

## How to protect yourself from an unwanted approach and risk of harm whilst out riding.

Not everyone has someone to ride with, so you may find that you often ride out alone. Would you know what to do if you were approached in an unwanted and inappropriate way when out riding?

Such incidents are rare, but before you set off, make sure you;

- Have your mobile phone with you,
- Tell someone where you are going and how long you think you will be out. That way if you don't return to the yard someone will realise and raise the alarm.
- If you have a smartwatch, turn on GPS and location sharing with another
- When you're riding make a mental note of the safe spots along your route. That way, you'll know where they are in case you ever need one.

### Dealing with an unwanted approach

Trust your instincts - if you feel you are being followed or something is not right, return home or get to safety immediately. If this is not possible, try following the steps below;

- Ride confidently so that you are not an easy target. Avoid making eye contact with anyone who you think may be following you but do glance around so you're aware of your surroundings. If a would-be attacker feels that you'd be a difficult target, they are more likely to leave you alone.
- If a potential attacker raises their voice or says insulting things, don't get into a shouting match. Stay calm. If you feel it appropriate, contact police via 999.
- If a potential attacker grabs you, do everything you can to stop him or her from pulling you from your horse. Shout at them to leave you alone, if you think you can without losing control your horse.
- If you have the chance to get away and escape a potential attack, do it.
- If a potential attacker asks you for your wallet, try throwing it in one direction and then ride off in the opposite direction. Some may take a second, old mobile phone to divert thieves, so you can retain the 'working phone'.
- Never turn your back on your attacker. It allows them a chance to attack you as you turn.
- Escape as fast as you can and get to safety.
- Call the Police as soon as you are able and explain what has happened.

If at any point you feel you would like to talk to British Equestrian regarding a safeguarding concern, please contact [safeguarding@bef.co.uk](mailto:safeguarding@bef.co.uk) or call 02475313443, or contact the safeguarding officer for your discipline's Member Body.

More information about how to report a safeguarding concern can be found [here](#).

If you want to talk to someone else, you can call Childline on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk).

If someone is in immediate danger, call the police on 999.

Extracts taken from <https://www.wikihow.com/Defend-Yourself-from-an-Attacker>

Further information is available on <https://www.bhs.org.uk/go-riding/riding-out-hacking/>