

**SAFE
TOPLAY**

Say Something if you See Something

British 
Equestrian

Safe to Play Advanced Workbook

Name:



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Notes for Parents and Carers

This workbook has been designed to help young people aged 14 years and over understand safeguarding in equestrian sport and how to recognise when something doesn't feel right, either for themselves or for others.

The content encourages open conversation around boundaries, safe relationships with adults and peers and how to speak up if something doesn't feel right. It also introduces them to the Safe to Play campaign, including how to report a concern and where to access further help and advice.

Some of the topics explored may be sensitive or raise questions. You can support your child by taking the time to talk with them about what they've learned, reassuring them that it's always okay to speak up, and exploring the Safe to Play website together.

This resource has been created by **British Equestrian** as part of their **Safe to Play** campaign to help educate and empower young people across the equestrian community.



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Theme 1

**We all have the
right to feel safe
at all times.**



Part one: Watch and reflect

The Safe to Play campaign aims to ensure everyone is able to keep themselves and others safe from harm.



Activity: Watch the Safe to Play campaign video (<https://vimeo.com/891096598>) and answer the questions below. It may be a good idea to read the questions before watching the video so that you can keep them in mind.



The video contains potentially distressing or challenging content, so please take a break whenever you need it.

Why is it important that we talk about situations like this, even if they can feel uncomfortable?

How do you think Chloe felt when she first arrived at the riding school?



What were some early signs that the coach's behaviour wasn't right?



Why do you think Chloe found it hard to tell someone what was happening?



How could other people at the yard (friends, parents, staff) have helped?



What do you think the riding school could have done differently?



If you were worried about a friend being treated badly, what would you do?



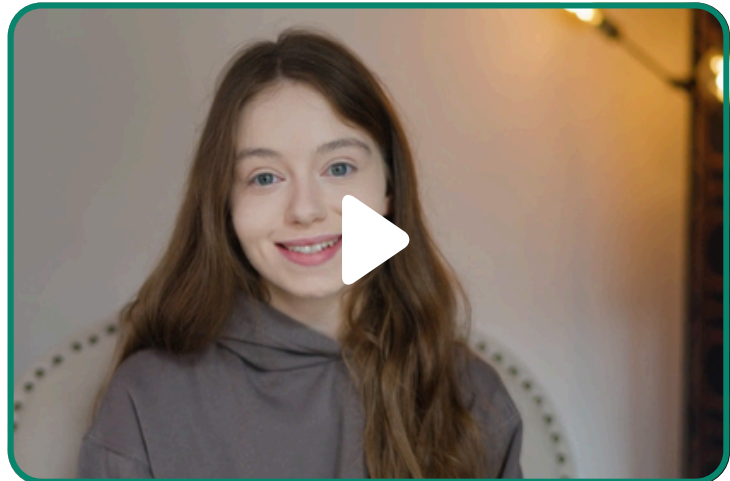
Reflection

The next two short videos will help you think more deeply about what can happen when something doesn't feel right, and how the right support from adults and friends can make a difference.



This video
(<https://vimeo.com/877080300>),

shows Chloe after the safeguarding concern had been handled correctly.



This video
(<https://vimeo.com/891081639>)

shows Chloe's friend looking back on what happened and signs that something wasn't right.

These videos highlight that speaking up, whether it's you or a friend who's worried, can make a difference. Everyone has a role to play in keeping each other safe.



You've now finished **part one**. This is a good time to take a break, have a moment to yourself or speak to a trusted adult if anything has worried or upset you.

Part two: Scenario discussions



Activity: Read through each of the four scenarios and discuss what you would do. Think about what feels okay or not okay, who could help and what steps you could take to keep yourself or others safe.

Scenario One



During a training session, you see a coach pat your friend on the bottom as she dismounts her pony. Later, you see them alone together in the lorry park. The coach has his arms around your friend. As he leaves, you see her blowing kisses at him and giggling.

What would you do in this situation?

Scenario Two



At the Pony Club Championships, you've been selected to be part of the Showjumping team. Your times are late in the day, so you have the chance to watch everyone else's rounds.

Sam, who said to you earlier that she was pretty nervous as the fences looked massive, misses out a fence in the course. From the other side of the ring, you can hear her dad shouting and swearing at Sam.

You can see that Sam is crying as she leaves the ring and rides straight past you all to head back to the stables.

What would you do in this situation?

Scenario Three



As you walk back to your lorry, your phone pings and there are a few negative comments in your group chat, as Sam's elimination has put a lot of pressure on the rest of you to do well.

You also notice that videos of Sam's elimination have been posted on Tiktok by a couple of your friends, with negative comments in the caption and comments.

What would you do in this situation?

Scenario Four



You're completing your Young Equestrian Leaders Award and are volunteering at your local stables. You're leading a 12-year-old girl who is just learning to ride. During one of the sessions, you notice she has marks on her arms and it looks like she's been cutting herself.

What would you do in this situation?



You've now finished **part two**. This is a good time to take a break, have a moment to yourself, or speak to a trusted adult if anything has worried or upset you.

Theme 2

Nothing is so awful
that you can't talk
to someone you
trust about it.



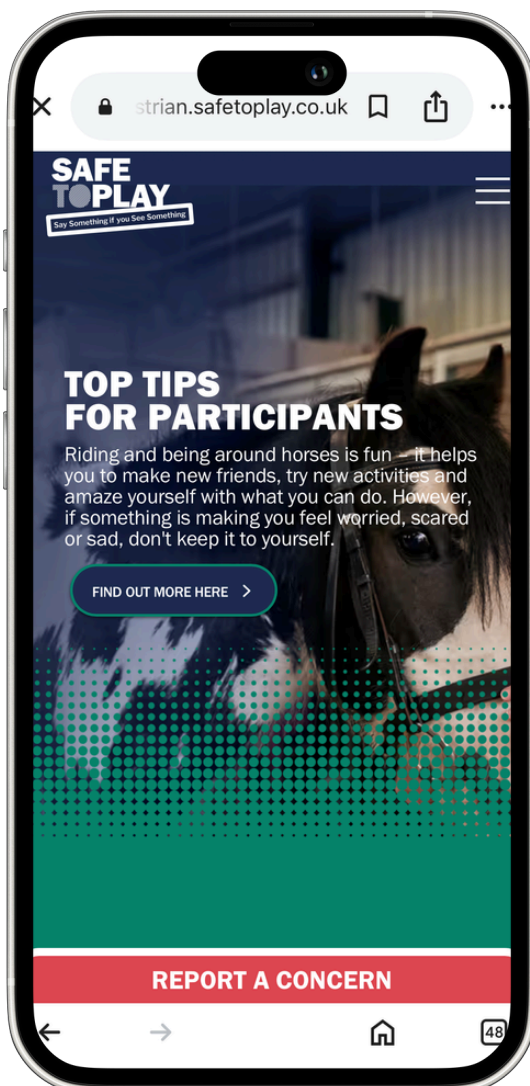
Part three: **Safe to Play** campaign

The British Equestrian Safe to Play website is full of helpful information about keeping safe in equestrian sport. In this section, you'll explore the site to learn where to go if something doesn't feel right, for you or a friend.

Activity - Take some time to:



- Find out how to report a concern
- Read the Top Tips page and other helpful resources on the Safe to Play website
- **Bookmark the page** on your browser for easy access



You can report a concern by clicking the button at the bottom of the **Safe to Play homepage** - it's quick, confidential and easy to use.

The **'Top Tips'** page has great advice for both participants and parents on how to stay safe and spot when something might not be right. It's a useful page to check out!

The **'Wellbeing'** page has tips on handling competition nerves, pressure, bullying and other things that can affect how you feel.

Congratulations!

You've now completed the Safe to Play Advanced Workbook. You've thought about some important topics and explored how to keep yourself and others safe in equestrian sport.

Key messages to take away:

- **Safeguarding is everyone's responsibility** - if something doesn't feel right, it's okay to speak up.
- **Trust your instincts** - if you or your friend feel uncomfortable, don't ignore it.
- **You are not alone** - there are people who will listen and support you.
- **The Safe to Play website is there for you** - use it to find advice and stay informed.
- **Say something if you see something** - even small concerns are worth sharing.

If you ever feel worried...

Talk to a trusted adult, your centre or club's Safeguarding Officer or visit <https://equestrian.safetoplay.co.uk/>.