheilujohtamisen pro gradu -tutkielma, 69 s., 4 liitettä.

Sukupuolten tasa-arvo on ollut puutteellista urheilussa jo vuosia. Parkourissa on aina ollut enemmän miesharrastajia ja sen maskuliiniset juuret ovat vaikuttaneet siihen, millaiseksi parkourikulttuuri on muodostunut. Tämän tutkielman tarkoituksena on tutkia tasa-arvoa ja sukupuolten tasa-arvoa parkourissa. Tutkielma tutkii syitä, miksi naiset harrastavat parkouria vähemmän kuin miehet. Aiheen tutkiminen on tärkeää, jotta tiedetään miten kehittää naisten mahdollisuuksia harjoitella parkouria ja lisätä naisharrastajien määrää. Tämän tutkimuksen avulla saadaan selville, miten sukupuolten tasa-arvo toteutuu parkourissa ja tarvitaanko toimia paremman tasa-arvon eteen. Tutkielman tilaajana on Suomen Parkour yhdistys (SPY), joka halusi selvittää, miksi lajia harrastaa vähemmän naiset kuin miehet, jotta osataan kehittää naisharrastajien mahdollisuuksia harrastaa lajia. Sukupuolten tasa-arvoa parkourissa on tutkittu hyvin vähän, joten sitä on tärkeää tutkia, jotta voidaan varmistaa, että kaikilla on samanlaiset mahdollisuudet harrastaa lajia. Koska aihetta ei ole hirveästi tutkittu, tämä tutkielma tuottaa tärkeää tietoa aiheesta ja tuloksia voivat hyödyntää SPY sekä kaikki muut parkourtoimijat.

Tutkielmassa käytettiin molempia sekä määrällisiä, että laadullisia tutkimusmetodeja. Aineenkeruumenetelminä käytettiin puolistrukturoituja haastatteluja ja verkkokyselyä. Haastattelut tehtiin neljän kokeneen parkour valmentajan kanssa ja verkkokysely (n = 54) lähetettiin SPY:n jäsenille ja 28:lle SPY:n jäsenjärjestöjen jäsenille. Kyselyn vastaajat olivat yli 15-vuotiaita parkourin harrastajia. Haastattelut tehtiin, jotta saataisiin käsitys sukupuolten tasa-arvosta parkourissa ja miksi parkouria harrastaa vähemmän naiset kuin miehet. Haastattelut analysoitiin temaattisena analyysillä. Verkkokysely analysoitiin SPSS ohjelmistossa, jossa monivalintakysymykset analysoitiin ristiintaulukoinnilla ja Likert-asteikko kysymys analysoitiin riippumattomien otosten t-testillä, jolla selvitettiin keskiarvot ja p-arvo selvitettiin ja varianssien yhtäsuuruutta testattiin Levenen testillä. Tilastollisen merkitsevyyden rajana käytettiin $p < 0,05$. Kyselyn avoimet kysymykset analysoitiin temaattisella analyysillä ja koodauksella.

Tulokset osoittivat, että suomalainen parkour yhteisö näkee, että tasa-arvo ja sukupuolten tasa-arvo toteutuu melko hyvin Suomessa. Tulosten perusteella naiset kokevat parkourin epätasa-arvoisempana lajina kuin miehet. Tulokset näyttivät, että tytöillä ja naisilla on joitakin esteitä parkourin harrastamiselle. Esteitä ovat esimerkiksi ihmisten sukupuolittuneet käsitykset parkourista miehille kuuluvana extreme-lajina, sekä naisroolimallien puute lajissa. Esteenä on myös se, että suurin osa naisharrastajista haluaisi harrastaa parkouria muiden naisharrastajien kanssa, mutta heitä on todella vähän. Tulevaisuudessa naisharrastajien osallisuutta voitaisiin lisätä järjestämällä lisää matalankynnyksen parkour kokeilupäiviä, kouluttamalla parkourohjaajia tasa-arvo asioista, lisäämällä naisten parkourin näkyvyyttä ja mielikuvia markkinoinnin avulla sekä lisäämällä naisiesimerkkejä- ja roolimalleja parkourissa.

Asiasanat: parkour, tasa-arvo urheilussa, sukupuolten tasa-arvo urheilussa, Suomi

ABBREVIATIONS

BMX	bicycle motocross
IPF	International Parkour Federation
UN	United Nations

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1 INTRODUCTION

This thesis deals with gender equality in parkour in Finland. The purpose of the thesis is to examine the reasons why fewer females than males practice parkour in Finland. Gender equality is a very important value and human right in any society (Albu & Grigore, 2019). However, gender equality is lacking in sports and discrimination is especially common among girls, women, and people who identify as non-binaries (Finnish League for Human Rights (2021). Several researchers state that women have had to fight for their rights in sports for years (Fink, 2015; Senne, 2016). Still today, women face issues related to gender equality, working in sport leadership positions, unequal perceptions of female athletes, and representation as female athletes in the media (Senne, 2016).

Studies (e.g. Turpeinen et al. 2011; Salasuo et al. 2016) have shown that equality in physical activity and sports has improved but the overall picture and the field of leadership are still masculine. Most sports are still gendered, and traditional gender stereotypes can be found on both strategic and operational levels. According to Turpeinen et al. (2011) some sports are still seen to be girls' or boys' sports. Masculine sports such as ice hockey or martial arts are seen to be boys' sports and more aesthetic sports such as gymnastics or figure skating is seen to be girls' sports. Also, parkour has been perceived as a masculine sport. Parkour has a history of being male-dominated and still today most of the parkour practitioners are males (Glaister & Hall, 2022). According to Ameel & Tani (2007) parkour has formed from military training, and as stated by Rannikko (2021) parkour's history can still be seen in its values and ways of doing things and that is why parkour may still be associated with ideals that emphasize militant masculinity.

As indicated by Glaister & Hall (2022) it has been found that females have different kinds of barriers to practicing parkour. As stated by Popejoy (2017) reasons why females are underrepresented in parkour are prejudices towards girls and women in parkour, stereotypes of parkour as an extreme sport, nondiverse marketing that excludes some genders, and lack of diverse role models, and leaders, marketing that excludes some genders, and lack of diverse role models, and leaders.

Women's parkour has started to grow (International Parkour Federation, 2022a) and as stated by Grosprêtre & Lepers (2016) it is estimated to develop at all levels in the future because

guided parkour classes are being developed, and because there is a decrease in sexism in sport in general. Also, in Finland, the number of female parkour participants has increased since the Finnish Parkour Association started to organize coaching and parkour events for females. However, the number of female practitioners is still significantly smaller (Finnish Parkour Association, 2021a).

The aim of the study is to examine reasons why fewer females than males are practicing parkour in Finland. The research investigates this by examining female and male practitioners' experiences and perceptions of parkour and analyzing whether there are differences in perception and barriers to participation. Furthermore, this thesis suggests possible ways in which gender equality could be improved in Finnish parkour.

The importance of the topic was discussed with the Finnish Parkour Association's employees who agreed that it is believed that fewer females than males practice parkour and it is important to study how female's parkour could be developed. Gender equality in parkour is not widely researched. One study has been done in the USA about how to develop, recruit and retain women in parkour (Popejoy, 2017) and another study in Finland about how gender affects the parkour community (Brinkmann, 2021). As equality and gender equality in parkour have not been widely researched, the Finnish Parkour Association found this research important and insightful. Additionally, as indicated by Gilchrist & Wheaton (2011) although women's experiences of parkour have started to be studied, it is an important area to investigate more in a wider perspective in the future.

Since research shows that gender equality is not achieved in all sports, it is important to know how gender equality is achieved in Finnish parkour and if it is needed to do some actions towards better gender equality. Studying the topic is important in order to know how to develop opportunities for female parkour practitioners to practice parkour and increase the number of female practitioners. The thesis produces new and important information about gender equality in parkour and the results can be utilized by the Finnish Parkour Association and other parkour actors. By answering the research questions, I bring out how gender equality is realized in Finnish parkour and how it could be developed if needed.

The literature review part of this thesis consists of two main chapters, presenting equality in sport and parkour. The first main chapter deals with equality and gender equality in sport and

describes how they have developed over the years. It also covers bullying, discrimination, and harassment in sport. The second main chapter presents parkour as a sport, who are the parkour practitioners, and the Finnish Parkour Association. In addition, it covers equality in parkour and equality of parkour in Finland. After the theory part, the research aim and methodology are covered in chapter four, and the results of this thesis are discussed in chapter five. The last chapters include a discussion and conclusions. The discussion chapter presents the main findings and compares them to previous studies. In the conclusions, I summarize the topic, review the limitations of the study, and propose suggestions for future studies related to equality in parkour.

2 EQUALITY IN SPORT

The next subchapters review equality in sport. The first chapter defines equality in sport. The second chapter presents gender equality. And the third chapter defines bullying, discrimination, and harassment in sport.

2.1 Equality in sport

According to Berg & Kokkonen (2018) Finland is seen as an example country in an ideal state in terms of equality. However, there is no permanent state of equality, and changes in this field provide challenges. It also applies to sport, which social place has been changing in the 21st century. Equality means that no one should be discriminated against regardless of gender, age, ethnic or national origin, skill level, language, state of health, disability, sexual orientation, political activity, family relations, and other personal reasons (Non-Discrimination Act 1325/2014). As stated by Ombudsman for Equality (2022) society needs to support girls, boys, women, men, and non-binaries equally. This means providing equal opportunities and resources for everyone. In sport, equality means a safe environment where everyone can challenge themselves, get remarkable experiences, and promote health (Finnish Olympic Committee, 2021). A law called the Act on the Promotion of Sports and Physical Activity regulates equality in physical activity and top-level sports. As indicated in the law:

“The aim of the Act is to promote the opportunities of various demographic groups to engage in physical activity, the wellbeing, and health of the population, the maintenance and improvement of the capacity for physical activity, the growth and development of children and young people, civic action in the field of physical activity including club activities, top-level sports, integrity and ethical principles in the context of physical activity and top-level sports and greater equality in sports and physical activity. The efforts to achieve these objectives are based on the principles of equality, non-discrimination, social inclusion, multiculturalism, healthy lifestyles, respect for the environment, and sustainable development.” (Act on the Promotion of Sports and Physical Activity 390/2015)

The objectives of the Act that supports equality are number 1: the opportunities for various demographic groups to engage in physical activity, number 7: integrity and ethical principles in the context of physical activity and top-level sports, and number 8: greater equality in sports

and physical activity (Act on the Promotion of Sports and Physical Activity 390/2015). Pyykkönen (2016) states that in 2015 the Act was updated, and the promotion of equality was written into the law. This was a significant turning point for equality in sport because the legislative framework governing equality work was strengthened after the Equality Act, Act on the Promotion of Sports and Physical Activity, and Non-Discrimination Act entered into force. It was seen necessary to update the act to increase gender equality and to reduce inequality and minorities' equality problems because discrimination based on sexual orientation, religion, and ethnic background occurs in sport. The Sport Act has been in force for years, but its strength has been weakened because equality has been brought up in the law only at a general level. Municipalities and sport organizations have been responsible for how they interpret and implement equality work, and it has varied between sport organizations and how much they have invested in it. In 2015 the Ministry of Education and Culture started to require equality and non-discrimination plans from organizations that promote physical activity and apply for state aid (Pyykkönen, 2016). As reported by the Finnish League for Human Rights (2021) the realization of human rights in sport requires actions at all levels. People that are responsible for sport in any sport club, federation, or other act, need to know the equality laws and ensure their compliance in sport operations. Equality is especially important in sport clubs and federations to get new members into sports (Finnish Olympic Committee, 2021).

As stated by Pyykkönen (2016) equality in sport has improved in the 2000s already by it being more present in the field of sport. The development of equality through reports and projects has progressed but very slowly. Also, as stated by Heinilä (2021) equality in sport is often mentioned in speeches and strategies, but unfortunately, the practical results often lag behind the general trend of equality. So that equality in sport can be developed it is needed to conduct research and monitor the state of equality to identify and prevent inequality (Turpeinen & Hakamäki, 2018).

The fact that equality has been more talked about and more present in social media has been significant for developing equality (Pyykkönen, 2016). As stated by Fink (2015) female athletes have always been less presented than male athletes in all media. Instead of getting attention in the media for athletic abilities female athletes more often gain attention for their physical appearance, heterosexuality, and femininity. According to Unesco (2021) female athletes also gain attention for their age, look, or family life instead of their sport career. Male athletes instead are usually shown as strong and powerful athletes in the media. These media representations

promote harmful gender stereotypes of female and male athletes. Media can challenge this unequal and stereotypical evidence of athletes by providing valuable and equal material for athletes in media.

If female athletes were better represented by the media, they would be more valued and gain more attention (McDonagh & Pappano 2008). The European Commission (2022) has created an action plan and recommendations for the European Commission, member states, and international and national sport organizations on how to promote equality in sport. One of the themes covers media coverage and ways to increase the visibility of women's sports in the media. The recommendations encourage media organizations to hire people that follow gender equality to improve it, encourage to take actions that increase the visibility of women's sports and ensure that women are treated equally, improve sport journalists' awareness of women athletes' visibility in the media, and collect data and do research to raise awareness of gender equality in sport.

2.2 Gender equality in sport

As described by the Finnish Institute for Health and Welfare (2022) gender equality means that all genders have equal rights and opportunities. Gender equality also means that everyone is treated equally and that no one is discriminated against. Gender equality is a very important value and human right in any society, but it seems that women do not have as good a position as men in the sport field (Albu & Grigore, 2019) and society has always been grappling with gender equality (Senne, 2016). According to several researchers, women have had to fight for their rights in sport for many years (Fink, 2015; Senne, 2016). Still today, women face issues related to gender equality, unequal perceptions of female athletes, working in sport leadership positions, and representation as female athletes in the media (Senne, 2016) in addition, sport organizations are missing women in leadership positions (Heinilä, 2021). As stated by Zerunyan (2018) inequality also shows in unequal pay gaps in female and male athletes' salaries, because the female athletes' salaries are considerably smaller than male athletes. Both individual and team female athletes are paid significantly less than male athletes.

As reported by the European Institute for Gender Equality (2017) sport has been traditionally dominated by men in governance and sport participation. In addition, there have always been

stereotypical masculine characteristics in sport. Strength, speed, and competitiveness have been considered masculine characteristics. It has been assumed that all men need to participate in sport and if women participate in sport they are perceived as masculine. According to Senne (2016) the reason why women have not been accepted in the masculine sporting culture is that they have been seen as weaker than men and not good enough to participate in sport. It has been common for women to be judged in sport on their appearance. To have equal opportunities for women to participate in sport, gender stereotypes should be overcome to improve women's opportunities to participate in sport, and women should be recognized in the media for their skills and achievements in sport instead of their looks. In addition, society needs to stop putting girls in specific stereotypical roles and they should be able to choose any sport without needing to think about whether it is socially acceptable or not. As stated by Berg & Kokkonen (2018) not only women have had a hard time finding their place in the field of sport. Although the field of sport is considered masculine and most of the actors are men, also men have faced gendered stereotypes and have been criticized if they have been practicing sports that are considered feminine. As indicated by (Piedra, 2017) boys who have participated in sports that are considered feminine such as rhythmic gymnastics have suffered from gender stereotyping in sport and experienced insulting and mocking comments for practicing a feminine sport which shows how gendered assumptions in sport still exist in society.

Berg and Kokkonen (2020) conducted an interview study in Finland of 10 young people aged between 13-17, belonging to a rainbow community. The study was about discrimination in physical activity at school, their views on physical activity practices at school, and ways to promote equality in sport. The research brought up examples of how young people still face gendered comments and assumptions that girls are not as capable as boys in physical activities and certain sports. The interviewees mentioned that, for example, in football class at school, girls had to practice basic football skills, but boys were allowed to play football without skill practicing, which girls have perceived as gendered and discriminative. Furthermore, the results showed that physical activity teachers still think that ice hockey is for boys and figure skating is for girls and it has been a big surprise for one teacher when a girl has been very good at ice hockey.

Gendered stereotyping has also appeared in skateboarding. According to Paechter et al. (2023) skateboarding has always been a male-dominated sport but is getting more popular among girls and women. Paechter et al. (2023) conducted a study about young female skateboarders which

examined their experiences related to identity, participation, and exclusion in skateboarding. The study was conducted in England with 28 female skateboarders, aged between 8-27, were interviewed as well as 14 others who were young male skateboarders, coaches, skatepark managers, skate shop managers, two women who are interested in skateboarding but do not skate themselves, about local skateboarding initiatives. In addition, an audio record was made at Gnarly Ramps skatepark's meeting to include nine women skateboarders' experiences. Based on the study there are barriers for women to taking part in skateboarding. These barriers include public perceptions of the sport, uncomfortable feelings in male-dominated skateboarding training places, and hassle from male skateboarder practitioners. It was found out that even skilled female skateboarders feel like they don't belong in the sport and that others do not want to take them as a part of the community, and they feel that they need support to train in public places. It is difficult for female skateboarders to take part in skateboarding communities because the skateboarding community and male skateboarders think that women are not skilled enough to participate in a sport that they see as masculine and dangerous. Despite training with male skateboarders in public spaces, women have experienced humiliating comments in public places from people passing skateparks. People have commented female skateboarders to be careful and when the female skateboarders have asked these people if they are not going to tell this to the male skateboarders also, they have answered that no because they will be fine and will not hurt themselves. This shows that people see women skateboarders as different from male skateboarders. The results of the study showed that girls and young women need more support in skateboarding than boys and young men. Women in skateboarding want more support from boys and men, more female role models especially for female beginners, and skateboarding sessions organized for only female practitioners to train without being afraid of being isolated from the community in public spaces usually dominated by young male practitioners.

During the last 20 years, more women have started to participate in sport and the difference in sport involvement is getting smaller (European Institute for Gender Equality, 2017). Nevertheless, even if gender equality is slowly improving, it is still not achieved in the sport field which leaves generations of girls and women marginalized (Soysa & Zipp, 2019). According to Turpeinen & Hakamäki (2018) the Ministry of Education and Culture's (2018) Sport and Equality report shows the current state of gender equality shows that there has been development in gender equality in sport and physical activity since the last report in 2011.

Development in gender equality is seen in sport participation, leadership roles, and coaching. However, improvement is still needed in all these areas.

Also, Turpeinen et al. (2011); Salasuo et al. (2016) state that studies have shown that equality in physical activity and sport has improved but the overall picture and the field of leadership are still masculine. Most sports are still gendered, and traditional gender stereotypes can be found on both strategic and operational levels. According to Turpeinen et al. (2011) some sports are still seen to be girls' or boys' sports. Masculine sports such as ice hockey or martial arts are seen to be boys' sports and more aesthetic sports such as gymnastics or figure skating is seen to be girls' sports.

In Europe, the European Commission (2020) promotes actively gender equality in its actions with the help of its Gender Equality Strategy 2020-2025. Gender equality is a core value of the EU, a key principle of the European Pillar of Social Rights, and a fundamental right. The strategy aims to define the European Commission's objectives and actions for gender equality. It seeks to promote gender equality and eliminate gender-based violence, sex discrimination, and inequalities between men and women in Europe. The European Institute for Gender Equality (2017) states that sport can be used as a tool to achieve gender equality. Sport can improve women's opportunities to learn new skills, meet new people, get support from others, and enjoy freedom of movement and expression. Sport can also teach communication and leadership skills and increase women's self-esteem and empower women. As reported by the European Commission (2022) women's participation in sport could be improved by creating action plans in sport organizations on how equality could be improved. Also, setting mechanisms to encourage women to try sports and making sure women have equal access to sport facilities are important ways to improve women's participation in sport. The United Nations (2022) has published an even broader action plan to promote equality which is the United Nations Agenda 2030 that guides the promotion of sustainable development in the years 2016-2030. The United Nations (UN) has set 17 sustainable development goals that deal with global challenges. These challenges include protecting the environment, justice, peace, eradicating poverty, and combating climate change. One of the goals is related to equality, which is the fifth goal "equality and achieving gender equality and empowering all women and girls". The UN mentions in the agenda that they recognize that sport is an effective way to promote sustainable development because sport has been shown to promote respect and tolerance and develop social inclusion.

2.3 Bullying, discrimination, and harassment in sport

Everyone should have an opportunity to participate in sport in a safe environment, however, discrimination, bullying, and harassment occur in sport (Kyllönen, 2018). According to Kokkonen (2019) harassment means behavior that violates mental and physical integrity and human dignity, that creates a humiliating, threatening, or offensive atmosphere related to discrimination prohibited by law. Harassment can be sexual or based on gender. Sexual harassment can be non-verbal, verbal, or physical behavior that is sexual. Gender-based harassment is discrimination based on a person's gender, gender expression, or gender identity. Gender-based harassment can be, for example, the use of gendered words or jokes that disparage a certain gender.

Based on several international studies, women face more sexual harassment and abuse in the sport field than men (Kirby & Demers, 2013) and one in three women has experienced harassment in competitive sports (Heinilä, 2021). In addition to girls and women, sexual and gender minorities, disabled people, children, and elite athletes are at risk of being harassed (Kyllönen, 2018). Studies about harassment in sport have focused more on girls and women than boys and men. In Finland, sexual harassment, and gender-based harassment in sport have not been extensively studied yet (Kokkonen, 2019). According to Kyllönen (2018) the latest research data shows that harassment happens more often by athletes than by coaches. However, coaches have also been found to bully their athletes by using mental violence against athletes as a powerful tool in their coaching methods. Bullying in sport is very harmful because it affects mental and physical health and creates stressful emotions (Vveinhardt & Fominiene, 2020). According to (Kyllönen, 2018) the value base of sport has been masculine and heteronormative for a long time and is still partially so. This can lead to minorities facing stereotypes and prejudices and to discrimination and bullying among athletes. Also, the competitive nature of sport and lack of supervision can lead to bullying in sport.

According to Kokko & Mehtälä (2016), in Finland, there has been conducted a Finnish School-age Physical Activity (SPA) study investigating behavior of children and youth in sport and physical activity. According to the SPA study, sport is a common environment for children and young adults to experience bullying only surpassed by bullying at school and cyberbullying. In

the past, bullying was not talked about much in sport, but recently efforts have been made to eradicate it (Kyllönen, 2018). Sport organizations need to take responsibility for creating a safe environment to play sports (Vveinhardt & Fominiene, 2020) and tolerance and openness need to be increased both at the grassroots level and among decision-makers so that the sport culture is open and safe for everyone (Kyllönen, 2018). As stated by Kyllönen (2018) sport clubs and organizations should eradicate the masculine and heteronormative culture in sport by creating operating models to prevent harassment and bullying in sport, educating, and informing people on how to prevent improper behavior in sport, and creating open conversations. Additionally, sport clubs and organizations must include information about preventing harassment and bullying in sport more widely in their equality plans.

3 PARKOUR

This chapter presents parkour as a form of contemporary sport. Firstly, parkour as a sport and its history is presented. After that, the parkour practitioners are presented. Lastly, the Finnish Parkour Association and equality in Finnish parkour are described.

3.1 Parkour as a sport

According to Kidder (2017) David Belle and Sebastien Foucan from France, are seen as founders of parkour. Belle and Foucan were born in the beginning of the 1970s. Parkour evolved from games that Belle and Foucan played together as teenagers. Later Belle and Foucan started doing activities in groups with their cousins and friends in playgrounds, woods, and rooftops in the northern Parisian suburb of Sacrelles. The activities they were doing were referred to as military obstacle course training. Slowly parkour started to develop from the group activities. The background of parkour is about both the sport's developers' creative approach to movement in their environments and the training methods of the French army, especially the training program "Methode naturelle" developed by George Hebert at the beginning of the 20th century (Ameel & Tani 2007).

The term "parkour" comes from the French word "parcoure" which means route (Kidder, 2017). The aim of parkour is to move as fast as possible from place A to B (Gilchrist & Wheaton 2011). The basic movements in parkour are running, overcoming obstacles, climbing, and jumping (Pagnon et al. 2022). As described by Angel (2011) parkour involves overcoming physical, mental, and emotional obstacles. In addition, it teaches how to control both the mind and body. Additionally, parkour also promotes well-being, physical health, and a feeling of community (Gilchrist & Wheaton, 2011). According to the Finnish Parkour Association (2021c) parkour develops mental skills, problem-solving, as well as decision-making abilities. Learning these skills help young people in general in life and to survive everyday challenges. Although parkour includes exciting challenges and taking controlled risks, it is not considered an extreme sport (Finnish Parkour Association, 2021e). Parkour has been described in a variety of different ways and can be defined for example as playing, free-running, and even a way of life (Saville, 2008). As indicated by Pagnon et al. (2022) parkour is not like traditional sports which are rule-based and require certain equipment and a place to train. In turn, parkour is an untraditional lifestyle sport. Generally, lifestyle sports are defined as untraditional and informal

physical activities that have no strict rules or a competitive element (Gilchrist & Wheaton, 2017). Janeckova et al. (2021) point out that organized or competitive sport environments may not appeal to everyone. Some youth like to practice sport in a more flexible way, which is why lifestyle sports can be a suitable option for them. The benefits of parkour as an unstructured lifestyle sport are that it can increase the feeling of freedom and can promote an active lifestyle (Mango et al. 2021). In addition, lifestyle sports have been shown to increase the physical activity level of young people (Janeckova et al. 2021).

According to Harinen et al. (2015) parkour can also be defined as an alternative sport. Alternative sports are defined as movement that emphasizes lifestyle choices, experientiality, self-expression, and joy. Alternative sports offer alternatives for mainstream sports, competitive sports, and commercial sports culture. Alternative sports emphasize community, freedom, creativity, openness, and tolerance. Examples of alternative sports are parkour, skateboarding, roller derby, and scootering. Parkour has similarities with different alternative sports such as modern circus, blading, and scootering since they are all quite new urban sports that include making tricks (Rannikko, 2021).

As stated by Kidder (2012) parkour is participated either at “training” or at “parkour jams”. In training, there is a group practicing certain areas of parkour, such as coordination or strength. In turn, parkour jams are more about the social side of the sport and spending time with other practitioners while training. By practicing at parkour jams, practitioners can show off their abilities and learn from watching others practicing. Parkour is an easy sport to start because it can be done almost anywhere and because it does not require any equipment. (Finnish Parkour Association, 2021c). Parkour is often practiced in cities which are playgrounds where different kinds of obstacles in urban spaces are used for practicing parkour (Pagnon et al, 2022). According to Mango et al. (2021) parkour provides opportunities to enjoy activities in urban places. Parkour utilizes places outside that are not used for other purposes. For example, parks, green areas, open spaces, and abandoned areas can be used for parkour training without any costs or access limitations. Future generations will face global challenges and will be deeply rooted in cities because urbanization is becoming more common. Practicing parkour offers a way to utilize and enjoy activities in urban places. Parkour uses what cities offer by using personal skills and imagination and improves relationships between people and the environment.

Currently, parkour is mostly a non-competitive sport, and it does not have rules on how movements should be performed (Pagnon et al. 2022). In parkour, the purpose is to compete only against oneself (Rannikko, 2021). Parkour competitions have been held in an organized manner abroad (Finnish Parkour Association, 2021e) and parkour has gained popularity in the media through competitions (O'Loughlin, 2012). The first free-running and parkour competition called Art of Motion was organized by Red Bull in 2007, in Austria (Max, 2020). According to the Finnish Parkour Association (2021e) parkour competitions have not been organized in Finland but in 2019 the Finnish Parkour Association created a group of volunteers to find out if parkour practitioners are interested in parkour competitions in Finland. Organizing competitions has not progressed and the situation is that there are practitioners that are both practitioners that are interested in competing and practitioners that are not.

3.2 Parkour participants

Parkour is a sport that attracts young people who are not interested in traditional sports but instead prefer to try new lifestyle sports (Pagnon et al. 2022) and it is also a great sport for people that do not enjoy traditional sporting activities or competing (Gilchrist & Wheaton, 2011). At the beginning of the 2000s parkour gained more media attention around the world and it attracted young people (Mango et al, 2021). Many researchers state that most parkour participants are young males (Grosprêtre & Lepers, 2016; Pagnon et al. 2022). According to Ameel & Tani (2007) parkour has been categorized as a hobby for young men or boys like many other new sports that use public space. Some girls and women, however, also participate in parkour. Several researchers have stated that even if females train mostly with men, they benefit from training with other women practitioners in urban lifestyle sports (Atencio et al. 2009; Clegg & Butryn, 2012). Ameel and Tani (2007) mention that it would be interesting to study women's perceptions and experiences about the parkour culture. Parkourists break the usual ways of moving which can cause confusion in public places by people that may not know about parkour. Ameel and Tani (2007) state that one might assume that women have faced even stronger confusion than male practitioners in parkour. In addition, in skateboarding, which is a somewhat similar lifestyle sport to parkour, female skateboarders have faced gendered assumptions, weird comments, and confusion in public places where women are skateboarding (Rannikko, 2021).

According to Dalsh (2019) Egypt is an example country of how women's parkour can grow despite people's gendered assumptions. Men have been participating parkour for a while, but people have had assumptions that women can't participate in sports including parkour. In Cairo, there is a group of women that have started to practice parkour despite people's assumptions. Since women's parkour is getting more visible and getting more popular and the acceptance of women in sport is increasing.

As stated by the Ministry of Education and Culture (2020a) parkour is very popular among children. The Finnish Ministry of Education and Culture has conducted a pupil and student survey in 2020 to determine what kind of hobbies and leisure activities primary and lower secondary students would enjoy during a school day. The survey was sent to all 2 229 Finnish primary and middle schools and 197 040 students answered the survey. In the survey, students got to choose their favorite hobbies among 76 hobbies. According to the Ministry of Education and Culture (2020b) the results showed that 80 percent of the respondents have a meaningful hobby and 55 percent of the students would like to start a hobby or a leisure activity. Of the 20 percent who do not have a meaningful hobby or leisure activity, 63 percent would like to start a hobby. The most popular hobby among primary school students was parkour and 46 percent of respondents answered it was their favorite hobby. Boys and girls had different favorite sports. The most popular sports that girls in primary school wanted to try were visual arts, movies and animation, and parkour. Primary school boys were rather interested in parkour, movies, animation, game design, and coding. In middle school, girls were interested in visual arts, movies, animation, crafts, and design. In turn, boys in middle school were interested in parkour, game design and coding, and movies and animation.

According to the Ministry of Education and Culture (2022) the pupil and student survey was conducted again in 2022. Altogether 164 000 Finnish primary and middle school students answered the survey. The students were asked what their favorite hobbies are, which hobbies they would like to try, and what are the most significant reasons to have a hobby. When looking at all students' favorite hobbies, the most popular hobby by 38 percent of respondents was parkour. The results showed that mainly boys, but also girls were interested in parkour. When looking at the primary school students' answers girls' favorite hobbies were horse riding, animal club, visual arts, cooking, and climbing. In turn, the most popular hobby among primary school boys was football, the second most popular was parkour, and then computer games, billiard/snooker, hunting, and fishing. Girls in primary school wanted to try visual arts, movies,

and art club activities and the boys wanted to try parkour especially. Among middle school girls, the most interesting hobbies to try were visual arts, movies, and handicrafts. In turn, the most interesting hobbies among boys were parkour, game designing and coding, and movies. Also, among primary school-aged girls, there were some (20 %) who wanted to try parkour, but middle school girls did not mention that they would like to try the sport. Since parkour is very popular among children and especially boys, more parkour activities in schools need to be organized (Finnish Parkour Association, 2021e).

3.3 Finnish Parkour Association

The Finnish Parkour Association was established in 2003 (Finnish Parkour Association, 2021e). Parkour participation started in Finland in 2003 and it gained popularity quickly (Finnish Parkour Association, 2021c). The purpose of the Finnish Parkour Association is to develop and promote the practice of parkour responsibly in Finland. The association aims to increase awareness of parkour. The most significant operations of the association are organizing parkour instructor courses, parkour projects, and national parkour events (Finnish Parkour Association, 2021d). According to the Finnish Parkour Association (2021e) all activities organized by the association are nationwide.

Compared to other countries, parkour is organized in an exceptionally organized way in Finland (Finnish Parkour Association, 2021e). Finnish Parkour Association is the official association of parkour in Finland, and it is a member organization of the Finnish Olympic Committee (The Finnish Parkour Association, 2020). As reported by the Finnish Parkour Association (2021e) it is the umbrella organization for regional parkour organizations and has 25 member organizations around Finland. The member organizations are local actors that promote parkour and provide parkour activities following the Finnish Parkour Association's values. The Finnish Parkour Association supports its member organizations' activities by providing membership services. According to Harinen et al. (2015) in Finland, parkour has spread all over the country, and the sport has been institutionalized and commercialized. Companies have started to offer more parkour courses, instructor training, and new parkour parks have been designed in cooperation with authorities.

3.4 Equality in parkour

Everyone can participate in parkour at their own level and challenge themselves as they want (Finnish Parkour Association, 2021e). There is no reason why men and women should not have equal opportunities to practice parkour (International Parkour Federation, 2022a). Rannikko (2021) states that when looking at parkour's relationship to gender, parkour emphasizes masculine values because it has roots in military training. Parkour's history can still be seen in its values and ways of doing things. Therefore, parkour may still be associated with ideals that emphasize militant masculinity.

According to Glaister & Hall (2022) the history of parkour is male-dominated. The majority of parkour practitioners are still mostly young men, doing difficult parkour moves, and speaking about parkour terms that new people in the sport might not know. This kind of environment is not the most attractive for women. Women have different kinds of barriers to practicing parkour which makes it difficult or even impossible to join parkour communities. Some women might feel uncomfortable and unsafe in male-dominated environments. Many women have experienced people flirting with them in practice which feels disturbing. Parkour is usually practiced outside in public places, and it is more accessible to those who feel comfortable and safe exercising outside, and these people are usually men. Parkour coaches should take into consideration that parkour is practiced outside in safe public places, no one is left behind, and everyone feels safe.

In addition, according to Gilchrist & Wheaton (2011) the nature of parkour is open-minded, inclusive nature and welcoming, encouraging, and supportive sport for women and all new practitioners. Also, as indicated by Clegg & Butryn (2012) parkour is a welcoming sport for women. As stated by Gilchrist & Wheaton (2011) when compared to other lifestyle sports, such as skateboarding or bicycle motocross (BMX), parkour is a more welcoming sport to new participants. Gilchrist and Wheaton found out in their research that male practitioners' masculine identities were not tied to the performances of hegemonic masculinity like in many other sports. Instead of showing competitiveness or masculine traits of parkour such as speed and strength, the male practitioners embraced the aesthetic side of the sport and valued the feminine traits such as agility and balance. The participants saw that these values affect positively more women wanting to be part of the sport. Gilchrist and Wheaton also mention that cooperation between different sports such as dance and parkour is increasing. As a result,

different genders are more likely to become interested in sports that are considered as feminine or masculine. Parkour is perceived by some girls to be a masculine sport, while dancing is seen as feminine and aesthetic. Parkour and dance have even used the similarities of the sports when introducing and attracting girls to parkour and boys to dance.

Grosprêtre & Lepers (2016) have conducted research in France about parkour practitioners' age, anthropometric, and training characteristics. A questionnaire was conducted about the parkour practitioners' training habits and anthropometric characteristics. Altogether 130 participants participated in the study and most of the respondents were men (114) and 12,3 percent of the respondents (16) were women. Of the women respondents, most were adults and 25-29 years old. In the study, possible reasons why fewer women than men practice parkour were presented. Especially younger women might have a rough image of parkour which can affect having prejudices of parkour and affect to an unwillingness to practice parkour. In addition, since most of the parkour practitioners are men, it can also affect younger women's willingness to practice parkour.

According to Brinkmann (2021) the parkour community is seen as mostly as supportive and equal. However, for some people with a preconceived mindset that parkour is a sport for males, it may seem strange to see females practicing parkour. This mindset could be tackled by including more visual content presenting the sport on different platforms. The general public could start to digest the sport as an arena for all genders and motivate more females to join the sport. Also, Glaister & Hall (2022) have stated that the lack of women's representation affects women's participation in parkour and because of this, the diverse representation of parkour practitioners is important when marketing parkour in the media. Another important thing to consider in media is to make sure there are pictures and videos of beginners doing parkour to make the sport more acceptable. In parkour, it is common to post pictures of men doing movements that require strength and women doing more technical movements. However, this should be avoided since all genders can do all movements and they should not be categorized in pictures. Female and male bodies are often compared also by people, and often an abled male body is a normal and ideal body in sport. This kind of inequality is also visible in parkour instruction. Often men's experiences are more valued than women's experiences. Women's experiences are not always considered so important and are sometimes even ignored. This can be harmful since parkour coaches can give less helpful instructions to women than to men.

As stated by Glaister & Hall (2022) language can also be a barrier for women to participate in parkour. Everyone in parkour communities should think about the words they use. If parkour coaches use stereotypical phrases, behaviors that show prejudice, and sexist language, women can feel uncomfortable in training and lose their trust. Coaches should think about how they call their students in parkour classes. Instead of using words such as “girls”, “women”, “boys” or “men” in parkour classes, it can be better to use words like “team” and “everyone” to include everyone and not use wrong words for parkour practitioners.

As reported by Glaister & Hall (2022) leadership positions in parkour should be accessible and open to all genders. It can be a good thing if parkour communities want to have more women as coaches and in leadership roles. However, women should never be pushed into responsible roles. Coaching and leadership roles are time-consuming and need emotional and physical effort. Some women have even faced sexism and misogyny in leadership roles. All women are different and not everyone enjoys taking responsibility but rather spends their time training parkour.

According to Max (2020) in the first years of organizing parkour competitions, men receive larger amounts of prize money. However, in 2016 women’s and men’s prize money was decided to be equal. It was an important way to improve women's visibility in parkour. Women’s only competition divisions were also started to be held. The Sport parkour league was the first competitive league that had a competitive division designated for women. As stated by Parkour UK (2023) the number of athletes that were invited to the Red Bull Art of Motion competition was unequal because 11 men but only two women were invited to the competition. Parkour UK considers improving gender equality in parkour very important and sees the under-representation of women as a big issue in the sport. Parkour UK decided to contact Red Bull about the number of athletes in the competition.

As stated by Glaister & Hall’s article (2022) many community leaders and parkour coaches feel that it is difficult to get women involved in parkour and they feel that their ways to inspire women in the sport have not worked and it feels hard to try again. The article points out that when improving women’s inclusion in parkour, there is no one right way to improve it because all parkour communities are different, and they can have different ways to improve women’s inclusion in parkour. The article also mentions that reaching diversity is a long-time process and it comes with patience and caring about the people in parkour communities. It mentions

that it is important to listen to people's experiences of barriers they have faced in parkour is important to break those barriers. The article claims that the best way to improve women's participation in parkour can be to examine yourself and your community and if a parkour community consists mostly of men, it can be beneficial to create supportive spaces to improve women's participation and considers all genders which can mean creating women's parkour groups or having a supportive leader that takes everyone into account.

Brinkmann (2021) has conducted a study about how gender attention and how gender affects the parkour community. The number of respondents in the study was 70 parkour enthusiasts from all over the world. The number of respondents was 45,7 percent female (n = 32), 45,7 percent male (n = 32), and 8,6 percent non-binary (n = 6). The respondents were 20 years old and under. In the study, it was found that women have faced harassment in parkour. The responses revealed that 28 percent of females have experienced sexual harassment and nine percent have observed such behavior. Of the male respondents, no one had experienced sexual harassment, but 13 percent had observed such behavior. The study also examined if female parkour practitioners have been belittled or not taken seriously because of being female, and the results number of female respondents that felt that they have been belittled or not taken seriously was 59 percent. In the study, it was also researched if female respondents have received extra attention for being female. Of the respondents, 16 females answered sometimes, 10 often, six all the time, and five never. Most of the female respondents that had received extra attention were bothering them. The female parkour participants of the survey mentioned that they want to be known as parkour athletes and not female parkour athletes even if they enjoy representing the female community, but they do not want to feel any different than anyone else and they want to be treated like any other athlete.

According to Popejoy (2017) parkour practitioners from under-represented groups can face barriers to participating in parkour, regardless of their interest in the sport. A study about how to develop, recruit and retain women in parkour has been done in the USA, at the Art of Retreat parkour gathering for parkour professionals where a dozen of parkour professionals took part in the workshop to develop ways to recruit and retain women in parkour. At first major causes of what is likely to affect women's under-representation in parkour were highlighted in the study. The main reasons why women are underrepresented in parkour are prejudices towards girls and women in parkour, stereotypes of how parkour is perceived as an extreme sport by people outside the parkour community, media and marketing that does not include all genders,

and lack of diverse role models, and leaders. The results of the study showed six recommendations on how to develop women's opportunities to do parkour. The recommendations were to develop female leadership in parkour, to promote the visibility of women practicing parkour, to develop targeted approaches such as marketing, coaching, events, and scheduling, to promote inclusiveness in the parkour community for women, to teach diverse movement styles in and outside the classroom and to train coaches and educate peers on how to work with different groups.

Likewise, the International Parkour Federation (2022b) also known as IPF has promoted women's parkour. The IPF was established in 2014 and is a not-for-profit, international organization. The mission of the IPF is to promote parkour worldwide through events, competitions, and with the help of volunteers. As reported by the IPF, there are countries where female parkour practitioners have physical and cultural challenges to practice parkour. In addition, there is a lack of experienced female mentors which makes it challenging to develop female parkour. To overcome these challenges, the IPF has gathered female mentors from around the world to help girls and women that are new to parkour in meetings and forums intended for female practitioners.

Women's parkour is growing and getting stronger (International Parkour Federation, 2022a) and as stated by Grosprêtre & Lepers (2016) women's parkour will develop at all levels in the future. This is because guided parkour classes are being developed, women's parkour associations are improving, and since there is a decrease in sexism in sport in general. With these improvements, more women will be more likely to start the sport.

3.5 Equality of parkour in Finland

According to the Finnish Parkour Association (2021b) everyone should have an opportunity to participate in parkour, thus parkour needs to be equal regardless of gender, age, ethnic or national origin, skill level, state of health, disability, and other personal reasons. The Ministry of Education and Culture which finances the Finnish Parkour Association asks every year about the gender distribution of parkour members to make sure parkour operations are open for everyone.

The Finnish Parkour Association has altogether 10708 parkour members of which 8835 are under 29 years old. Currently, there are around 10152 parkour members in Finland (Finnish Parkour Association, 2021c). According to the Finnish Parkour Association (2021b) in the Finnish Parkour Association's member survey conducted in 2017, it was found that the number of boys/men was 90 percent. Four years later in 2021, the number of females increased but there are still significantly more males. In 2021, the number of boys or men in parkour was 72 percent and 18 percent girls or women, 0,13 percent non-binary people, and 9,87 percent not known.

As reported by the Finnish Parkour Association (2021a) the association started to develop female parkour practitioners' opportunities in 2017. The association named a contact person for female parkour. Meetings and project planning about developing female parkour were held in cooperation with a non-governmental organization Oranssi which supports young people's civic and cultural activities (Oranssi, 2022). The cooperation was to create a network of girls and non-binary people in parkour in Helsinki. The Finnish Parkour Association's members and the executive director participated in gender diversity education organized by SETA, to develop their knowledge of gender diversity (Finnish Parkour Association, 2021a). SETA is an organization that aims for an equal society and individual welfare regardless of gender identity, gender expression, and sexual orientation (SETA, 2022).

The Finnish Parkour Association has set long-term goals in its operating plan and one of the goals was equality and lowering the threshold to start the sport regardless of gender, experience, age, or geographical location (Finnish Parkour Association, 2021e). The Finnish Parkour Association (2021a) has written an equality plan about how equality is taken into consideration in the association's actions. The plan has four different sections, including gender equality, multiculturalism, accessibility, and disabled parkour. The equality plan is written to improve equality in parkour. According to the Finnish Parkour Association (2021a) and their equality plan, the association has a group of volunteers that work in a "STAY group". The STAY promotes equality in parkour, and it has created principles for safe parkour training that have been used in Girls et Co parkour events and Armageddon major events. As reported by the Finnish Parkour Association (2021b) the association has organized Girls et Co parkour events which are free parkour training sessions around Finland for girls, women, and gender minorities. These parkour sessions are organized to increase the number of girls in parkour since most parkour enthusiasts are boys. In the Finnish Parkour Association's (2021a) equality plan it is presented that the Finnish Parkour Association wants to provide better information

about how and where parkour can be practiced and consider that different genders are represented in the association's media so that the sport is more accessible to everyone, and it encourages all genders to participate in parkour. The implementation of the equality plan is evaluated every year by the STAY group. If issues related to equality appear, the STAY group will present them at the Finnish Parkour Association's board meetings, and they will be discussed. Other tracking methods are email surveys to member clubs and tracking member statistics. The STAY group will continue to pay attention to equality in parkour and take action to promote equality in parkour.

4 RESEARCH AIM AND METHODOLOGY

The research aims to examine how equality and gender equality are achieved in parkour in Finland. The research explores parkour practitioners' experiences and perceptions of parkour. The study also examines whether female practitioners have barriers practicing parkour, what and possible ways to improve gender equality in parkour. The main research question of this thesis is why fewer females practice parkour compared to males. Both quantitative and qualitative methods were used in the thesis. This is because the thesis was commissioned by the Finnish Parkour Association, which ordered a survey on equality in parkour. Because more information on the subject was wanted, interviews were conducted. Using both methods brought perspectives about gender equality in parkour from both parkour practitioners and coaches.

4.1 Research questions

The purpose of the research questions is to find out the recent situation regarding gender equality in parkour. With this research, the experiences of parkour practitioners and parkour coaches were examined through interviews and a survey about equality in parkour. In this research female and male respondents' answers were compared to see if there are differences in how they see that equality is achieved in parkour and if there are differences in their perceptions and experiences in parkour. Also, ways how to improve female practitioners' opportunities to practice parkour are researched.

The research questions are:

1. How do females' and males' perceptions and experiences of parkour differ?
2. How is gender equality achieved from the viewpoint of the Finnish parkour community?
3. What kind of barriers do female practitioners have practicing in parkour?
4. How gender equality in Finnish parkour could be improved based on the results of this thesis?

4.2 Research methods

Qualitative and quantitative research methods were chosen as the research methods in the thesis. Qualitative research strives to study a particular activity or event and to understand various phenomena in more depth (Tuomi & Sarajärvi, 2018). The study methods used in this research are interviews and a survey. First, experienced parkour coaches were interviewed about why there are fewer female than male practitioners practicing parkour. In this study, interviews were conducted to determine if female and male parkour practitioners are treated equally in parkour, and how to improve female practitioners' opportunities to do parkour. Then, a survey about equality in parkour was sent to the Finnish Parkour Association's members and their member organizations to send their members. The survey was done with the web-based survey tool Webropol.

Both qualitative and quantitative research methods were chosen as research methods in the thesis. The survey respondents were parkour practitioners and the data aimed to supplement the materials with interview data to also get parkour coaches' opinions about the researched topic. Combining qualitative and quantitative methods can complement each other well, and create versatile and rich data about a studied phenomenon (Patton, 2001).

4.2.1 Qualitative research methods

In this thesis, the qualitative part of the research was conducted with semi-structured interviews and the data was analyzed by thematic analysis. As stated by Saaranen-Kauppinen & Puusniekka (2006) in semi-structured interviews the themes of the interview and specific questions are planned before the interview. Semi-structured interviews are suitable for situations where information is needed about specific issues.

The interviews aimed to gain professional parkour coaches' thoughts and experiences about female parkour, so qualitative methods were chosen. The interviews were conducted to gain a deeper understanding of gender equality in parkour and why fewer females than males practice parkour in Finland. The interview questions were divided into three different themes, each with 1-7 questions (Appendix 1). Before the interviews, the interviewees were sent a research notification (Appendix 2) and a privacy notice (Appendix 3) to know about the interview, how it is conducted, and how their answers are processed.

4.2.2 Quantitative research methods

Quantitative research methods and the survey were chosen for this research because the goal was to hear many parkour practitioners' point of view about gender equality in parkour. The online survey was a natural way to get as many answers as possible to the survey. The survey was commissioned by the Finnish Parkour Association, which wanted to conduct a broad equality survey. Not all the questions of the survey could be included in the study because the study focused specifically on gender equality and why fewer females than males practice parkour.

As stated by Vilkka (2007) quantitative research is a method that gives information on the differences and relationships between variables that can be measured. Quantitative research methods give answers to questions "how much" or "how often". Quantitative research can be used to describe, explain, and compare things in a person's cultural environment and people's actions.

According to Fink (2003) surveys are planned to collect information about people, their knowledge, behavior, or attitudes. With surveys, collected information can be explained, compared, or described. There are many different stages in planning and implementing a survey. Before planning the survey, the objectives of the survey need to be set. When planning the questions of the survey, they need to be carefully thought out for the respondent to easily understand the questions (Phillips et al. 2013). According to Fink (2003) after designing the study, a valid survey instrument needs to be prepared and the survey needs to be administered. At the end of the survey process, the researcher is responsible for analyzing the results and reporting them.

The survey had four themes of questions which are background information, equality and atmosphere in parkour, discrimination and harassment in parkour, and gender equality in parkour (Appendix 4). The survey questions were arranged in a logical order to make it easier for the respondent to answer the questions. The survey aims to understand how equality is achieved in parkour and to compare females' and males' perceptions and experiences in parkour. The survey also aims to understand what possible ways could be to improve female practitioners' opportunities to practice parkour.

The survey included both open and closed questions. Most of the questions in the survey were multiple-choice questions and dichotomous questions. Multiple-choice questions are closed questions that have more than one option to choose from (Phillips et al. 2013). Multiple-choice questions are used in this survey to offer respondents ready-made options to choose from and to make it easier for the respondent to answer. In dichotomous questions, the respondent chooses between two answers, such as yes or no (Patton, 2001).

One of the questions was a Likert-scale question about how open parkour atmosphere is in their parkour group and the respondents could choose from 0 (not open) to 10 (very open). With Likert-scale questions opinions and attitudes can be measured (Gall, 2003). According to Nemoto & Beglar (2014) Likert-scale questions data can be gathered quickly even from many respondents. In Likert-scale questions, the respondents have options to choose from a scale of answers for example “agree” or “disagree”.

At the end of the survey, there were a few open questions that the respondents were able to answer more freely about equality in parkour and how it could be developed in the future. According to Fink (2003) in open questions, the respondent can write freely their own words. In turn, closed questions have options from which the respondent can choose. Open questions give the respondent the freedom to describe their thoughts in their own words. The advantage of open questions is that some respondents like to express their views freely. These questions also provide unexpected answers. However, open questions can be difficult for new researchers to analyze. Open questions are a vital part of this survey because they give new perspectives and supplement the answers.

4.3 Target group

The interviews were done with four experienced parkour coaches in Finland. There was an equal number of female and male coaches in the interviews to get different views and experiences from both genders. (Table 1).

TABLE 1. Background information of the interviewees.

Parkour coach	Gender	Years of coaching
C1	Male	9
C2	Female	3
C3	Female	4
C4	Male	6

After the interviews, a Webropol survey was sent to 15-29-year-old parkour practitioners. The survey questions were designed together with the Finnish Parkour Association and its STAY group which promotes equality. The survey was sent by the association to its members and member organizations to send their members. The survey was sent to 15-29 years-old parkour practitioners in Finland, because the Finnish Parkour Association is a youth association, and it targets its activities to this age group. However, nine respondents that were over 29 years old also answered the survey and their answers were included in the results, as it was irrelevant to the study whether the respondents were only a certain age group. The average age of the respondents was 25 years. A total of 60 respondents answered the survey of which 10 were female, 44 were male, four were non-binary people, and two people did not want to mention their gender. This study examined females and males because the topic was narrowed down to compare their answers. Therefore, only female, and male respondents were considered in this thesis. However, valuable ideas from non-binary respondents from the survey's open questions were used in the results. The Finnish Parkour Association will use these study results from the study to further develop the atmosphere and equality in parkour.

At the beginning of the survey, the respondents were asked some background information questions. One of the first questions was "Do you practice parkour in a guided group, in your own training group, alone, or somewhere else?". The number of respondents that answered that they practice in a guided group was 13,4 percent, in their own training group 50 percent, alone 23,3 percent, and somewhere else 13,3 percent. After that, the respondents were asked "If you practice in a group, do you practice in a mixed group or a group of a certain gender?". The answers revealed that 88,6 percent of the answers train in a mixed group and 11,4 percent in a group of a certain gender. Four respondents answered that they practice in a group of a certain gender, which was a group of male practitioners. One of the respondents answered that he/she trains with people that happen to come to practice. The last background information question was "Who do you prefer to do parkour with?". The response options were (in a mixed group,

with a certain gender, and it does not matter to me with whom). Of the respondents, 15 people liked to practice in a mixed group, one respondent with a certain gender but did not want to tell which gender, and 44 answered that it does not matter with whom they train.

4.4 Data collection

The survey was published at the end of April 2022. The survey had questions similar questions to the interview questions, and they are about equality in parkour and gender equality in parkour. The survey was open for four months and the answers were gathered from Webropol reports and then moved to the SPSS program.

The interviews and the survey were planned between January and March 2022. The interviews were held at the beginning of April 2022 and the survey was sent at the beginning of May 2022. The interviews were transcribed during September and October 2022 and analyzing the interviews was done between November and December 2022. Analyzing the survey was started in October 2022 and the data analysis was done in January 2023.

The interviews were conducted at the beginning of April 2022 on Zoom. The interviews were saved to the researcher's computer to transcribe the interviews. After that, the interviews were analyzed with thematic coding. After analyzing the data, the audio recordings were destroyed.

The themes of the interview questions were:

1. Background information (2 questions)
2. Starting parkour hobby (3 questions)
3. Coaching parkour (2 questions)
4. Gender equality in parkour (7 questions)
5. Future of gender equality in parkour (1 question)
6. Open question (1 question)

4.5 Analysis

In the next chapters, I present how the qualitative and quantitative data were analyzed. The aim of analyzing data is to produce new theoretical information from the research subject. The purpose of analyzing the data is to summarize and clarify data (Eskola & Suoranta, 1998).

4.5.1 Analysis of the qualitative data

Analyzing the qualitative data was started in September 2022. First, the interviews were transcribed and a total of 48 pages were collected from the interviews with font size 12 and spacing of 1,0. Then the interviews were coded with abbreviations for example I= interviewer, C1=Coach 1, = C2=Coach 2, and so on to compare quotes from the interviews. After transcribing the interviews, I read the material multiple times to get an overall picture of the material and to start finding themes.

Themes are often created from material by searching for similarities or differences from a material (Saaranen-Kauppinen & Puusniekka, 2006). In this study, the themes were formed from the transcribed interviews. When the material is organized by the themes, the parts from each interview where the subject is discussed are collected under each team (Saaranen-Kauppinen & Puusniekka, 2006).

The semi-structured interviews were analyzed by thematic coding. According to Braun & Clarke (2006) thematic coding is also known as thematic analysis. It aims to find, analyze, and report different themes from data and find repeated meanings from the material. When presenting the results of the interviews, quotes from the interviews were presented. Quotes explain what was said in the interviews and illustrate the themes (Saaranen-Kauppinen & Puusniekka, 2006).

First, the data was read a few times and then different themes from the interviews were created.

Three main themes came up from the interviews:

1. How is parkour perceived and the atmosphere of parkour
2. Parkour and gender: how gender equality is achieved in parkour
3. The future of equality in parkour: how to improve it and involve more female practitioners

The interview material was coded with different colors to help read, simplify, and organize the material. The different colors came from things that came up in the material, were important, and answered the research questions. A total of 14 different colored themes were created from the material. A table was created to present the main themes, subthemes, and the colored codes of the subthemes to introduce the analysis process of the interviews. The number of the research question which the section answers were also marked in the table to illustrate which paragraphs and parts of the results answered which research question. (Table 2).

TABLE 2. Main themes, subthemes, and their colored codes and research questions.

Main themes	Subthemes and their colored codes	Research question
1.How is parkour perceived and the atmosphere of parkour	Perceptions, conceptions, and prejudices of parkour Atmosphere in parkour	R1
2.Parkour and gender: how gender equality is achieved in parkour	Why are there fewer females than males in parkour Different genders' opportunities to do parkour Most female practitioners like to train with females Bullying and harassment in parkour Reasons why some people have stopped parkour Females' barriers doing parkour	R1, R2 & R3
3.The future of equality in parkour: how to improve it and involve more females	Different actors' ways to develop parkour for female Ways to get visibility for female parkour Instructors' effect on practicing parkour Female examples and role models Future of equality and parkour culture	R4

4.5.2 Analysis of the quantitative data

When analyzing the quantitative data, the results of the survey, first it was checked how many respondents there were and what was the gender distribution. After that, an overview of the results was made to see how the results look and how respondents answered open questions. Then the survey data was moved from Webropol to the SPSS program where the data was analyzed, and female and male respondents were compared. Non-binary respondents' answers were not analyzed in this research because the research focused on females' and males' differences and since there were so few answers from gender minorities.

When analyzing the data multiple-choice questions were analyzed with cross-tabulations. Cross-tabulation enables comparison between groups and gives percentage distributions. Cross-tabulations were used to examine the differences between male and female respondents' answers related to the realization of gender equality in parkour in Finland and females' barriers to practicing parkour. In turn, there was one Likert scale question, which was analyzed with a T-test to calculate the means and the p-value was counted with an Independent Samples Test and Levene's Test for Equality of Variances. If the Levene test p-value is at least 0,0050 then the equal variances test is used and if the p-value is less than 0,050 then the test of different variances is used.

Open questions and text field questions in the survey were analyzed with thematic coding. The answers were divided into themes and the answers were also compared to the interview answers. In this research, a five percent significance level was used so the result could be considered statistically significant when the p-value was less than 0,05. In the results, statistical significance is reported with three decimal places.

4.6 Ethical implications

When thinking about the ethical implications of the research, it is important to take into account that I am a woman myself researching the position of females in parkour, however, I see my role as a researcher as unbiased because I am not a parkour practitioner myself. In addition, I think it is important to mention that the thesis is commissioned by the Finnish Parkour Association, and during the research process, I worked as an event coordinator at the Association. Because I worked there, the interviewees may have complimented the Finnish Parkour Association and their equality work.

Before the interviews, the interviewees received a research notification (Appendix 2) and a privacy notice (Appendix 3) to know about the interview, how it is conducted, and how their answers are processed. In the forms, it was mentioned that direct citations can be used in the thesis. The interviews were held in Finnish because it felt more natural since all the interviewees were Finnish, as was the researcher. The citations have been translated from Finnish into English. Since some words were difficult to find an English version for, they might have gotten a slightly different choice of words.

This research has a limited number of interviews, which is why some of the investigated issues cannot be generalized. The interviewees participated in the study voluntarily and they were advised that there are no right or wrong answers to the interview questions. The interviewees saw that gender equality is achieved quite well in parkour. However, based on only four interviewees, it cannot be generalized that all parkour practitioners in Finland would feel that gender equality is achieved well in parkour in Finland. Anyhow, in the survey, the respondents brought up more experiences that showed that some practitioners have experienced inequality for example female have experienced that it is unequal if male parkour practitioners are more represented in the media, and male practitioners mentioned it feels unequal that there are events that are for all genders and then there are events that are only for female and it feels unequal that they cannot participate there.

5 RESULTS

The material is processed through the research questions. The results were written in the same order that the themes and codes were presented in the analysis. First perceptions and experiences of parkour are presented. Then gender equality in parkour is elaborated. After that barriers for female practitioners to participate in parkour are presented. Lastly, ideas on how to promote equality and include more females in parkour are looked into.

5.1 Females and males have different perceptions and experiences of parkour

The first research question aimed to find out what perceptions and experiences females and males have about parkour. The chapter discusses perceptions, prejudices, and mental images of parkour. Also, parkour's atmosphere was discussed. In addition, the other research questions deal with the differences in females' and males' perceptions and experiences of parkour in the next chapters.

5.1.1 Prejudices and mental images building barriers

It emerged from the interviews that many people, especially adults have mental images of parkour as an extreme sport that includes jumping flips from roofs and something scary even if that does not describe the sport in its entirety.

"People encounter a lot of prejudices and especially if you talk about parkour with adults and if you ask have you tried parkour if the answer is no, it is often because they think that their body could not do it, or they have an image of parkour that is an extreme sport which is a bit misleading." (C4)

It also came up from the interviews that parkourists and people that do not practice parkour might have different perceptions of the sport. The coaches thought that people that do not practice parkour might see it as a dangerous sport, which might fascinate more boys than girls. Also, one of the coaches even mentioned that some people might have the conception that parkour is not for females. In the survey, both genders said people have mental images and prejudices of parkour as a masculine extreme sport that belongs to men.

People who practice parkour do not see it as dangerous, they see it as more about evaluating one’s physical and mental abilities. However, the image of parkour as an extreme sport has developed over the years, and now it is seen more as a versatile sport than an extreme sport even among people who do not practice parkour, and the image has come closer to what practicing parkour is for most people within the sport.

The respondents were asked in the survey, “Do you think parkour profiles more as a sport practiced by only one gender?”, and there were big differences in the answers. When looking at the answer option “yes” all the females (n = 10) and 52,3 percent of the males (n = 23) thought that parkour is profiled more as a sport practiced by only one gender and the result is statistically significant because the p-value is 0,004 (Table 3).

TABLE 3: Do you think parkour profiles more as a sport practiced by only one gender?

	Female		Male		p-value
	n	%	n	%	
Yes (why?)	10	100	23	52,3	
No	0	0	21	47,7	0,004*
Total	10		44		

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

The respondents of the survey described that parkour can be profiled more as a males’ sport because the founders of parkour were males, and the culture has become masculine. Some of the elements of the sport are perhaps still perceived by older people as boyish and it can be a reason why girls feel that they are not wanted to participate or why they are not so encouraged to do parkour.

Both genders answered that parkour can be profiled more as a males’ sport. This is because most parkour practitioners are males and because more males than females are interested in parkour. Female respondents answered that it can be a dividing factor that there are not so many female parkourists as role models for female practitioners in parkour.

The point that males have been more visible in the media than females in parkour, especially in the past, can reinforce the perception of parkour as a masculine sport, especially for people outside the sport. Also, the fact that the most popular and well-known parkourists on social

media are men, can affect it. However, nowadays the situation is better because genders are better represented in the media and because there are more videos on social media made by females.

5.1.2 Open atmosphere and striving for inclusiveness

The coaches were asked how they see the atmosphere of parkour. The coaches thought that the atmosphere varies depending on the group, instructor, and the parkour club. One of the male coaches thought that the atmosphere in parkour is open because parkour respects the practitioners.

"I could imagine that in parkour it would be more difficult to feel that this is not my sport than in many other things because parkour is somehow very open and it respects the practitioners' ideas, feelings, and skills, and they are enough, and you can build on top of them." (C4)

In the interviews, it was talked about how parkour instructors can influence how open the atmosphere in parkour classes can be. One of the male coaches described how Finnish parkour instructors know well how to create a good atmosphere in parkour.

"My knowledge of Finnish parkour instructors is that I know they are somehow good people who strive for inclusiveness, and they know how to take different things into account and create a good spirit in the group." (C4)

It was mentioned that in some parkour lessons, there is a lot of free time to train movements and the activities are less systematically organized and controlled than in some other sports. Some practitioners enjoy the free time in parkour lessons, but others might think it creates a restless atmosphere. In addition, the parkour clubs' rules can affect the atmosphere, and, for example, if the rules are not strict the atmosphere of the lesson can be restless, which some practitioners may find oppressive. This can be identified from a female coach's answer:

"So, this is kind of pointedly said but I see that very often in the parkour lessons the girl practitioners get a little frustrated if some boys are very lively and do not listen to the

instructions and the instructor needs to tell them to listen and everyone needs to wait for them.”
(C3)

The survey respondents were asked if or when they practice parkour in a group how open do they feel the atmosphere is in their group/training group is. The question was based on a 10-point Likert scale. The respondents had to choose a response between 0 to 10 – with 0 being not open at all and 10 open. The question was analyzed with T-test and the average mean was 7,2 for females (n = 10) and 8,8 for males (n = 32) which shows that males found the atmosphere in their group or training group more open than females but both genders feel that the atmosphere in parkour training is quite open. The p-value is 0,013 so the difference between how females and males feel the openness in parkour training on the average mean is statistically significant (Table 4).

TABLE 4: If / when you practice parkour in a group how open do you feel the atmosphere is in your group/training group?

Female		Male		p-value
N	mean	n	mean	
10	7,2	32	8,8	0,013*

Means tested with Independent Samples Test.

P-value tested with Levene’s Test for Equality of Variances.

* $p < 0,05$.

5.2 Gender equality's realization in parkour in Finland

The purpose of the second research question was to investigate how gender equality is achieved in Finnish parkour from the viewpoint of the parkour community in Finland. The coaches were asked in the interviews what is the gender distribution in parkour and all the coaches thought that most parkour practitioners are boys and men. In the survey, the respondents were asked do they think there is a majority of a certain gender in parkour and the response options were (yes, slight majority, and no). All female respondents answered that there is a majority of male practitioners and almost all male respondents (86 %) answered that there is a majority of male practitioners. Of the male respondent’s 11,6 percent answered there is a slight majority of male respondents and 2,3 percent answered there is no majority of a certain gender (Table 5). The p-value is 0,455 is not statistically significant.

TABLE 5: Do you think there is a majority of a certain gender in parkour, and if so, which gender?

	Female		Male		p-value
	n	%	n	%	
Yes (majority of which gender?)	10	100	37	86	0,054
A slight majority (which gender?)	0	0	5	11,6	0,869
No	0	0	1	2,3	
Total	10		43		0,455

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

5.2.1 Obstacles to equal participation

Since most parkour practitioners are boys or men, the coaches were asked if they think that all genders have the same opportunities to do parkour. All the coaches thought that different genders have the same opportunities to do parkour. One of the coaches generalized this comment to the fundamentals of human physiology:

"Well, biologically and physiologically, yes, girls can jump on and off obstacles just like boys."
(C2)

Another coach explained further that no aspect of the sport is better suited for boys nor are boys treated differently:

"At parkour lessons, there is no separation between girls and boys. And I do not see that anything would be better enabled for boys at parkour lessons." (C3)

The survey respondents were asked if they think representatives of different genders have the same opportunities to practice parkour and there were no big differences in females' and males' answers. However, more females (20 %) than males (9,3 %) answered that they do not have the same opportunities. The p-value is 0,315 so the result is not statistically significant (Table 6).

Also, the interviewees thought that there are no differences in different genders' opportunities to do parkour.

TABLE 6: Do representatives of different genders have the same opportunities to practice parkour?

	Female		Male		p-value
	n	%	n	%	
Yes	8	80	39	90,7	
No	2	20	4	9,3	
Total	10		43		0,315

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

Survey respondents mentioned that it would be nicer to train if there are representatives of the same gender and that it is harder to join a group as the only woman and if you are not very persistent and interested in the sport. It was also mentioned that females do not have the same opportunities to train if they get special attention for being a woman, even if they do not want attention. In addition, it was said that it affects opportunities to do parkour that parkourists that are not males do not have so strong representation in the media.

The respondents were asked in the survey do they think it is easy to get involved in parkour and the response options were very easy, quite easy, quite difficult, and almost impossible. When looking at the answer option "quite difficult", female respondents (30 %) found it more difficult to get involved in parkour than male respondents (11,4 %). The p-value is 0,326 and the result is not statistically significant (Table 7).

TABLE 7: How easy it is to get involved in parkour?

	Female		Male		p-value
	n	%	n	%	
Very easy	3	30	17	38,6	
Quite easy	4	40	22	50	
Quite difficult (why?)	3	30	5	11,4	
Almost impossible (why?)	0	0	0	0	
Total	10		44		0,326

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

The survey respondents mentioned that the most common reasons why it can be quite difficult to get involved in parkour were living in a place that does not provide guided parkour groups or if you do not find friends to train with. Also, the feeling of not being good enough and comparing yourself to more advanced parkour practitioners was seen as a difficult factor. In addition, it was described that it can feel difficult to take part if you are the only female in training, and because some people have a wrong image of parkour as a males' sport.

The survey respondents were asked if or when they are practicing in a group do they feel equal with other practitioners and the results show that more of the female respondents (30 %) than male respondents (9,4 %) feel unequal in a parkour group. The p-value was 0,036 and the result is statistically significant (Table 8).

TABLE 8: If/when you practice parkour in a group, do you feel equal with other practitioners in your group?

	Female		Male		p-value
	n	%	n	%	
Yes	5	50	28	87,5	
No (why?)	3	30	3	9,4	
I don't know	2	20	1	3,1	
Total	10		32		0,036*

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

It was mentioned in both, the interviews, and the survey that, commonly, there are major differences in parkour practitioners' skill levels. It was mentioned that many practitioners feel unequal if they are not as skilled or experienced as others and it has created inferior and unpleasant feelings for practitioners. One of the coaches explained that it is important the coach helps that the participants do not compare themselves:

“It is very important that the participants understand that everyone trains at their level and that they do not start comparing themselves to other participants like in any other sport, in parkour it emphasizes a lot.” (C3)

The coaches mentioned in the interviews that it is very important that the practitioners get to know each other and get friends in parkour groups. It was also described that it is important to have suitable leveled exercises for everyone, especially easy enough for new practitioners. They also mentioned that it is important that the practitioners get friends in the group.

“Of course, the social side is like taking care of the sense of community, to make sure that everyone gets heard and seen in the group whether they are children or adults, without feeling any pressure that they need to somehow represent something”. (C4)

The coaches mentioned that it is important to bring out that there is no right or wrong way to do parkour movements. This can be done, for example, by a parkour game where the practitioners have turns and everyone can come up with different movements. By this, practitioners at different levels are all taken into account when they get to come up with movements that are for their level.

In the survey, the respondents were asked if or when they practice parkour in a guided group does the instructor(s) of the group share their time and attention equally with everyone. There were three response options (the instructor takes everyone into account and shares time equally, the instructor focuses only on certain individuals and the instructor behaves indifferently towards some practitioners). There were no differences in females' (n = 7) and males' (n = 23) answers, and everyone answered that the instructor takes everyone into account and shares time equally.

A question about if the parkour community's activities appear to be equal was asked in the survey and more females (40 %) than males (9,1 %) answered that the parkour community's activities do not appear to be equal. The result is statistically significant because the p-value is 0,018 (Table 9).

TABLE 9: Do the parkour community's activities appear to be equal?

	Female		Male		p-value
	n	%	N	%	
Yes	4	40	36	81,8	
No (why?)	4	40	4	9,1	
I don't know	2	20	4	9,1	0,018*
Total	10		44		

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

For the most part, the parkour community's activities were seen as quite equal, but some disadvantages were seen. It was mentioned that sometimes there has been too much attention on females and some practitioners have felt that others do not give space for them to train. Other reasons why the parkour community's activities do not appear to be equal were that men are more represented in the media and that most parkour practitioners are still men which can make the sport seem to be a "boy's thing". Anyhow, it was seen that the situation has gone in a better direction because nowadays more females are doing parkour and they are better represented in social media. Also, it was reported that the parkour community's activities do not appear to be equal because, in international parkour competitions, females have had underrepresentation and smaller prize money, for example in the Art of Motion competition.

5.2.2 Low incidence of bullying, harassment, and discrimination in parkour

The coaches were asked if they had noticed bullying or harassment in their parkour lessons. All the coaches mentioned that some bullying situations have occurred in parkour among children. The bullying situations have been disagreements between people or for example passing and pushing others in a queue.

“Well yes, always something small appears, such as educational situations. But I have not noticed anything alarming like boys bullying girls or anything like that.” (C2)

Only one of the coaches had observed gender-based bullying but this coach did not think it is common in parkour. The situation that the coach had experienced in her parkour class was that a boy thought that girls cannot be as good at parkour as boys.

“One thing that came to my mind was one situation at a parkour camp which relates to a situation where there was one girl practitioner and one boy practitioner. I noticed that the boy practitioner somehow assumed that girls can’t be as good as boys and then somehow accidentally, he said “You can’t do it, do not try this parkour challenge” to the girl even if the girl was as skilled as the boy. I do not think that this kind of situations are common, at least I do not remember so. But in this situation, I remember that I noticed very strongly how that one practitioner had that idea that girls can’t be so good.” (C3)

The coaches had not noticed any harassment in parkour and thought it is hard to say if it occurs in Finland.

“I have heard some stories from abroad, that sometimes women have faced harassment and something inappropriate, such as commenting or underrating at parkour jams. It is hard to tell as a man, but I think this kind of parkour jam culture and underrating women at parkour jams does not exist in Finland. Or I have not seen anyone trying to hit on someone at parkour jams. Maybe in Finland, we have succeeded in creating a safe parkour jam environment.” (C1)

In the interviews, the coaches thought that it is important to address bullying if it occurs in parkour lessons and for example find out what causes disagreements if they occur between people. It was also mentioned in a survey response that communication and awareness of different forms of discrimination and experiences of different groups of people are important so that those who want to tell about grievances that they have experienced feel understood and heard.

Parkourists were asked in the survey have they faced or witnessed discrimination in parkour and there were three response options (never, once, occasionally, often, and continually). The answers showed that more females than males had faced or witnessed discrimination. The

response option “once” was chosen by 10 percent of female respondents and 2,3 percent of male respondents and the response option “occasionally” was chosen by 30 percent of female respondents and 18,2 percent of male respondents. The result is not statistically significant because the p-value is 0,319. (Table 10).

TABLE 10: Have you faced or witnessed discrimination in parkour?

	Female		Male		p-value
	n	%	n	%	
Never	6	60	35	79,5	0,319
Once	1	10	1	2,3	
Occasionally	3	30	8	18,2	
Often	0	0	0	0	
Continually	0	0	0	0	
Total	10		44		

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

In the survey, the respondents were asked if they have observed discrimination and where they suppose the discrimination is directed. The response options to the question were: age, gender or gender identity, sexual orientation, ethical background, appearance, language, religion or personal belief, financial position, ability to act, and something else and what? The respondents were allowed to choose multiple options in their answers. The female respondents answered that discrimination was aimed at age, gender or gender identity, sexual orientation, look, language, and something else (i.e. a person’s social skills being weak and therefore this person might have been avoided). Male respondents answered that discrimination was aimed at age, gender or gender identity, ethical background, look, religion or personal belief, financial position, ability to act, and something else (discrimination related to a person’s parkour skills, discrimination against to a person’s food diet, discrimination against national defense duty, discrimination against a practitioner’s personality, discrimination has occurred against an unknown person, discrimination has occurred when a practitioner has felt someone is an annoying person). In addition, it was mentioned that parkour jams that are directed to female practitioners can feel unequal for males because they are not allowed to participate there. When looking at the answer “gender or gender identity” more females (60 %) than males (33,3 %) answered that discrimination was aimed at gender or gender identity. (Table 11).

TABLE 11: If you have observed discrimination, where do you suppose the discrimination was directed?

	Female		Male		p-value
	n	%	n	%	
Age	2	40	1	8,3	0,191
Gender or gender identity	3	60	4	33,3	0,593
Sexual orientation	1	20	0	0	0,294
Ethical background	0	0	1	8,3	1,000
Look	2	40	1	8,3	0,191
Language	1	20	0	0	0,294
Religion or personal belief	0	0	2	16,7	1,000
Financial position	0	0	1	8,3	1,000
Ability to act	0	0	2	16,7	1,000
Something else, what?	2	40	4	16,7	1,000
Total	5		12		

Differences between genders tested with cross-tabulations.

* $p < 0,05$

In the survey, the respondents were asked if they have noticed that the language used by parkour practitioners, instructors, or others working in the parkour community discriminates against some groups of people (for example, jokes related to gender or sexual orientation, racist comments, ableism: discrimination based on disability). More females (40 %) than males (14 %) had noticed discriminating behavior and the result is statistically significant because the p-value is 0,080 (Table 12).

TABLE 12: Have you noticed that the language used by parkour practitioners, instructors, or others working in the parkour community discriminates against some groups of people? (For example, jokes related to gender or sexual orientation, racist comments, ableism: discrimination based on disability)?

	Female		Male		p-value
	n	%	N	%	
Yes (what?)	4	40	6	14	
No	6	60	37	86	
Total	10		43		0,080*

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

The answers from the survey indicated that the parkour community was mostly seen as open, respectful, and accepting. However, some respondents mentioned that they have heard some inappropriate jokes or disrespectful talking but considerably less than in other communities and if something insulting had occurred. It has been pointed out and has not been repeated after that. The survey respondents also mentioned that they had heard talking that underestimates woman and their parkour skills. A survey respondent mentioned that some instructor has spoken unpleasantly about females' parkour "I do not know how you train but we, the males train parkour like this" in a guiding situation. In addition, some instructors have used the term "women's push-ups" which defines that easier movements are for females.

5.3 Female practitioners' barriers to practice parkour

The third research question aimed to find out whether females have some barriers to practicing parkour and if so, what the barriers are. Females' barriers to practicing parkour were investigated in both the survey and the interviews. In the survey, it was asked if some of these groups (women/girls, men/boys, and non-binary) have barriers doing parkour, and the answers revealed that women/girls and non-binaries have barriers to practicing parkour, but men or boys did not. When looking at the answer 'women/girls' it turned out that more females (80 %) than males (75 %) thought that females have barriers doing parkour. The p-value (1,000) is not statistically significant (Table 13). The p-value counted from answer girls/women was 0,033 so it is statistically significant.

TABLE 13: Do you think some of these groups have barriers doing parkour? If yes, explain what the barriers are.

	Female		Male		p-value
	n	%	n	%	
Women or girls	4	80	6	75	0,033
Men or boys	0	0	0	0	
Non-binary	1	20	2	25	0,790
Total	5		8		1,000

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

Different kinds of barriers for females to practice parkour were mentioned in the survey. It can be a barrier that females know less about the sport and that there is a lack of female

representation and role models. Also, the point that most enthusiasts are males who have set skill level unrealistically high is very tough for females and if they are the only female in a group, it can take away their desire to start the hobby. In addition, the respondents that answered that people who live outside bigger cities find it difficult to participate in parkour activities because for them it can be harder to find a training group, friends to train with, or parkour spots to train at. Also, it was described that the price of parkour courses can increase inequality and that is why more free try-outs are needed. More about these barriers are presented in the next chapters.

5.3.1 Mental images of parkour as an extreme sport for males

In the survey, it was asked if people have barriers practicing parkour. The respondents mentioned that people of different ages might have different images of the sport. Stereotypes and incorrect images of parkour as a physically demanding extreme sport for younger people affect that some adults do not take up the sport. Older adults may not feel comfortable starting parkour because it is dominated by young skilled male practitioners, and it can be difficult to find a training group for your age group. Regarding children, it was said that it can be harder to be with new people, and if the other practitioners are older. Also, it can be challenging if there are no guided groups available.

The results showed some people might see parkour as an extreme sport and a “boy’s sport” can make it difficult for females to join parkour. One of the coaches saw that to be a possible reason why there are fewer females than males practicing parkour. One coach reaffirmed that due to the mental image of parkour as an extreme sport, it is more inviting to men and keeps luring in more male practitioners.

“I guess parkour is somehow a more inviting sport for men, that maybe men take risks more easily or so, and because parkour is seen as an extreme sport so it could be because of that.”
(C1)

Two interviewees mentioned that some females do not practice parkour because they think it looks dangerous and the media gives a picture of it as an extreme sport that has different tricks

and maybe males get more excited about it. Also, it was mentioned that it can be a barrier for females if there are people that have images that parkour is only for males.

“Since parkour is not seen as a women's sport traditionally, not that people that do parkour think like it.” (C1)

“There are no concrete barriers for women to participate in parkour. I think the biggest barriers are related to mental images that come up, for example in the fact that adults are like “Oh my bones are going to break.” (C4)

5.3.2 Lack of female training partners

Based on both the survey and the interviews, most female practitioners like to train with other females. The fact that most parkour practitioners are men can make it difficult for females to join the sport and it can even be a barrier for some females if there are no other female practitioners doing parkour.

“Well basically if girls do not have so many friends or if there are no other women practitioners.” (C1)

The interviewees mentioned that gender ratio plays a part in how it feels to join a group. According to the interviews, many parkour groups only have one or a few girls in the groups. The interviewees described what kind of effect it can have if you are the only female in a parkour group. Three out of four coaches said that it can be difficult to be the only female in a parkour group.

“In parkour usually most practitioners are boys. I think that it affects who most practitioners are.” (C2)

“If there is a new child who starts in a parkour group and is not very skilled in parkour and there is a very skilled group, a lot of boys and everyone is doing a lot of different movements like crazy which is very cool, but it can be scary for the new child and if you are the only girl in the group then even scarier.” (C2)

One of the coaches described that it can be harder to make friends in parkour lessons if you are the only girl in a parkour group.

“If you are ten years old and the only girl in a mixed group, it can be quite hard for some and especially for children. And this kind of situation is also quite hard for the coach because it is easy to give attention to the girl during the lesson but if girls do not have previous experience playing with boys, then making friends can be harder for girls because most practitioners are boys.” (C1)

The coaches were also asked ‘who females like to train parkour with’ and they said it depends on the practitioner. For some females, it does not matter who they train with and if there are other females in the group. However, for some females, it can be important to have other females in the group and it can give a feeling of safety and peer support.

“But also, if we could put girls in certain groups so that the girls in the groups would have other girls in the groups to be friends with. I do not mean it so that girls would have to be friends with only girls, and I do not want to gender people, but for some girls, it can give a feeling of safety and peer support that we are in this together.” (C2)

“So, if we have people who are interested to go to the same parkour group or parkour jams and if we would get more people there that represent the same gender, for example, it can be somehow more comfortable for them that there are peers in the group.” (C4)

The coaches also mentioned that females like to train with others that are at the same level and do the same parkour challenges. However, one of the coaches mentioned that training with someone interested in different things can be interesting in order to try new parkour challenges. It came up often from the interviews that many females like to train with someone that they have something in common with.

“And especially when you are a child and it also depends on personality, but for many people finding a person of the same gender in a training group, may affect to whether it can be a good friend who is interested in same things.” (C4)

The coaches were asked if girls or women have started to practice parkour, but they have quit. The coaches thought it varies if girls continue or quit practicing parkour and that it is hard to say whether they stop practicing parkour or not because there are so few of them. The coaches mentioned often that age affects stopping parkour hobby and that children stay more often in parkour groups than teenagers. It was mentioned that it affects if younger girls have no friends in their group.

“I guess it is very important among younger girls that they have friends in their parkour group. And if there are not any in the group, then it is a big reason why many girls stop the hobby.”
(C1)

Another reason mentioned by the coaches about why girls might stop practicing parkour was if there are no other girls in the group. One of the coaches gave an example from the parkour club where he is coaching. The girls have not been separated evenly into groups and, for example, in one group there can be three girls, and, in another group, there can be only one girl.

” I remember hearing that from some siblings the brother registered for the spring season and the sister did not. And one of the reasons for it was that she would have wanted to train with other girls and there were no other girls in the group. And I think there was more than one situation like this, where the girl thought that the sport was fun but felt that there were no peers in the group.” (C4)

The coaches have been thinking about if they could affect how the girls are divided into groups and if they should be asked if it is important for them to train with other girls so that they do not feel that they do not belong in the group.

” It has been talked about whether we should try to somehow map the situation when the practitioners are registering. For example, if girls are registering do they have wishes to be in a group with other girls? And when there are enough girls then we could leave one group of only boys if possible.” (C4)

“So that we could somehow ask if gender distribution affects selecting a group. And then we could maybe help make those choices between groups based on that. This could have been a good thing, at least for some groups of children.” (C4)

One of the coaches thought that more often females than males try parkour in guided groups and usually stay in the group. However, staying in the group can be difficult for adults if they are beginners and they feel that they get the guidance and support from the group that they would need.

“Sometimes there are some women at parkour jams and then you have not seen them again. But I think it is so at the parkour jams that if you are a beginner and you need a lot of support and guidance and if you come to the jams for the first time and you do not know anyone it might be challenging at first to find guidance and get into the sport.” (C1)

In the survey, the respondents were asked if they know people who have come to try parkour but did not continue the hobby. There were no big differences between females’ and males’ answers since 80 percent of the female and 72,1 percent of the male answered that they know people who have tried parkour but have not continued it. Of the respondents that answered that they do not know such people were 20 percent female and 27,9 percent male (Table 14). The result is not statistically significant because the p-value is 1,000.

TABLE 14: Do you know people, who have come to try parkour but have not continued the hobby?

	Female		Male		p-value
	n	%	n	%	
Yes (why?)	8	80	31	72,1	
No	2	20	12	27,9	
Total	10		43		1,000

Differences between genders tested with cross-tabulations.

* $p < 0,05$.

The most common reason for not continuing parkour after trying it was lack of time. Other common reasons were feeling that it is not their sport or not being interested in the sport. Also, it was often mentioned that self-esteem problems and feeling that you are not good enough has affected quitting the sport. Many respondents also stated that life changes such as moving to another city, changing to another sport, or finding the sport too expensive can affect not continuing. In addition, it was explained that it can affect stopping the hobby if you don’t find friends you like spending time with or if you are the only woman in a group. Additionally, some

of the respondents said that some people have not continued because they have seen that the atmosphere has not been right or because they feel the sport is too risky, and they are afraid of getting injured.

5.4 Gender equality of parkour in the future

The fourth research question aimed to find out how equality in parkour could be improved in Finland. This was investigated in both the interviews and the survey. The interviewees were thinking about which genders parkour will interest in the future. One of the interviewees mentioned that in the Ministry of Education and Culture's hobby survey, girls and boys were asked what hobbies interest them and they were compared, and parkour was a more desired hobby among boys than girls. However, this coach said that we can't generalize, for example, how interesting females see the parkour hobby because there are differences between what genders think about it.

“Even if we created a parkour culture, for example, in some city where all genders would be represented equally and there would be all kinds of practitioners, I would not assume that there would not be any differences between how women or men think on average. Although there are activities where gender practically does not matter, there will always be activities that will be more popular among certain genders. I can't say whether parkour will be like that in the future if it develops in a certain direction but in a way, you also must give it the possibility that it may also be that parkour is for some reason more interesting for men than women, but I do not want to claim that it is so.” (C4)

5.4.1 Opportunities for promoting equality

In the interviews, the coaches were asked what should be done in the future to get more girls into parkour, and the survey respondents were asked what could be done in the future to promote equality in parkour. The interviewees thought that different parties should act within their means to promote equality in parkour and involve more females in the sport. To make this as efficient as possible, actions are needed both at the grassroots level as well as at an organizational level. Featuring females in parkour related social media accounts is a great

example of representation that can be boosted at a grassroots level. At the organization level, the Finnish Parkour Association or the Parkour Academy can do their part for example in organizing projects related to parkour activities for beginners.

Organizing more low-threshold parkour events and groups for minorities in parkour was seen as an important way to expand parkour to be more accessible to everyone. Good examples are females' and gender minorities' parkour jams and parkour tours for school classes that the Finnish Parkour Association has organized and have been good ways to involve more females in parkour and more of these should be organized in the future. In addition, a need for more unisex facilities arose to make parkour gyms more inclusive training environments.

It was also seen as important to have more discussions inside the parkour community about equality so that if there are any problems they would be more widely known. In addition, it was seen as important to have more campaigns and interviews with people of different genders, identities, ethnicities, and mobility disabilities so that if there are any problems they would be more widely known.

5.4.2 Media visibility as a stepping stone for female parkour

Both the survey respondents and the interviewees emphasized the importance of the media. All the coaches considered the role of the media to be very important in how parkour is seen and that it is important for the visibility of parkour. The media can be used to develop people's awareness of parkour and especially female parkour, and that it belongs to all genders because even if there is no discrimination in parkour many people outside the parkour community may see parkour as unsuitable for females due to old-fashioned gender roles that have crept into society. It was mentioned in the interviews that parkour groups for females might not reach new female practitioners to the sport and that more marketing and social media content is needed to reach the new female practitioners. The versatile media content of different genders, age groups, and bodies, and guided low-threshold activities were also seen as good ways to provide a good perception of parkour as a diverse sport for people that have not done parkour and might have prejudices. Also, training at visible places was mentioned as one way to get visibility for parkour:

“And then it is nice that if more people train at visible places because it somehow brings it closer to your life. And if you notice some parkourers and female parkourers doing parkour at streets and parks you can notice that there are opportunities to do parkour in your region and it is okay to do parkour there.” (C4)

It was also mentioned in the interviews that it is important to let people know that posting parkour content on social media is an effective way to get visibility to female parkour and that for example for the Finnish Parkour Association, it would be quite natural to encourage people to do it.

“And at least in the Finnish scene, just that some women practitioners would start posting on social media more actively about their training, it could be one channel to add mental images of women’s parkour hobby.” (C4)

The coaches thought that it would be appealing to other females to start parkour if there would be more social media content of different genders and in this case, especially females practicing parkour to influence the mental images people have and to let people know that parkour is not only for men.

“Well, I see that the media has a really big influence, and creating videos and pictures of girls or women parkourists has a really strong role in how the sport is seen.” (C3)

“We could benefit from good social media content and marketing so that we could get more dedicated female parkourists to make social media content that appeals to a large audience. I would say that also men have found the sport that way, so I believe that it would be more appealing if there were women of different ages and skill levels doing cool parkour movements and well-edited videos.” (C1)

The coaches also added that one way to let people know that parkour is also for females is that female parkourists should post more actively on social media about their training to give more images of parkour as a hobby for females.

“In my opinion, in general, relating to what kind of sport parkour is and what kind of culture it has, how it is shaping and developing, I think one of the most important things would be that a few women parkourists would keep on creating material on social media.” (C4)

5.4.3 Crucial role of instructors to reduce inequality

One of the coaches thought that parkour coaches affect what kind of atmosphere there is in the parkour groups and that children in parkour groups can feel safe.

“Well, maybe, first from the club level, we need competent and experienced parkour coaches, and they should also be trained. At least I have noticed that there are a lot of instructors who have incredibly good parkour skills but then the group guiding skills in educational situations are lacking, and for example, if someone starts passing others in a queue at a parkour lesson the instructor does not know what to do and the whole group suffers from it and it brings an unsafe atmosphere to the group, which girls might feel more oppressive than the boys or somehow more difficult.” (C2)

It was mentioned both in the survey and the interviews, that it is important to educate instructors to have better parkour skills and better group instructor skills. It was mentioned that instructors have an important role to reduce inequality, creating a safe environment, and combating discrimination in parkour lessons, it is important to train the instructors, so they know how to treat everyone equally and communicate without gendering people. One of the interviewees described that if the practitioners feel that the instructor is safe and reliable, it does not matter if you are the only girl or boy in the group because you are also kind of like friends with the instructor.

5.4.4 The value of female examples and role models

Female examples and role models in parkour were seen as important for female practitioners because they can inspire and encourage females to get involved in the sport. Both in the survey and the interviews, it was indicated that it is important to have female instructors in parkour as examples and role models for females. It was seen as important so that new females to the

hobby would see that the sport is not only for males. The female coaches can also give confidence to females in training which was described like this:

“But maybe also coaches affect a lot, for example, if there is a female coach so then it can be easier for girls or women to understand that if the coach is doing something then I can also do it too because a coach is a role model and an example.” (C2)

One of the female coaches mentioned that she has gained inspiration and self-confidence in parkour from other females as examples in the media.

“I see the role of the media as very important because I have noticed that especially now that I follow many parkourists on Instagram, and over the past couple of years I have seen more and more female parkourists there. So, I get a lot of inspiration that hey I can do this also, not only men can do this because many of them are very skilled so I get a feeling that I can do that also. Before I had thought that maybe I cannot do it because I am a woman but now that there have been a lot of skilled female parkourists in the media, in the past couple of years, I have gotten inspiration.” (C3)

6 DISCUSSION

This research studied equality and gender equality in parkour. The research explored parkour practitioners' experiences and perceptions of parkour. The study also examined whether female practitioners have barriers practicing parkour and possible ways to improve gender equality in parkour. The main question in this thesis was why fewer females than males practice parkour in Finland. The data was gathered by both qualitative and quantitative methods. Both methods were used to gather more comprehensive data. The thesis was commissioned by the Finnish Parkour Association. A survey about gender equality in parkour was sent to the Finnish Parkour Association's members and their member organization's members and 60 answers were gathered. In addition, semi-structured interviews were done with four experienced parkour coaches to gain information about gender equality in parkour. Using both methods brought perspectives about gender equality in parkour from both parkour practitioners and coaches. In this part of the thesis, the main findings of the results are presented.

6.1 How do females' and males' perceptions and experiences of parkour differ?

The first research questions aimed to find out how females' and males' perceptions and experiences of parkour differ. Based on the results, it can be stated that males perceive parkour as a more equal sport than females. The survey question "Do you think parkour profiles more as a sport practiced by only one gender?" investigated what kind of perceptions females and males have about parkour. All the females and 52,30 percent of the males thought that parkour is profiled more as a sport practiced by only one gender, which meant a sport for males. According to Ameel & Tani (2007) parkour has been categorized as a hobby for young boys and men like many other new sports that use public space. The findings of my study supported this statement. All females and 52,30 percent of males thought that parkour is profiled more as a certain gender's sport, which in this instance meant a sport for males. Both genders answered that parkour profiles as a sport for males because people (especially outside the parkour community) have mental images and prejudices of parkour to be a masculine extreme sport that belongs to men. Male respondents described that parkour can be profiled more as a males' sport because the founders of parkour were males, and the culture has become masculine. A reason why parkour profiles as a males' sport are because the nature of the sport has affected it because at least in the early days of the sport parkour was seen as an extreme sport for young men. And

because stereotypically athleticism, strength, courage, foolhardiness, and for example jumping from roofs have been seen as belonging to men. In addition, both genders mentioned that parkour profiles as a males' sport because most of the practitioners are males. Both genders also mentioned that female practitioners have barriers practicing parkour, but males do not. This finding is supported by Popejoy's (2017) finding that parkour practitioners from under-presented groups can face barriers to participating in parkour, even though they are interested in the sport.

Female respondents answered that it also affects that some of the elements of the sport might still be perceived by older people as boyish and because female practitioners do not have many female role models in the sport it can be a reason why females do not want to participate in parkour or why they are not so encouraged to do parkour.

When examining what kind of experiences female and male practitioners have from parkour and especially when thinking about experiences related to equality, the study showed that younger girls have experienced discriminative comments from younger boys that underestimate parkour skills, such as "girls cannot be as good as boys in parkour". According to Rannikko (2021) and Paechter et al. (2023) this has also been recognized in other lifestyle sports such as skateboarding, which is a similar lifestyle sport to parkour, that female skateboarders have faced gendered assumptions, weird comments, and confusion in public places. According to Paechter et al. (2023) this leads to women and girls needing more support in skateboarding than boys and young men. According to Ameel and Tani (2007) parkourists break the usual ways of moving which can cause confusion in public places by people walking by and females have faced even stronger confusion than male practitioners. However, my study did not show that females would have faced confusion in public places.

According to Brinkmann (2021) female parkour practitioners have said that they have experienced belittling attitudes when instructing children in parkour. They have said they have had to prove that they are skilled, but their male colleagues did not have to. Female parkour practitioners had often experienced that male practitioners have had an attitude that "because if a girl could do it, I MUST also" in some parkour jumps that were bigger or a little more difficult. The results of my study showed that it is common that parkour practitioners compare themselves to others but there was no mention that male practitioners would have had an attitude that they need to be as good as female practitioners. Instead, the coaches that were

interviewed mentioned that it is important to teach the parkour practitioners that everyone can train at their own level, and they should not compare themselves to others.

6.2 How is gender equality achieved from the viewpoint of the Finnish parkour community?

Based on the data, it can be argued that the state of gender equality in parkour is already good, but it could still be improved. The results of the research showed that the Finnish parkour community sees that gender equality in parkour in Finland is achieved quite well, however, it was seen that females do have some barriers to taking part in the sport, so development is still needed.

The parkour community in Finland was seen as permissive and open. It seemed that it is quite easy to get involved in parkour, more than some other sports because a large part of the training is about excelling yourself and there is not much competitive activity. The results showed that 30 percent of female respondents and 38,6 percent of male respondents answered that it is very easy to get involved in parkour and 40 percent of female respondents and 50 percent of male respondents answered it is quite easy to get involved in parkour. More female respondents (30 %) than male respondents (11,4 %) found it quite difficult to get involved in parkour. Reasons, why it can be quite difficult to take part, were living in a place that does not provide guided parkour groups, not finding friends to train with, the feeling of not being good enough, and comparing oneself to more advanced parkour practitioners. Also, it was mentioned that it can feel difficult to get involved if you are the only woman in a parkour group, and since some people have a false mental image of parkour as a males' sport. Some respondents also felt like they do not know for sure if the situation of equality in parkour is good and if discrimination occurs, so they felt like it is important to talk about equality in parkour and train parkour instructors on how they can act equally towards parkour participants and prevent possible discrimination.

According to Gilchrist and Wheaton (2011) the nature of parkour is open-minded, inclusive and welcoming, encouraging, and supportive for women and all new practitioners. As stated by Gilchrist & Wheaton (2011) when compared to other lifestyle sports, such as skateboarding or bicycle motocross, parkour is a more welcoming sport to new practitioners. Gilchrist and

Wheaton found out in their research that male practitioners' masculine identities were not tied to the performances of hegemonic masculinity like in many other sports. Instead of showing competitiveness or masculine traits of parkour such as strength and speed, the male practitioners embraced the aesthetic side of the sport and valued the feminine traits such as balance and agility. The participants saw that these values affect positively more females wanting to be part of the sport. The results of my research were consistent with Gilchrist & Wheaton's (2011) description of parkour as being an open-minded, and inclusive sport. The survey respondents were asked if or when they practice parkour in a group how open do you feel the atmosphere is in their group/training group. The average mean was 7,2 for females (n = 10) and 8,8 for males (n = 32) which shows that males found the atmosphere in their group or training group more open than females but both genders feel that the atmosphere in parkour training is quite open.

Janeckova et al. (2021) state that not everyone enjoys organized or competitive sport environments. Some young people enjoy doing physical activity in more free and flexible ways. Based on the results of this thesis, one of the reasons why parkour is such an open and inclusive sport was that it does not have strict rules, or a competitive element, and the practitioners have an opportunity to perform movements in their own ways.

Both, the survey, and the interviews inquired whether all genders have the same opportunities to do parkour. All the interviewees thought that different genders have the same opportunities to do parkour. It was mentioned that nothing is better enabled for a certain gender at parkour lessons and that biologically and physiologically girls and boys have the same opportunities to do parkour because girls can jump on and off obstacles just like boys. Also, the survey respondents thought that there are no big differences in different genders' opportunities to do parkour, and only (20 %) of the female and (9,3 %) of the male respondents answered that they do not have the same opportunities. Survey respondents that answered that different genders do not have the same opportunities to do parkour mentioned that females and gender minorities have a bigger threshold than males to start parkour because there are more males on average. Also, it was mentioned that it is harder to join a group as the only female because males have a stronger representation in the media than other genders and it affects parkour opportunities. However, it was stated that nowadays the situation is better because genders are slightly better represented in the media and because there are more videos on social media made by females.

The survey respondents were also asked if or when they are practicing in a group do they feel equal with other practitioners and the results show that more of the female respondents (30 %) than male respondents (9,4 %) feel unequal in a parkour group. It was described that it is common that practitioners have big differences in parkour skills and that many practitioners feel unequal if they are not as skilled or experienced as others and it has created inferior and unpleasant feelings for practitioners. In the interviews, the parkour coaches mentioned that it is important that parkour coaches make sure everyone knows they can train at their own level and that they do need not compare their selves to others. The coaches mentioned that it is also important to bring out that there is no right or wrong way to do parkour movements.

In the survey, it was also asked if the parkour community's activities appear to be equal, and the respondents saw the parkour community's activities as quite equal, but some disadvantages were seen. According to Glaister & Hall (2022) some women might feel uncomfortable in male-dominated parkour environments. This was also shown in the results of this research since the female respondents mentioned that sometimes they have felt that they have received too much attention for being a woman and some practitioners have felt that others do not give space for them to train. This was also shown in Brinkmann's (2021) study where the female participants of the study stated they want to be known as parkour athletes and not female parkour athletes even if they enjoy representing the female community, but they do not want to feel any different than anyone else and they want to be treated like any other athlete. Other reasons why the parkour community's activities do not appear to be equal was that males are more represented in the media and that most parkour practitioners are males which can make the sport seem to be a "boy's thing" and feel unequal for females.

Stopping gender-based bullying, discrimination, and harassment in sport is a specific aspect of gender equality in sport. The results of this study showed that some discrimination and bullying situations have occurred in parkour that have been gender-based but not very often. All the coaches mentioned that some bullying situations have occurred in parkour classes among children. The bullying situations have been disagreements between the children, but they had not noticed anything alarming, like boys bullying girls. However, one of the interviewees had observed gender-based bullying when a boy had told a girl in parkour that girls are not as good as boys in parkour, but this coach did not think it is common in parkour. Also, several researchers have stated that girls and women have experienced gendered comments and

assumptions that girls are not as capable as boys in physical activities and certain sports (Berg & Kokkonen, 2020; Senne, 2016).

According to Glaister & Hall (2022) inequality is visible in parkour instruction because often men's experiences are more valued than women's experiences, and sometimes women's experiences are not always considered so important and are sometimes even ignored. In my research, parkour practitioners did not mention that male practitioners' experiences would be more valued than female practitioners' experiences, which shows that Finnish parkour coaches have treated practitioners of different genders equally.

According to Brinkmann (2021) women have faced harassment in parkour, but men have not. Brinkmann's study also showed that women have not been taken seriously in parkour because of their gender. My research showed conflicting results about whether there has been harassment in parkour in Finland. The interviewees had not noticed harassment in parkour and thought it is hard to say if it occurs in Finland. The survey respondents instead answered that they have faced or witnessed discrimination. The answers showed that more females than males had faced or witnessed discrimination. Of the female respondents, 10 percent and 2,3 percent of male respondents answered that they have faced or witnessed discrimination once and 30 percent of female respondents and 18,2 percent of male respondents answered that they have faced or witnessed discrimination occasionally.

The survey respondents that had observed discrimination, supposed the discrimination was directed to many different matters. If we look at discrimination based on gender or gender identity, 60 percent (n = 5) of female respondents and 33,3 percent (n = 12) of male respondents answered that discrimination has been aimed at gender or gender identity. The male respondents that answered that discrimination has been based on gender or gender identity, mentioned parkour events which are directed to only girls and women can feel unequal to boys and men because they are not allowed to participate there.

According to Glaister & Hall (2022) some women might feel unsafe and uncomfortable in male-dominated environments and many women have experienced people flirting in parkour which has felt disturbing. In Brinkmann's (2021) study, it was asked have you been asked out and 56 percent of the females and 13 percent of males were asked out. The respondents were also asked whether it was annoying. Of the respondents, four percent answered it had felt annoying and

25 percent answered mostly yes. The more one was asked out, the more annoying it felt. According to Brinkmann both women and men ask each other out equally often but because there are more men than women in parkour, women get asked out more often. In the results of my study, this kind of situations were not mentioned. One of the interviewees mentioned that he has heard some stories from abroad, that females have faced harassment and something inappropriate, like for example commenting on or underrating females at parkour jams. However, he mentioned that he has not seen anyone trying to hit on someone at parkour jams and he thinks this might indicate that we might have succeeded in creating a safe parkour jam environment in Finland.

Even though the parkour community in Finland was mostly seen as open, respectful, and accepting, the survey respondents mentioned that they had noticed some discriminating comments in the parkour community. Some respondents mentioned that they have heard some inappropriate jokes or disrespectful talking but considerably less than in other communities and if something insulting has occurred, it has been pointed out and not repeated. Nonetheless, some female parkour practitioners reported that they have experienced talking that underestimates females and their parkour skills by for example using the term “women’s push-ups” which defines that easier movements are for women. Another example was that a survey respondent mentioned that some instructor has spoken unpleasantly about female parkour “I do not know how you train but we, the men, train parkour like this” in a guiding situation, which women have experienced as demeaning. Also, Glaister & Hall (2022) have stated that women’s participation in parkour can be hindered by offensive language and that if a parkour coach uses stereotypical phrases, behaviors that show prejudice, or sexist language, women can feel very uncomfortable in parkour practices.

6.3 What kind of barriers do females have in participating in parkour?

Both the interviews and the questionnaire aimed to find out what kind of barriers females have practicing parkour. The survey respondents were asked whether some of these groups (girls/women, boys/men, or non-binary) have barriers practicing parkour, and the answers revealed that females and non-binary have barriers to practicing parkour, but males do not. From the respondents, 80 percent of females and 75 percent of males thought that females have barriers doing parkour.

According to Popejoy (2017) the main reasons for women's underrepresentation in parkour were prejudices of girls and women in parkour, stereotypes of how parkour is perceived by people outside the parkour community, media and marketing that does not include all genders, and lack of diverse role models, and leadership. The barriers I found in my research were mostly similar same as those found in Popejoy's research.

According to Glaister & Hall (2022) the lack of representation of women in parkour affects women's participation in the sport. The results of my study also showed that females find it difficult to participate in parkour since most parkour practitioners are males and they have set the skill level unrealistically high, which can take away females' desire to start parkour. Also, the lack of female role models was pointed out as a barrier for females not practicing parkour.

As stated by Turpeinen et al. (2011) some sports are still gendered and seen to be girls' or boys' sports. Masculine sports such as ice hockey or martial arts are seen to be 'boys' sports' and more aesthetic sports such as gymnastics or figure skating are seen to be 'girls' sports'. This was brought up also in this study because it was found out that some people outside the parkour community still have stereotypes and wrong mental images of parkour as an extreme sport and "boy's sport" which can make it difficult for females to join parkour. According to Grosprêtre & Lepers (2016) especially younger women might have a rough image of parkour which can affect having prejudices of parkour and affect to an unwillingness to practice parkour. Also, the results of my study showed that stereotypes and wrong images of parkour as a physically demanding extreme sport might affect to that some younger people not starting parkour. For adults, the reason for not starting parkour may be that the sport is dominated by young skilled male practitioners, and it can be difficult to find a training group of your age group.

A study by Paechter et al. (2023) about young females that are doing skateboarding which is a similar lifestyle sport to parkour, showed that girls and young women need skateboarding sessions organized for only female practitioners to train without being afraid of being isolated from the community in public spaces usually dominated by young male practitioners. Also, my study showed that some female parkour practitioners need other females to train with. According to Paechter et al. (2023) even skilled female skateboarders do not feel like they belong in skateboarding. Female skateboarders may feel as if others do not want to include them in the community, nor do they want to support women's training in public places. For

female skateboarders, it is difficult to take part in skateboarding communities because the skateboarding community and male skateboarders think that females are not skilled enough to participate in skateboarding, which they see as dangerous and masculine.

When comparing to parkour, the females who participated in the study did not mention that they would have experienced feelings that they do not belong to the sport or that they are not taken in as part of the community. Also, they did not mention that they would need support to train in public places, but one of the interviewees said that it is common for female beginners to feel that they need personal support and guidance in first parkour classes. Only one interviewee mentioned that she had noticed a boy who had prejudices that girls cannot be as good as boys in parkour. In the opinion of this interviewee, such prejudices were not common among parkour practitioners.

6.4 How gender equality in parkour could be improved in Finland?

When considering how gender equality in parkour could be improved in Finland, the discussion revolved around how to involve more females in parkour. In addition, ways how to raise peoples' awareness of parkour as a sport that belongs to all genders were considered because many people outside the parkour community may see parkour as unsuitable for females due to old-fashioned gender roles that have crept into society.

Popejoy (2017) has published recommendations on how to develop women's opportunities to do parkour. The recommendations were to promote the visibility of women practicing parkour, to develop female leadership in parkour, to develop targeted approaches such as marketing, coaching, events, and scheduling, to promote inclusiveness in the parkour community for women, to teach diverse movement styles in and outside the classroom and to train coaches and educate peers on how to work with different groups. Similar recommendations in my study were to develop the marketing of female parkour, organize more low-threshold events for females, and educate parkour coaches about equality.

As stated by Glaister & Hall (2022) the lack of women's representation affects women's participation in parkour, so when marketing parkour in the media, the representation of parkour practitioners should be diverse. Also, in my study, the importance of the media and the diverse

representation of parkour practitioners was repeatedly mentioned by both the interviewees and the survey respondents. Media was seen as an important tool to develop people's awareness of parkour and to develop the visibility of parkour. The versatile media content of different genders, age groups, and bodies, and guided low-threshold activities were seen as great ways to provide a good perception of parkour as a diverse sport for people that have not done parkour and might have prejudices. In the interviews, it was mentioned that even if more parkour groups for females were created, they might not reach new female practitioners in the sport. Thus, more marketing and social media content is needed to reach the new female practitioners. In the interviews, it was said that it is important to let people know that posting parkour content on social media is an effective way to get visibility for female parkour.

Both in the survey and the interviews it was mentioned that it is important that parkour organizations and clubs organize low threshold try-out days for everyone and that the Finnish Parkour Association should continue organizing Girls & Co parkour jams for female and gender minorities, as well as parkour tours for school classes as ways to involve more girls and women in parkour. Grosprêtre's and Lepers' (2016) study had a similar idea for developing women's parkour in the future which was developing guided parkour classes. According to several studies such as Clegg & Butryn, (2012) & Atencio et al. (2009) even if females train mostly with men, they benefit from training with other women practitioners in urban lifestyle sports. Also, in this study, most female practitioners were found to enjoy training with other females. This finding shows that it can be beneficial to organize parkour jams that are intended for females. In addition, in this thesis, it was found that it could be beneficial to ask parkour practitioners who register to a parkour group if they want to train with people of a certain gender because for some people it can be meaningful.

Another suggested method how to involve more female practitioners in parkour was to train parkour instructors and coaches to have better parkour skills and better group instructor skills. It is important to train parkour instructors and coaches, to know how to treat everyone equally and communicate without gendering people. As indicated by Glaister & Hall (2022) parkour is usually practiced outside in public places, and it is more accessible to those who feel safe and comfortable exercising outside, and these people are usually men. Parkour coaches need to take into consideration that no one is left behind and everyone feels safe when training outside in public places. Glaister and Hall (2022) point out that if a parkour community consists mostly of men, it can be beneficial to have a supportive leader that takes everyone into account. In the

results of this study, it was also found in the interviews that instructors have an important role in creating a safe environment, reducing inequality, and combating discrimination in parkour lessons. The results of the survey showed that parkour instructors in Finland take all practitioners into account and divide time during training for everyone equally. Also, the interview results showed that parkour instructors seem to be inclusive, and they know how to create a good atmosphere in parkour groups.

A study by Paechter et al. (2023) about young females that are doing skateboarding which is a similar lifestyle sport to parkour, showed that girls and young women, especially beginners, need female role models. This was shown also in the results of my study. Both in the interviews and the survey, it was mentioned that in order to motivate more females to start parkour, more female examples and role models in parkour are needed. It was described that it is important to have female instructors and coaches in parkour as examples and role models to females because female coaches can also give confidence to females in training. It was seen as important that females would see that the sport is not only for males.

The research showed that it has been challenging in Finland to get more females involved in parkour because most parkour practitioners have always been men, and since the sport has masculine roots which has influenced the way its culture has formed. Also, in Glaister & Hall's article (2022) it was stated that many parkour coaches and community leaders have felt that it is difficult to get women involved in parkour. It was mentioned in the article that there is no one right way to increase the number of women in the sport, because all parkour communities are different, and they can have different ways to improve women's inclusion in parkour. Glaister & Hall claim that reaching diversity is a long-time process and it comes with patience and caring about the people in parkour communities. In addition, they mention that the best way to improve females' participation in parkour can be to examine yourself and your community and that it is important to listen to people's experiences of barriers they have faced in parkour is important to break those barriers. Also in this thesis, the respondents mentioned that they think it is important that the Finnish Parkour Association does research about how practitioners feel gender equality is achieved and if it should be developed, and what could be suitable ways to do it.

7 CONCLUSIONS

Based on this study, equality is achieved quite well in Finnish parkour. The Finnish parkour community believes parkour is mostly an open and inclusive sport. Since parkour is an unstructured lifestyle sport and has no strict rules, practitioners can practice the sport in their own way. This was shown to be one of the reasons for parkour being an open and inclusive sport since it gives freedom to practitioners to perform the movements as they like because there is no right or wrong way to perform parkour movements.

According to the study results, males perceive parkour as a more equal sport than females. Female practitioners have some barriers to practicing the sport such as people's gendered mental images of parkour as an extreme sport for young male practitioners. The lack of female participants can affect females not starting the sport, and the lack of female role models in the sport. In the future female participation could be increased by organizing more low-threshold try-out days, educating parkour instructors about equality, through marketing that features females in parkour, and having more female examples and role models in parkour to encourage more females in the sport. This thesis created significant information for the Finnish Parkour Association and any other actors organizing parkour on how to promote equality in parkour and improve female practitioners' opportunities to practice parkour. The next chapters present the limitations of the study and describe suggestions for future research.

During the research process, some limitations came up, which I will present in this section. First, the survey data's sample size was smaller than expected. The number of female respondents was smaller than hoped, but it also points out how most practitioners are males. Since the number of female respondents was smaller, the interview data had a vital role as an addition to the data as it brought new perspectives. When making generalizations based on the data it needs to be considered that all findings may not be representative of larger populations.

In the interviews, many of the interviewees mentioned that it is difficult to say how the equality situation is in general in parkour. They mentioned that it depends on everyone's individual experiences and how open parkour practitioners perceive the atmosphere to be. The interviewees also mentioned difficulties answering some questions about equality in parkour in general because the interviewees have only perspectives from one or two parkour clubs and cities. Also, one of the male interviewees mentioned that it is hard to say if females feel equal

in parkour from a male perspective even if the interviewee had been a parkour coach for many years and had had discussions of the position of females in the parkour community in Finland.

Gender equality in parkour has been researched very little. In particular, female parkour practitioners' opinions and experiences have not been widely studied. Studying female parkour practitioners' perceptions would provide more information on how to improve female practitioners' opportunities to practice parkour.

During the thesis project, some suggestions for future research were discovered. Future research in parkour could focus more on non-binaries and their perceptions and experiences of gender equality in parkour because this thesis focused on female and male practitioners. Also, studying how to improve applied parkour and disabled people's opportunities to practice parkour turned out to be an important topic.

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APPENDIX 1. Interview questions.

INTERVIEW QUESTIONS

Background information

- 1a. How did you start coaching parkour?
- 1b. How long have you coached parkour?

Starting parkour hobby

2. How do people usually get into the parkour hobby?
3. Is it easy for new parkour practitioners to join parkour practices?
4. How many people start doing parkour after trying it?

Coaching parkour

5. How do you take new practitioners into consideration?
6. What do you do if you have parkour practitioners at different skill levels at your parkour practice?

Gender equality

7. What do you think is the gender distribution among parkour practitioners?
8. Do girls and boys have the same opportunities in parkour?
9. What can be the reasons why there are fewer girls than boys practicing parkour?
10. With whom do girls like to practice parkour?
11. Do girls try parkour but do not continue?
12. What is being done in parkour to get more girls into the sport?
13. Have you noticed bullying or harassment in your parkour classes?
14. What should be done in the future to get more girls into the sport?
15. Is there something else you want to add?

Thank you for your responses!

APPENDIX 2. Research notification.

TIEDOTE TASA-ARVOTUTKIMUKSESTA

Tutkimuksen nimi ja rekisterinpitäjä

Pro gradu -tutkielma: Tasa-arvotutkimus: Miksi tytöt harrastavat parkouria vähemmän kuin pojat Suomessa?

Rekisterinpitäjä: **Mette Lammi (pro gradu -tutkielman tekijä)**

Käsiteltäessä tutkittavien henkilötietoja rekisterinpitäjä on taho, joka on vastuussa tutkittavien henkilötietojen asiallisesta ja lainmukaisesta käsittelystä.

Pyyntö osallistua tutkimukseen

Sinua pyydetään mukaan tutkimukseen, jonka tavoitteena on tutkia, parkourin tasa-arvotilannetta ja syitä, miksi tytöt harrastavat vähemmän parkouria kuin pojat Suomessa. Tutkimus tehdään yhteistyössä Suomen Parkour Ry:n kanssa. Tämä tiedote kuvaa tutkimusta ja siihen osallistumista. Toisessa liitteessä on kerrottu henkilötietojen käsittelystä (tietosuojailmoitus).

Keskeiset tutkimuskysymykset ovat:

- **Miten tyttöjen ja poikien käsitykset parkourista eroavat?**
- **Miten tyttöjen ja poikien kokemukset parkourissa eroavat?**
- **Kohdellaanko tyttöjä ja poikia samanlailla parkourissa?**

Kerättyä aineistoa tullaan käyttämään Mette Lammin pro gradu -tutkielmassa ”**Tasa-arvotutkimus: Miksi tytöt harrastavat parkouria vähemmän kuin pojat**”. Tutkimus koostuu haastatteluista ja kyselytutkimuksesta. Sinua pyydetään tutkimukseen, koska olet kokenut parkourohjaaja (haastattelut) tai koska olet 15–29 vuotias parkourin harrastaja Suomessa (kysely). Tämä tiedote kuvaa tutkimusta ja siihen osallistumistasi.

Osallistumispyyntö haastatteluun lähetetään sähköisesti.

Linkki kyselytutkimukseen lähetetään sähköpostitse kaikille Suomen Parkour ry:n jäsenille ja jäsenjärjestöille lähetettäväksi heidän jäsenilleen.

Haastatteluun osallistuminen edellyttää, että olet **kokenut parkourohjaaja**. Kyselyyn osallistuminen edellyttää, että olet **15–29-vuotias parkourin harrastaja**.

Osallistuvista henkilöistä ei kerätä tietoja muista lähteistä.

Vapaaehtoisuus

Tähän tutkimukseen osallistuminen on vapaaehtoista. Voit milloin tahansa kieltäytyä osallistumasta tutkimukseen tai keskeyttää osallistumisen. Kieltäytymisestä tai keskeyttämisestä ei aiheudu sinulle kielteisiä seuraamuksia.

Tutkimuksen kulku

Tutkimus koostuu haastattelusta neljälle parkourohjaajalle ja kyselystä Suomen Parkour ry:n jäsenille ja jäsenjärjestöille lähetettäväksi heidän jäsenilleen.

Haastatteluissa tutkitaan haastateltavan näkemyksiä, parkourin ohjaamisesta ja siitä miksi tytöt harrastavat parkouria vähemmän kuin pojat. Haastattelut järjestetään maaliskuun 2022 –

huhtikuu 2022 aikana. Jokainen haastattelu kestää arviolta noin 30 minuuttia. Haastattelut tallennetaan äänitallenteiksi, jotka tutkija litteroi kirjalliseen muotoon. Tämän jälkeen äänitallenteet tuhotaan. Haastatteluun osallistuminen ei vaadi erityistä valmistautumista. Haastattelut toteutetaan etänä käyttämällä Jyväskylän yliopiston Zoom-palvelua.

Haastatteluiden jälkeen lähetetään kysely- ja raportointityökalu Webropolilla yhdenvertaisuus ja tasa-arvokysely Suomen Parkour ry:n jäsenille ja yhdistyksen jäsenjärjestöille lähetettäväksi jäsenilleen. Kysely on tarkoitettu 15-29-vuotiaille parkourin harrastajille Suomessa. Kyselylomake koostuu kysymyksistä, jotka liittyvät yleisesti tasa-arvoon parkourissa, ilmapiiriin avoimuuteen, mahdollisiin syrjintä tilanteisiin ja eri sukupuolien mahdollisuuksiin harrastaa parkouria. Kyselyn perusteella kartoitetaan parkourin tasa-arvotilannetta ja osataan verrata tyttöjen ja poikien käsityksiä ja kokemuksia parkourista. Kyselyyn vastaaminen kestää noin. 15 minuuttia.

Tutkimuksesta mahdollisesti aiheutuvat riskit, haitat ja epämukavuudet

Tutkimukseen osallistumisesta ei aiheudu sinulle mitään riskejä, haittoja tai epämukavuuksia.

Tutkimuksen kustannukset ja rahoitus

Tutkimukseen osallistumisesta ei makseta palkkiota. Tutkimukseen osallistumisesta ei aiheudu sinulle kustannuksia.

Selvitys tutkimuksen rahoittajasta ja mahdolliset eturistiriidat

Suomen Parkour ry:ltä on saatu stipendi tutkimuksen tekemiseen.

Tutkimustuloksista tiedottaminen ja tutkimustulokset

Tutkimuksesta valmistuu yksi pro gradu -tutkielma, joka julkaistaan Jyväskylän yliopiston julkaisuarkistossa: <https://jyx.jyu.fi/>

Lisätietojen antajan yhteystiedot

Lisätietoja tutkimuksesta antaa tutkimusentekijä: Mette Lammi, maisteriopiskelija, Responsible Management and Business of Sport, Jyväskylän yliopiston liikuntatieteellinen tiedekunta, mehelamm@student.jyu.fi

APPENDIX 3. Privacy notice.

KUVAUS HENKILÖTIETOJEN KÄSITTELYSTÄ TIETEELLISESSÄ TUTKIMUKSESSA (TIETOSUOJAILMOITUS EU (679/2016))

Tutkimuksessa: ”Pro gradu -tutkielma: Tasa-arvotutkimus: Miksi tytöt harrastavat parkouria vähemmän kuin pojat Suomessa?” käsiteltävät henkilötiedot.

Haastatteluiden ja kyselyn avulla kerättyjä tietoja käytetään Mette Lammin pro gradu - tutkielman ”**Tasa-arvotutkimus: Miksi tytöt harrastavat parkouria vähemmän kuin pojat Suomessa?**” aineistona. Tutkielman tavoitteena on tuottaa tietoa parkourin tasa-arvotilanteesta ja syistä, miksi tytöt harrastavat vähemmän parkouria kuin pojat.

Jos osallistut haastatteluun, sinusta kerätään seuraavia henkilötietoja: sukupuoli, ikä, kauanko olet ohjannut parkouria, äänitälletne ja haastattelumuistiinpanot.

Jos osallistut kyselyyn, Sinusta kerätään seuraavia henkilötietoja: sukupuoli, ikä, harrastatko parkouria yksin/ ohjatussa ryhmässä/ omassa treeniporukassa ja harrastatko parkouria sekaryhmässä/tietyn sukupuolen omassa ryhmässä.

Tiedote ja tietosuojailmoitus on lähetetty sähköpostin liitetiedostona haastattelukutsun mukana. Kyselyssä tiedote ja tietosuojailmoitus ovat liitteenä kyselyn alussa.

1. Henkilötietojen käsittelyn oikeudellinen peruste tutkimuksessa/arkistoinnissa

Käsittely on tarpeen tieteellistä tutkimusta varten ja se on oikeasuhteista, sillä tavoiteltuun yleisen edun mukaiseen tavoitteeseen nähden (tietosuojain 4 §:n 3 kohta). Tutkimustulokset ovat julkisesti saatavilla yliopiston julkaisuarkistosta (JYX).

2. Henkilötietojen siirto EU/ETA ulkopuolelle

Tutkimuksessa tietojasi ei siirretä EU/ETA-alueen ulkopuolelle.

3. Henkilötietojen suojaaminen

Henkilötietojen käsittely tässä tutkimuksessa perustuu asianmukaiseen tutkimussuunnitelmaan ja tutkimuksella on vastuuhenkilö. Tutkimuksessa toimitaan niin, etteivät Sinua koskevat tiedot paljastu ulkopuolisille. Tutkimustulosten (pro gradu) raportoinnista on mahdotonta tunnistaa vastaajien henkilöllisyyttä. Osana pro gradua voidaan käyttää suoria lainauksia haastattelusta.

Suorat tunnistetiedot poistetaan suoja-toimena aineiston litterointivaiheessa eli tutkittavaa koskeva ääni/kuvatallenne tuhoetaan. Myös sähköpostiosoitteet hävitetään, kun haastattelu on tehty. Tutkimustuloksista ei ilmene, missä seurassa/paikkakunnalla parkourohjaaja toimii.

Tutkimuksessa käsiteltävien henkilötietojen suojaaminen

Zoom tallenne tallentuu tutkijan omalle tietokoneelle. Litteraatit tallennetaan tutkijan omalle tietokoneelle. Sähköpostiosoitteet osallistumispyyntöjä ja haastattelukutsuja varten säilytetään tutkijan tietokoneella niin kauan kuin haastattelu on tehty, jonka jälkeen ne poistetaan. Tutkija ei lähetä tutkittaville sähköpostia siten, että muiden tutkimuksiin osallistuvien tiedot näkyisivät vastaanottajakentässä, eikä muutoinkaan toimi niin, että ulkopuolisilla olisi pääsy tutkittavan tietoihin. Tutkija vastaa aineiston hallinnasta sen elinkaaren aikana ja tietojen hävittämisestä tutkimuksen päätyttyä. Kyselyn raportit tallennetaan Webropolista tutkijan omalle tietokoneelle. Raportteja säilytetään tutkijan tietokoneella niin kauan kuin tutkimus on tehty, jonka jälkeen ne poistetaan.

HENKILÖTIETOJEN KÄSITTELY TUTKIMUKSEN PÄÄTTYMISEN JÄLKEEN

Tutkimusrekisteri hävitetään viimeistään pro gradu -tutkielman valmistuttua (arvio 31.5.2023).

Rekisterinpitäjä ja tutkimuksen tekijä

Rekisterinpitäjä, pro gradu- tutkielman suorittaja ja yhteyshenkilö: Mette Lammi, maisteriopiskelija, mette.h.lammi@student.jyu.fi Käsiteltäessä tutkittavien henkilötietoja rekisterinpitäjä on taho, joka on vastuussa tutkittavien henkilötietojen asiallisesta ja lainmukaisesta käsittelystä.

Tutkimuksen ohjaaja: Yliopistonlehtori Hanna Vehmas, Jyväskylän yliopiston liikuntatieteellinen tiedekunta, <https://www.jyu.fi/fi/yhteystiedot>

Rekisteröidyn oikeudet

Oikeus saada pääsy tietoihin (tietosuoja-asetuksen 15 artikla)

Sinulla on oikeus saada tieto siitä, käsitelläänkö henkilötietojasi ja mitä henkilötietojasi käsitellään. Voit myös halutessasi pyytää jäljennöksen käsiteltävistä henkilötiedoista.

Oikeus tietojen oikaisemiseen (tietosuoja-asetuksen 16 artikla)

Jos käsiteltävissä henkilötiedoissasi on epätarkkuuksia tai virheitä, sinulla on oikeus pyytää niiden oikaisua tai täydennystä.

Oikeus tietojen poistamiseen (tietosuoja-asetuksen 17 artikla)

Sinulla on oikeus vaatia henkilötietojesi poistamista tietyissä tapauksissa. Oikeutta tietojen poistamiseen ei kuitenkaan ole, jos tietojen poistaminen estää tai vaikeuttaa suuresti käsittelyn tarkoituksen toteutumista tieteellisessä tutkimuksessa.

Oikeus käsittelyn rajoittamiseen (tietosuoja-asetuksen 18 artikla)

Sinulla on oikeus henkilötietojesi käsittelyn rajoittamiseen tietyissä tilanteissa kuten, jos kiistät henkilötietojesi paikkansapitävyyden.

Vastustamisoikeus (tietosuoja-asetuksen 21 artikla)

Sinulla on oikeus vastustaa henkilötietojesi käsittelyä, jos käsittely perustuu yleiseen etuun tai oikeutettuun etuun. Tällöin yliopisto ei voi käsitellä henkilötietojasi, paitsi jos se voi osoittaa, että käsittelyyn on olemassa huomattavan tärkeä ja perusteltu syy, joka syrjäyttää oikeutesi.

Oikeuksista poikkeaminen

Tässä kuvatuista oikeuksista saatetaan tietyissä yksittäistapauksissa poiketa tietosuoja-asetuksessa ja Suomen tietosuojalain säädettyillä perusteilla siltä osin, kuin oikeudet estävät tieteellisen tai historiallisen tutkimustarkoituksen tai tilastollisen tarkoituksen saavuttamisen tai vaikeuttavat sitä suuresti. Tarvetta poiketa oikeuksista arvioidaan aina tapauskohtaisesti.

Profilointi ja automatisoitu päätöksenteko

Tutkimuksessa henkilötietojasi ei käytetä automaattiseen päätöksentekoon. Tutkimuksessa henkilötietojen käsittelyn tarkoituksena ei ole henkilökohtaisten ominaisuuksiesi arviointi, ts. profilointi vaan henkilötietojasi ja ominaisuuksia arvioidaan laajemman tieteellisen tutkimuksen näkökulmasta.

Rekisteröidyn oikeuksien toteuttaminen

Jos sinulla on kysyttävää rekisteröidyn oikeuksista, voit olla yhteydessä tutkimuksen toteuttajaan mette.h.lammi@student.jyu.fi

Sinulla on oikeus tehdä valitus erityisesti vakinaisen asuin- tai työpaikkasi sijainnin mukaiselle valvontaviranomaiselle, mikäli katsot, että henkilötietojen käsittelyssä rikotaan EU:n yleistä tietosuoja-asetusta (EU) 2016/679. Suomessa valvontaviranomainen on tietosuojavaltuutettu.

Tietosuojavaltuutetun toimiston ajantasaiset yhteystiedot: <https://tietosuoja.fi/etusivu>

APPENDIX 4. Survey questions.

Equality survey - Finnish Parkour Association



1. Research permission: I have read the research notification and privacy notice, and I want to voluntarily participate in the study.
2. Gender (female, male, other, prefer not to say)
3. Age
4. How do you mainly practice parkour? (in a guided group, in your own training group, alone, or somewhere else?)
5. If you practice in a group, do you practice in a mixed group or a group of a certain gender?
6. Who do you prefer to train with? (in a mixed group, with a certain gender, It does not matter to me)

The atmosphere in parkour:

7. If/when you practice parkour in a group/training group, does everyone in your group greet everyone who comes to practice?
8. If/when you practice parkour in a guided group, does the instructor(s) of the group share their time and attention equally with everyone?
9. Is it easy for new parkour practitioners to join parkour practices?
10. If/when you practice parkour in a group, how open do you feel the atmosphere is in your group / training group? (0: not open at all, 10: open)

Equality in parkour

11. If/when you practice parkour in a group, do you feel equal with other practitioners with others in your group?
12. Do you think some of these groups find it more difficult to participate in parkour activities? If yes, explain why.
13. Does the parkour community's activities appear to be equal?
14. Does the Finnish Parkour Association's activities appear to be equal?

Possible discrimination in parkour

15. Have you noticed that the language used by parkour practitioners, instructors, or others working in the parkour community discriminates against some groups of people? (For example, jokes related to gender or sexual orientation, racist comments, ableism: discrimination based on disability)?
16. Have you faced or witnessed discrimination in parkour?
17. If you have observed discrimination, where do you suppose the discrimination is directed? (you can select multiple options)
18. If you would experience discrimination in parkour practice or other parkour activity, would you know who to contact?

Gender equality in parkour

19. Do you think there is a majority of a certain gender in parkour, and if so, which gender?
20. Do you think that representatives of different genders have the same opportunities to practice parkour?
21. Do you think parkour profiles more as a sport of a certain gender?
22. Do you know people who are interested in parkour but have not come to try instructed parkour?
23. Do you know people who have come to try parkour but have not continued the hobby?
24. Do you think some of these groups have barriers doing parkour? If yes, explain what the barriers are.
25. What do you think could be done in the future to promote equality in parkour? (open-ended question)
26. Anything else you want to say about equality in parkour / feedback on the survey? (open-ended question)