

## Worried about something?

There is someone you can turn to.

You can speak to an adult you know, such as a **parent**, a **teacher**, your **club welfare officer**, a **schools nurse**, or an **older friend**.

They are all there to help.

If you feel you want to talk to someone else you can call Childline:

# 0800 1111

Website: [www.childline.org.uk](http://www.childline.org.uk)

**NSPCC**  
Cruelty to children must stop. FULL STOP.

Other useful websites are:

[www.bullying.co.uk](http://www.bullying.co.uk)  
[www.there4me.com](http://www.there4me.com)

### Don't keep it to yourself!

Accredited riding clubs/schools should be able to show you:

- Child Protection Policy document and guidelines.
- Accreditation from an affiliated BEF member organisation.
- Current insurance provision.
- The current qualifications of their instructors and coaches.
- Examples of education and training.

#### Contact details:

Affix member Body Contact details for Lead Welfare Officer here:

More details at:

[www.bef.co.uk](http://www.bef.co.uk)

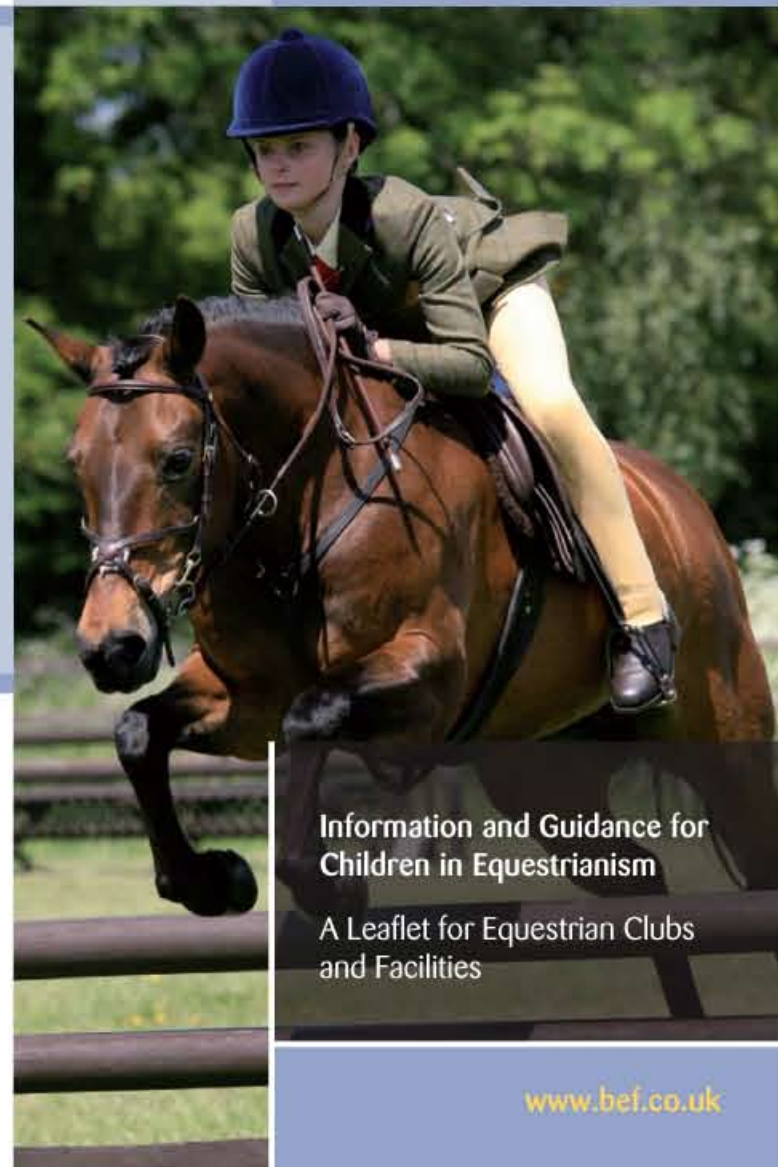
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**BRITISH  
EQUESTRIAN  
FEDERATION**



Information and Guidance for  
Children in Equestrianism

A Leaflet for Equestrian Clubs  
and Facilities

[www.bef.co.uk](http://www.bef.co.uk)

[www.childline.org.uk](http://www.childline.org.uk)  
[www.childline.org.uk/scotland.asp](http://www.childline.org.uk/scotland.asp)  
T 0800 1111  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
T 0808 800 5000  
Parentline - Scotland  
T 0808 800 2222  
[www.children1st.org.uk](http://www.children1st.org.uk)  
[www.childprotectioninsport.org.uk](http://www.childprotectioninsport.org.uk)



Adapted from the 'Stay Safe and Have Fun in Sport' leaflet with thanks to CHILDREN 1ST and sportscotland.



Children and young people are the future of the horse industry and any child who is involved should be able to participate in a fun, safe environment, and be protected from harm. There is no doubt that involvement with horses, be it in a sporting or leisure context, can have a very powerful and positive influence on young people.

These positive effects can only take place, however, if equestrian sport is in the right hands - those of professionals who have the welfare of young people at heart, and who operate within an accepted ethical framework.

The British Equestrian Federation (BEF) places the highest priority on safety and enjoyment, it recognises that it has a duty of care towards children within the horse industry.

Any organisation, establishment or individual providing riding or horse management opportunities must do so with the highest possible standard of care.



#### All personnel should adhere to the following principles:

- Ensure experience at Equestrian Events is fun and enjoyable.
- Be an excellent role model, do not drink alcohol or smoke when working with young people.
- Treat all young people and vulnerable adults equally.
- Respect the developmental stage of each young person.
- Wherever possible conduct all training and meetings in an open environment.
- Build relationships based on mutual trust and respect.
- Avoid unnecessary physical contact with young people.
- Where supervision is required, involve parents wherever possible and ensure that adults work in pairs.
- Communicate clearly and regularly with parents.
- Be aware of any necessary medical conditions or physical information.
- Keep up to date with the technical skills, qualifications and insurance issues within the BEF.

## Stay safe and have fun with horses!

**Don't let anyone spoil it!**

**Information for children and young people.**

Here are some notes to help you and your coach stay safe:

**Your club/school is there to help you learn safely and enjoy it by:**

- Treating me as an individual.
- Helping me, but not bullying me to make me do things.
- Explaining things clearly for me when I am being coached.
- Speaking to me with respect.
- Making sure the equipment is safe for me to use.
- Being a good role model and having fun.

**Just as your coach has responsibilities to make riding safe and fun; so do you! This means:**

- Respecting people who are there to coach me.
- Accepting what I am asked to do to help my riding and keep riding safe.
- Being prepared and on time for lessons.
- Doing my best at all times.
- Never bullying other riders or people at my club/school.
- Telling my parents or carer and coach where I am or if I am going to be late.

