

Stay safe



and have fun around horses

Everyone should be treated with respect and should show respect to others. If there is something worrying you, there is someone you can talk to.

Club/Centre:

Safeguarding Officer:

Email:

Phone:

BHS Safeguarding team

Call: 02476840746

Email: safeguarding@bhs.org.uk

Safe to play website

[https://](https://equestrian.safetoplay.co.uk/)

equestrian.safetoplay.co.uk/



10 GOLDEN RULES OF SAFEGUARDING

Safeguarding means protecting adults at risk, children, and young people from harm, abuse, or neglect. Working together, we can make the BHS a safe place - with everyone's wellbeing at the forefront of all we do.

- 1 Safeguarding is for all of us - it's there to keep you and our participants safe.
- 2 In all areas of life, including the BHS, individuals can and do share information about safeguarding issues (a disclosure) which we must act on.
- 3 Make sure you know who your lead Safeguarding Officer is, and how to contact them.
- 4 Pass on any concerns you have to your lead Safeguarding Officer, however small they may seem.
- 5 Ensure you've read and understood the BHS Safeguarding Policy.
- 6 Ensure you are always with someone else or in sight and hearing of others when you are with a child, young person, or adult at risk.
- 7 Only make physical contact with others when absolutely necessary or specifically requested to do so. Always seek permission first.
- 8 Keep yourself safe online, and make sure all online interactions are appropriate. As an adult, it is not appropriate to have social media friendships with a child, young person, or adult at risk.
- 9 If you must communicate online with a child, young person, or adult at risk, ensure a third responsible person is always included in all messages.
- 10 Treat everyone equally, with respect and dignity.

