

ACTIVE AFTER DARK

FEMALE SAFETY

17 SEPT 2025



BOLDLI



WELCOME

PACKED PROGRAMME

MICROPHONES

SLIDO

SLIDE DECK & RECORDING





We believe in the power of Physical Activity & Sport to transform lives and communities, to tackle inequalities and create a healthier, happier county.



WELLNESS WEBINARS

- **Provide a platform** to share knowledge, expertise and connect with partners
- **Seek to change mindsets** on how women and girls can be supported through key life stages to be active in a way that suits them
- **Provide an opportunity** to explore collaborative working to influence the system to remove barriers currently preventing women and girls from being as active as they'd like

AGENDA



Our Streets Now

OUR STREETS NOW

GEORGIA THEODOULOU -
HEAD OF PARTNERSHIPS &
DEVELOPMENT

BOLDLI

BOLDLI

NATASHA EDWARDS AND STEPH MCCALL -
FOUNDERS OF BOLDLI.

 RunTogether

ENGLAND ATHLETICS

ALISON GOONAN AND TRACEY FRANCIS -
RUN TOGETHER NETWORK


goodgym®

GOODGYM

JACK DA SILVA - OPERATIONS TEAM AT
GOODGYM.

WHY FEMALE SAFETY?



72% of women in the UK change their outdoor activity routines during winter due to safety fears



Many are avoiding areas, adapting clothing, taking precautions or discarding physical activity

This is a systemic issue that benefits from cross-sector collaboration.



The effects of this leads to negative wider outcomes for women

- Health inequalities
- Social connection
- Loss of autonomy
- Loss of representation
- & more

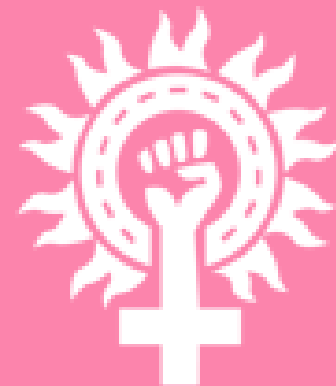




How does this topic resonate with you?

Understanding Sexual Harassment in Sports

Georgia Theodoulou



Our Streets Now

Quick Intro



Content warning



Have your phone handy



No one has to talk to anyone else- don't panic



Who are Our Streets Now?



Leading UK organisation on public sexual harassment



Educators, legal campaigners & experts



Working in sports, schools, universities and workplaces



Achieved legal change on public sexual harassment- imminent law change that affects us all





What conversations are you already having at work, or in your personal life, about misogyny, restrictive gender stereotypes and/or sexual harassment?



What is something you'd like to get out of today's training?



The Problem



Our Streets Now

What is public sexual harassment?

Public Sexual Harassment (PSH) comprises **unwelcomed and unwanted attention**, sexual advances and intimidating behaviour that occurs in public spaces, both in person and online.

It is usually directed towards women and often oppressed groups within society however, it can be **experienced by all**.



What does it look like?

Sexual Harassment can include:

Sexual comments, such as: telling sexual stories, lewd comments, calling someone by sexualised names.

Sexual jokes or taunting.

Deliberately brushing up against someone.

Interfering with someone's clothes.

Displaying pictures, photos or drawings of a sexual nature.

Online Harassment, such as: consensual and non-consensual sharing of nude and semi-nude images, upskirting, sexualised online bullying, sharing of explicit content and deepfakes.



Prevalence

**70% of respondents
had experienced
public sexual
harassment in
sports or exercise
(Our Streets Now)**

**21% of professional
female athletes
experienced sexual
abuse as a child
(UNWomen)**

**80% of women
football coaches
experienced
sexism in a
coaching
environment (Kick
it Out)**

**92% of women fear
for their safety
while running
compared to 28%
of men (Adidas)**

**70% of women have
experienced a
negative interaction
at the gym which
made them feel
uncomfortable
(Fitrated)**



But it's not just about gender...

The prevalence and nature of PSH are shaped by racism, ableism, homophobia, and other forms of prejudice.

- **92%** of girls with a disability, **90%** of LGBT+ girls and **88%** of mixed race girls have experienced sexual harassment compared to **75%** of all girls (Plan UK)
- **20%** of all elite female athletes have witnessed or experienced racism in sports (UN Women UK)
- **75%** of male athletes have heard their teammates use homophobic language (Denison & Toole, 2020)



Long-Term Impacts



80% have changed their exercise routine due to harassment and intimidation with 35% avoiding exercise altogether (Our Streets Now)



18% of women who experienced a negative interaction at the gym subsequently quit (Fitrated)



35% of girls believe they're not supposed to be good at sports, while only 4% of boys feel that way (Women in Sport UK)

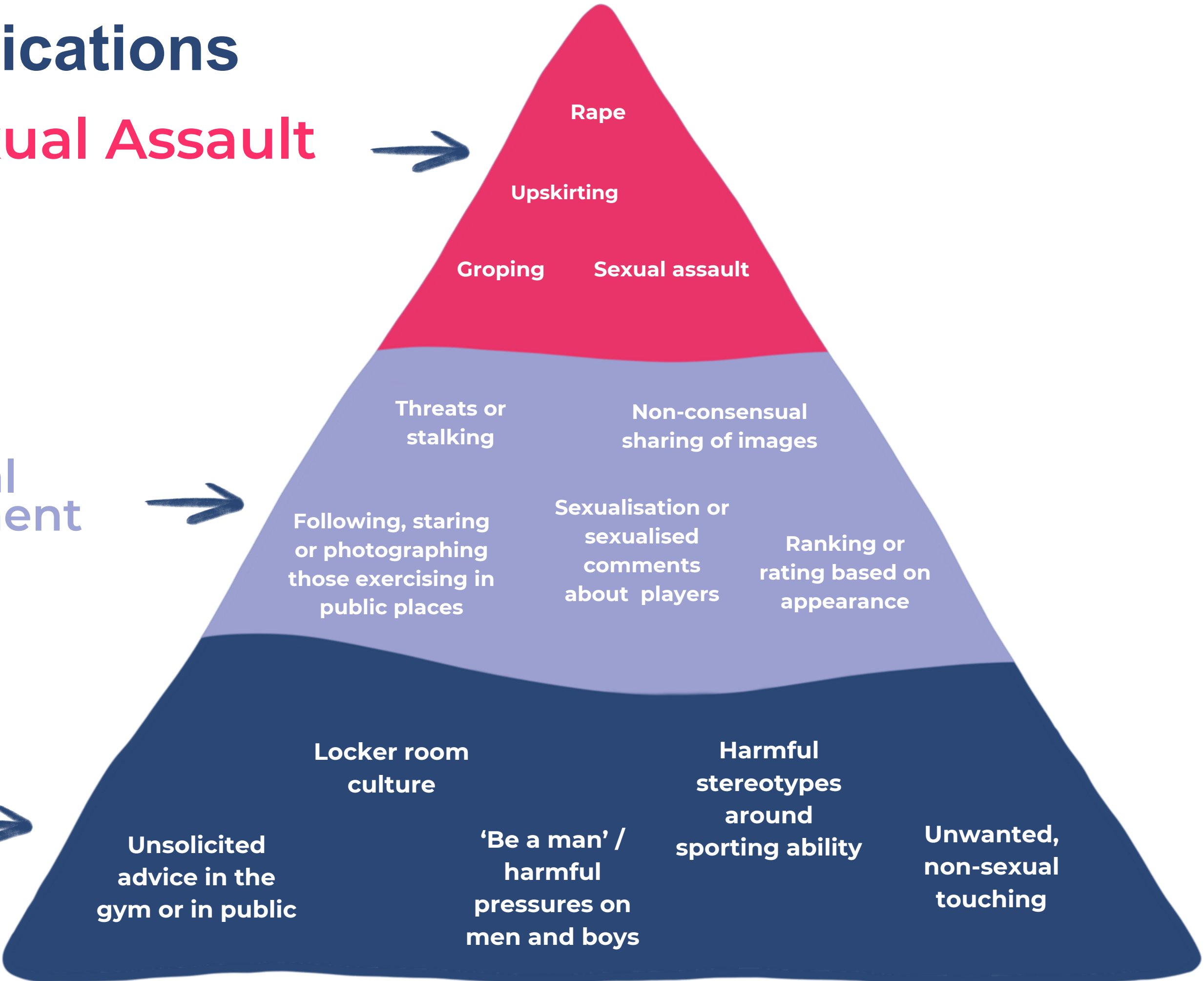


The Implications

Sexual Assault

Sexual Harassment

Attitudes



Who is reporting?

Only around 5-7% of women and girls disclose sexual harassment in sports or exercise.



Barriers to Reporting Sexual Harassment

Normalisation -
believing it's normal
or not thinking it is
worth reporting

Embarrassment or
shame about the
language or
behaviour used

Self-blame,
believing they are
somehow at fault

Unknown process,
not knowing *how*
to report

Fear of negative
consequences (or
no consequences) if
they do report



The Solution



Our Streets Now

Understanding and Defining Harassment



Intention

versus



Impact



Tackling the Barriers to Reporting



Initiate conversations



Have a designated person



Clear reporting policy



Change the way disclosures are handled



Common Attitudes

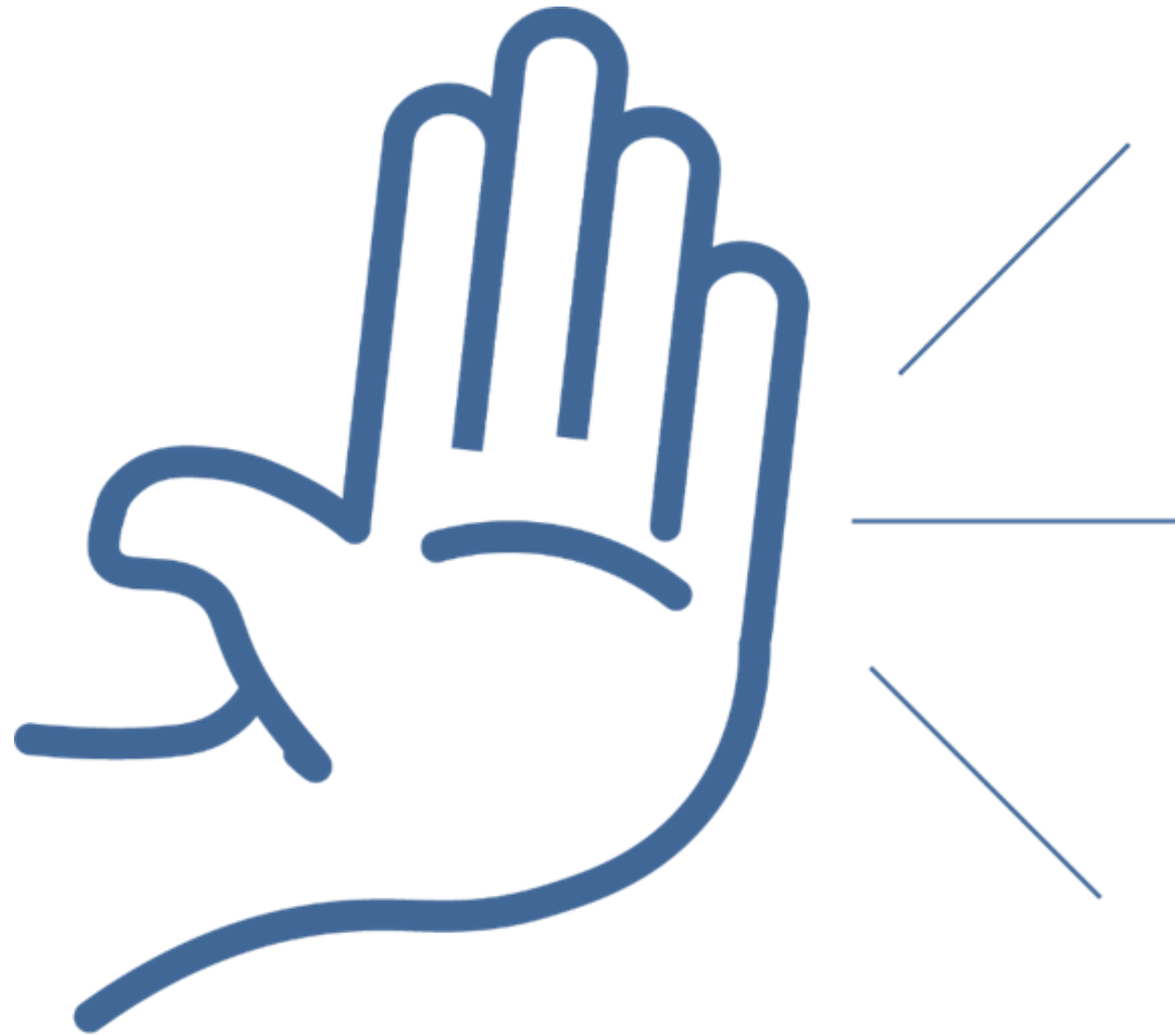
This is a men vs. women's issue. Women often lie about harassment which makes life dangerous for men

Men are always 'up for it' and therefore can't experience harassment and violence

Harassment is about attraction and compliments, it's often just misunderstood flirting



How to Challenge



- ▶ Show It
- ▶ Support
- ▶ Speak Out
- ▶ Check In
- ▶ Delay



Challenging Harassment

Challenging harassment in the moment can be difficult; here are some important things to bear in mind:

- Stay calm and firm
- Have a consistent approach to **tackling and naming** sexual harassment
- Challenge the **attitudes** that underpin harassment
- Engage **empathy**, name the harm, and **separate intention from impact**
- Remember you are speaking to the bystanders, not just an individual



And that's a wrap! Where to go next? Questions?

ourstreetsnow.org





BOLDLI

RUNNING SHOULDN'T BE A RISK: WHAT WE'RE
DOING TO CHANGE THE RUN AND WHY

[BOLDLIRUN.COM](https://boldlirun.com)
[@BOLDLIRUN](https://twitter.com/boldlirun)

We've got a running problem.

“Globally, women are 9% more likely than men to cite a lack of safe places to exercise as a barrier.

Yet in the UK, that figure rises to an astonishing 160% – women are more than twice as likely than men to cite safety as a concern.”

(Strava Year In Sport, 2023)

92% OF WOMEN ARE WORRIED ABOUT THEIR SAFETY WHEN THEY RUN
ADIDAS, WITH WOMEN WE RUN

51% ARE AFRAID OF BEING PHYSICALLY ATTACKED
ADIDAS, WITH WOMEN WE RUN

72% OF WOMEN CHANGE THEIR EXERCISE ROUTINES IN WINTER
THIS GIRL CAN, SPORT ENGLAND

50% of the population are having an issue continuing to stay active in a sport they love – or experiencing a blocker in getting into it in the first place.

Due to real fears about being attacked, followed or harassed while running, women are worried about their physical safety when running... particularly during winter months or in the dark.

These aren't just statistics —they represent millions of women missing out on the sport and movement they love because of fear.

'I quit running after being followed home by men'



Gender-based violence will not change unless men want it to, says Olivia Browne

Women are training for London Marathon in fear – I am one of them

Preparing for my first 26.2-mile race is tough enough without having to worry about personal safety when training in the dark

[Bookmark](#) [236](#) [Gift this article free](#) [Share](#)



This *isn't* just a women's issue.



Safety is everyone's responsibility.

When women feel unsafe, it affects entire communities: clubs lose members, health outcomes decline, and society misses out on stronger, more connected communities.

To make lasting progress, we need both *cultural* and *structural change*.

That means **safer public space design** — from better lighting to smarter planning of routes.

It means **run clubs embedding safety-conscious practices into their culture**.

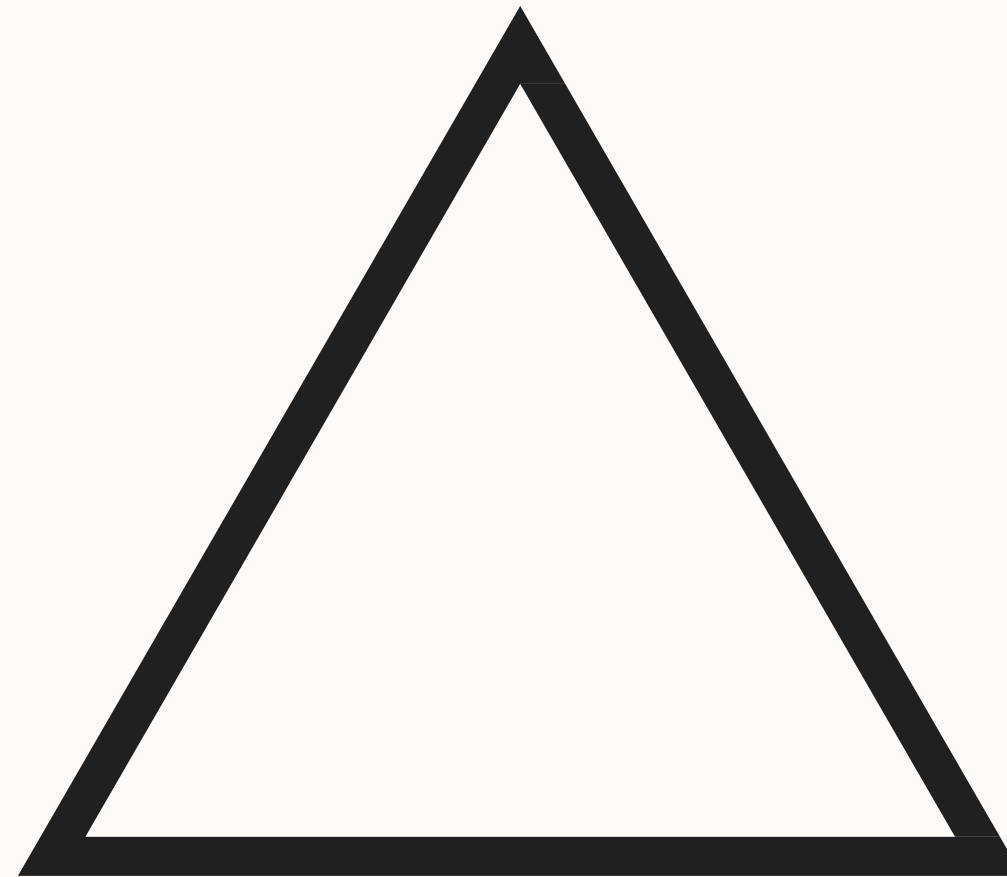
It means **normalising male allyship** — not as an optional add-on, but as an expectation.

Above all, it means building spaces and a culture where everyone feels free to move.

When we build safer spaces, everyone benefits.

Three barriers we see everywhere.

Running alone or lacking safe groups
(safety in numbers)



Poorly lit and often too
isolated/secluded routes
– unsafe city design

Cultural issues: lack of
awareness/education & failure to
tackle the root causes of harassment

We don't just want to TALK about this. We want to DO something about it.

1. Connect with every UK run group, in one place.

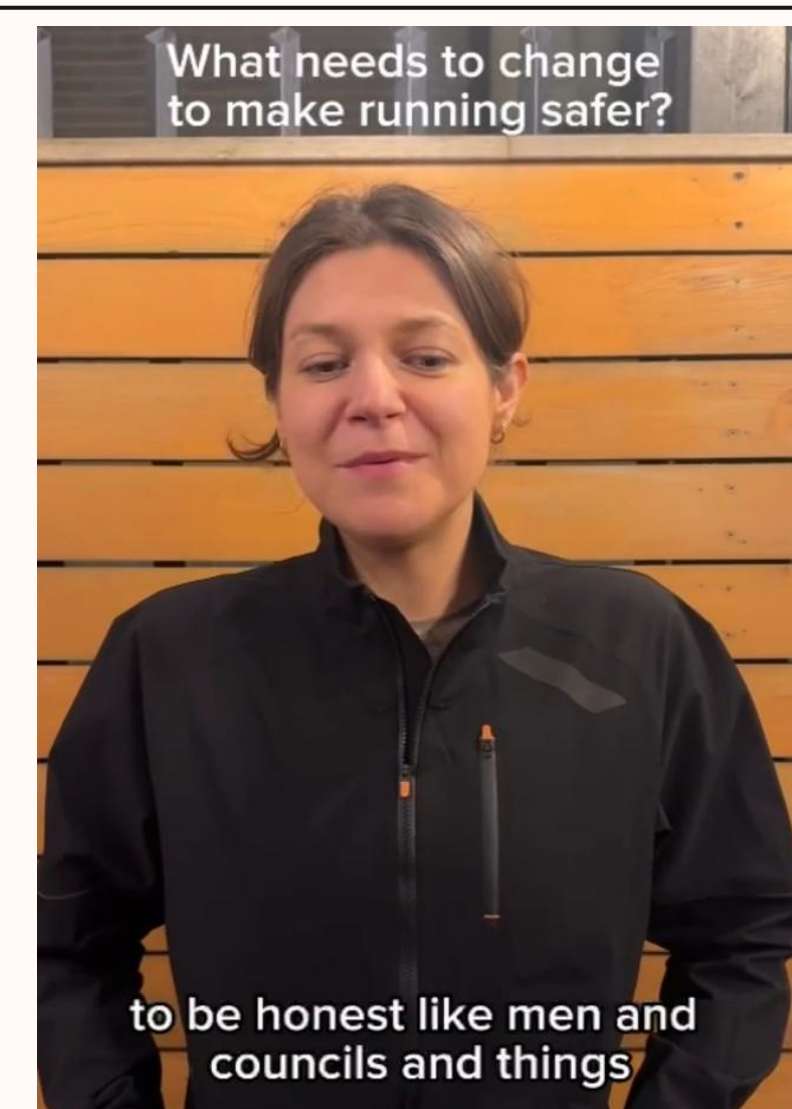
2024 saw a **59% increase in the number of running groups** – and **89% increase in women joining run clubs!** (*Strava, Year in Sport '24*) More are launching all the time, from run clubs to social runs, and women want to join them for both safety and social reasons. Safety in numbers is real. But there's no easy way to find them, plus get safety information, information on pace groups, social runs, female runs, etc. We want to make that easier – so **if you don't want to run alone, you don't have to.**

2. Increase awareness, educate others, and build community.

We KNOW that education is the answer. We're partnering with companies and brands that get it; providing shareable educational articles, resources and information for both run clubs and users, while highlighting user submitted stories to share experiences. Our goal is to create a universal code of conduct for run clubs – because the problems aren't always outside our community. We're still providing runs and events to shout about the mission and help people run together, such as our monthly run, and we're aiming to do as many around the UK as we can. We've got an amazing community you can join – even on Whatsapp, if not in person.

3. Find safer, lit routes.

Later, we're aiming to provide safe routes by working directly with local councils and the National Grid – eventually allowing users to find routes near them, report issues, and feed back to councils to show what is and isn't working.



sprinted to the end of the road where I could be visible, cut my run short and went home – and have never ran on the paths after sun down again

The bit I find most disappointing about the whole thing is that they were clearly designed by the city for runners / cyclists, yet they are quite simply not safe (or at least don't feel safe) for lone female runners

And a slight tweak in design – like leaving them visible to the roadside! – would have made them so much safer and inclusive 😞

The BOLDLI app

Run Clubs & Social Runs, all in one place.

CONNECT RUNNERS, TRACK SAFETY, AND AMPLIFY STORIES SO WOMEN ARE HEARD.

- Find run clubs and social runs, including women only
- RSVP to runs to add them to your calendar
- Rate their safety features through a tag review system
- Get verified information from run clubs and social runs on pace groups, run dates, club rules
- Discover educational safety resources & advocacy pieces



Welcome back
Natasha



★ Featured Runs & Clubs



These Girls Run

- 100 BOLDLI members
- 5km
- Saturday 26th April
- Victoria Park

[View Run](#)



Clapham Chase

- 50 BOLDLI members
- Interval, social
- Every Monday
- Battersea

[View Run](#)

 **Find Your Match** [View All](#)



Women Only

Safe, supportive runs for women



Trail Running

Hit the trails with a crew

 **Hot Right Now**



These Girls Run

- 100 BOLDLI members



These Girls Run

-  Battersea Park
-  100 BOLDLI members

[Join Club](#)



Not Verified

The data for this run club or social run has been sourced automatically, and hasn't been verified by them yet. Contact the club directly for any questions or to confirm details.

About These Girls Run:

These Girls Run is passionate about creating Safe, Sweaty, Supportive spaces for all women at any stage of your running journey! We're an all-female running group.

BOLDLI members tagged:

 Home  Community  Search  Plan & Profile  Resources

Running Safety Survey

For too long, conversations about women’s safety in running have been based on limited data: small samples, single locations, or women-only feedback.

We’re capturing experiences from women and men across all ages, backgrounds, and locations. The contrast is clear already: **men tell us they feel safe almost all the time. Women tell us they never feel safe running alone in the dark.** This gap is undeniable.

By turning these experiences into global data, we can push for systemic change: influencing councils, educating clubs, shaping our tools, and most importantly, giving women’s voices the weight they deserve.

- **Why it matters:** turning experiences into undeniable, global data
- **Why it’s different:** includes men, crosses ages/locations, wider scope than past surveys
- **What we’re asking:** safety concerns, experiences on streeets and in run clubs, what changes people want
- **How it will be used:** inform BOLDLI actions and code of conduct, shape app features, present to councils, orgs, clubs

Does your sense of safety when running alone (or in general) change depending on the time of day or season?



**I always feel safe - male only*

What solutions do you think would be useful to make running safer?

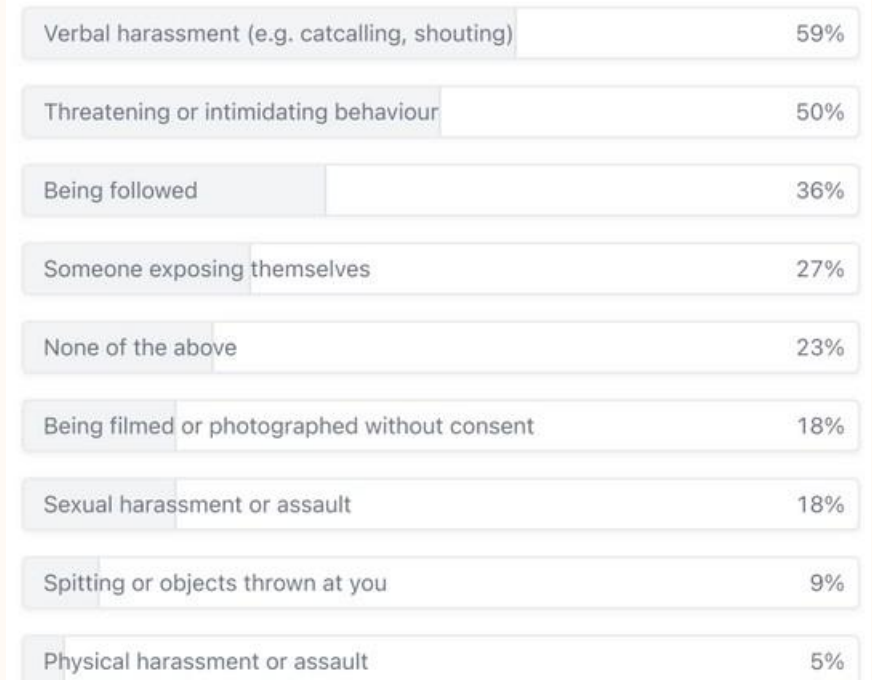


What are your safety concerns about running alone?



**I don't have any concerns - male only*

Have you ever experienced any of the following while running?



BOLDLI x Altra Stay Out There: She Runs Free for Kielder Marathon

In partnership with Altra and the Kielder Marathon, we've created the **She Runs Free Team** —a group of women from all across the UK training for Kielder together.

The aim is simple: to remove barriers that stop women from running, whether those barriers are safety concerns, lack of support, or previous challenges with training. The team was selected through an open application process, bringing together women with different running backgrounds, experiences, and stories of female safety issues.

We're documenting their journey on social media, sharing their training, challenges, triumphs and worries about safety to highlight the realities of women's running and normalise these conversations publically. By building visibility, support, and community around these women, we're raising awareness of the issue and showing what's possible when women are empowered to run free —safely and boldly.

Projects like this create ripple effects: they highlight the barriers, showcase the solutions, and push brands and councils to act.



Other social events, community and partnerships for awareness

- We have a monthly women-only social run that we host in South West London – bringing together familiar faces alongside newcomers every run as both a way to raise awareness and support women who don't want to run alone. We aim to bring more runs across the UK, and we also offer one-off events where possible
- Our WhatsApp community is a safe space for women to share their stories, experiences, and connect with each other, whilst striving to make change
- We have collaborated with premium running apparel brand, SOAR, on one of their 'Light the Night' events with >100 people wearing lights whilst running across a very dark Hampstead Heath - empowering for everyone involved, and supporting bigger brands bringing awareness to the issue



What women are telling us...

LOVE what you're doing and wish I lived in London to take part! One of many scary running stories...

I live in on the outskirts of London and sprinted to the end of the road where I could be visible, cut my run short and went home - and have never ran on the paths after sun down again

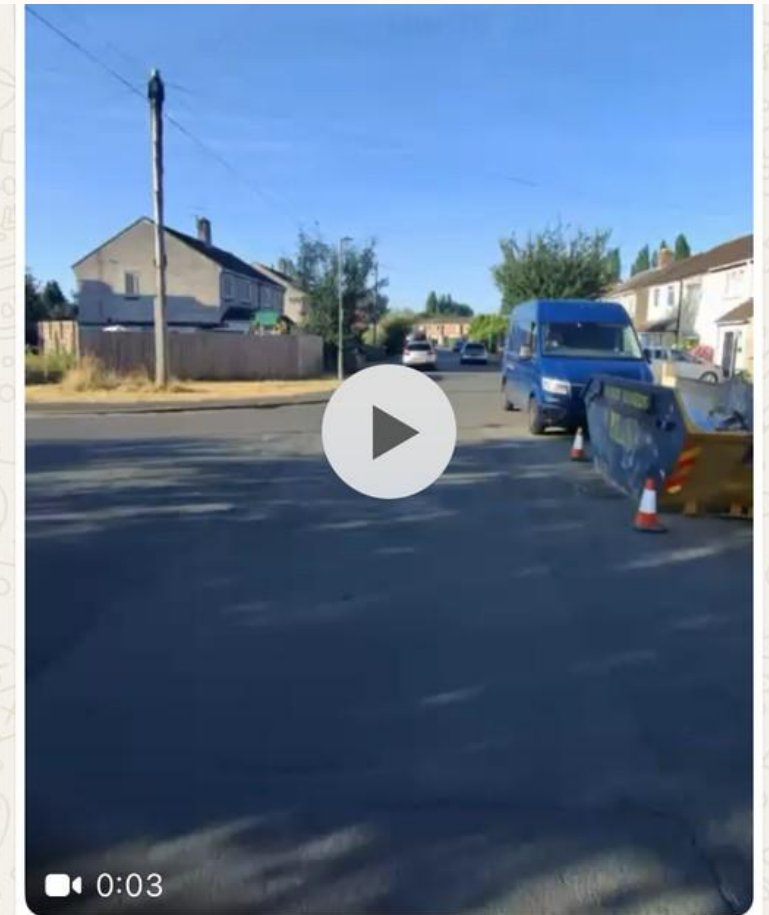
The bit I find most disappointing about the whole thing is that they were clearly designed by the city for runners / cyclists, yet they are quite simply not safe (or at least don't feel safe) for lone female runners

And a slight tweak in design - like leaving them visible to the roadside! - would have made them so much safer and inclusive 😞

20km run before 8am: laughed at by a guy in a van, leered at by a delivery driver who saw me go into my house, and shouted at by a middle aged guy in a convertible mini, apparently because he thought I wasn't looking happy enough. What is wrong with men. 08:48

I got whistled at this morning - just after 7am... I was in shorts & a crop top. Like what do you want me to wear it's like 1,000 degrees at 7am 19:17

But it's okay for guys to run or walk around in public topless?? 19:18



This was a new one. Getting videoed running past a van. He'd leered at me five or so minutes earlier 🤔😞 09:29

🤔😞 2

That's so disgusting – Jesus. I know it seems 'dramatic' but please report to the police if you haven't already! I'm so sorry that happened :(10:18 ✓

...and what happens when women are supported.

*"From the first time I joined the BOLDLI group runs, I felt 100% welcomed and immediately integrated into the brilliant community of likeminded women. [...] It's also important for me to mention the feeling of safety [...] **Particularly during the winter when the nights are long and dark, having a group to run with removes the fear and reluctance to get out and run, helping me to feel confident running all year round.** Thank you Natasha, Steph and Rose!"*

- ELLIE, one of our BOLDLI members!

Just had a half hour chat with two women police here in Oxford, and have sent them links to 14 local running groups plus three parkruns. They're keen to get an initiative going here, speaking to women runners to tackle street harassment and antisocial behaviour. They're taking it really seriously ❤️

17:01

Not great....whats wrong! Lots of educating to do.
Great you got your long run done though! 🙌

Heading off now myself....anyone up for some shared miles?

08:52

Hi lovely finding your account
I've started a little running group so good to share inspo

I love what you're promoting, I'm doing the same but in the east Midlands 🥰

21 FEB AT 10:03

Absolutely love to hear it! It needs to be everywhere – hopefully sometime we can do a collab run 🥰

21 FEB AT 11:51

That would be fab, would love that 🥰

Tap and hold to react

This evening I joined @boldlirun for their Wednesday night run club (Xmas themed) ★★★★★ 🎄

Started shy and nervous but wasn't shy and nervous by the end xxx

10/10 loved it. The NICEST people. If you're south west based and like me have struggled to find a local social run group then these guys are for youuuu. She will be going back best believe

What *you* can do to make change happen.

Take the **BOLDLI Running Safety Survey**

Your story matters – good or bad experiences; men, women, non-binary viewpoints – we want to hear about your experience. Add your voice and help us build a huge dataset on safety in running. **Take the survey here!**

Join our runs & community

Come to a monthly run or connect with others through our Whatsapp community! Safety in numbers makes a difference.

Join our monthly run: **RSVP now!**

Join the BOLDLI Whatsapp Community: **join now!**

Run clubs & organisations: *partner with us!*

Reach out to us to support our up-coming app, collaborate on safer spaces, and be part of the change.

Allies: *step up*

If you're a man, a coach, a colleague, or a leader – practice allyship. Call out bad behaviour. Commit to embedding safety-conscious practices. Small actions shift entire cultures.

Follow, share & shout about us

Follow us on Instagram **@boldlirun**, visit our website **www.boldlirun.com** and spread the word about the cause!

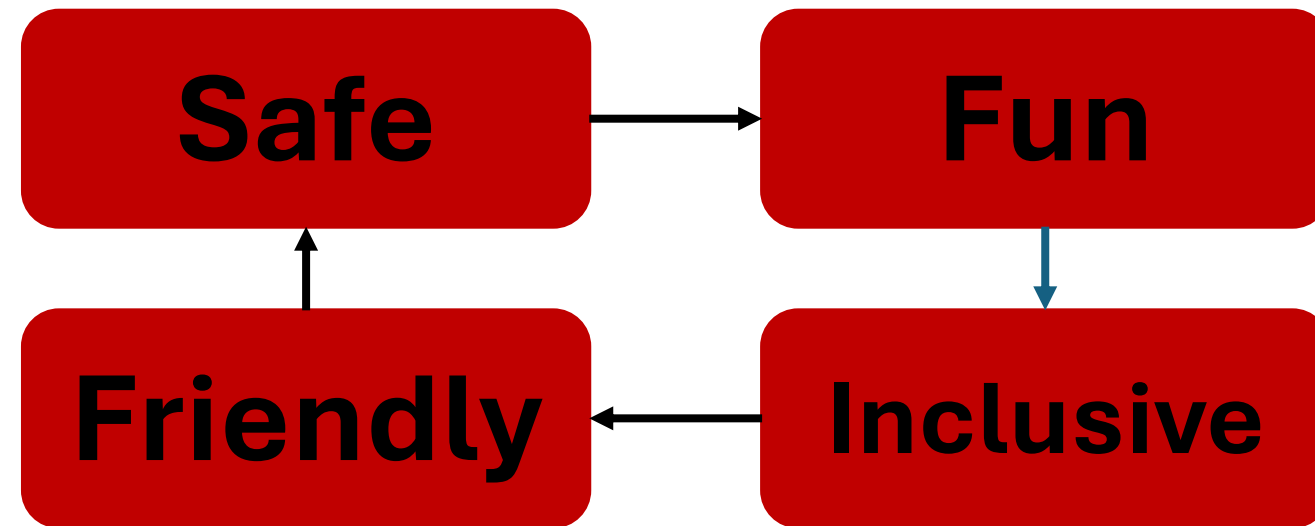
**Women shouldn't have to choose
between safety and sport.**

Together, we can make after-dark
running safe — not just for women, but
for everyone.

BOLDLIRUN.COM
@BOLDLIRUN

England Athletics – Safety in Practice

RunTogether is the national, social running programme by England Athletics which follows the values:



How we embed safety and support in RunTogether coaching:

All RunTogether groups are led by a qualified Leadership in Running Fitness (LiRF) Run Leader:

- ✓ Public liability insurance
- ✓ DBS check
- ✓ Qualified to lead runners aged 12+
- ✓ Access to support network (Run Leader Mentors)

How the wider RunTogether network plays a role in embedding safety and support

Resources: Guide to running in the dark safely

Run Leader responsibilities:

- **Route:** Inform runners of the route ahead of time and choose safe, well-lit routes.
- **Runner Check-In/Out:** Ensure all runners are registered for the session. Account for all runners at the start and end of the run.
- **Buddy System:** Offer women the option of a buddy runner, either male or female, for added comfort.

Group responsibilities:

- **Visibility:** Wear high-visibility, brightly coloured clothing/reflective gear. Use headlamps or headlights for visibility and consider LED red flashing lights (drivers associate blinking red lights with hazards).
- **Run in Groups:** Running with others increases safety. Confident runners at the front and back of the group. In mixed groups, you might place male runners at the front, middle, and rear.
- **Post-Run Review:** After the run, review the route to ensure everyone felt safe and comfortable.



England Athletics Supporting Let's Lift the Curfew Campaign

Launched by Sport England in collaboration with This Girl Can to raise awareness and promote a safer environment for women to engage in physical activities.

RunTogether groups rebrand their runs into #LetsLiftTheCurfew runs using the following advice:

- **Reading up:** night running tips and guide to running in the dark by England Athletics.
- **Clothing considerations:** wear high-visibility, brightly coloured clothing.
- **Sharing the event:** use the #LetsLiftTheCurfew in all social media related to your event.



Practical Tips & Strategies

Sharing your location

Always share your location with someone you trust before heading out for a run. Message this person when you arrive at your running location and once you have completed your run. Consider enabling live location tracking to keep them updated on your whereabouts.

Personal safety apps

Use a dedicated personal safety app such as Help Me Angela for additional security.

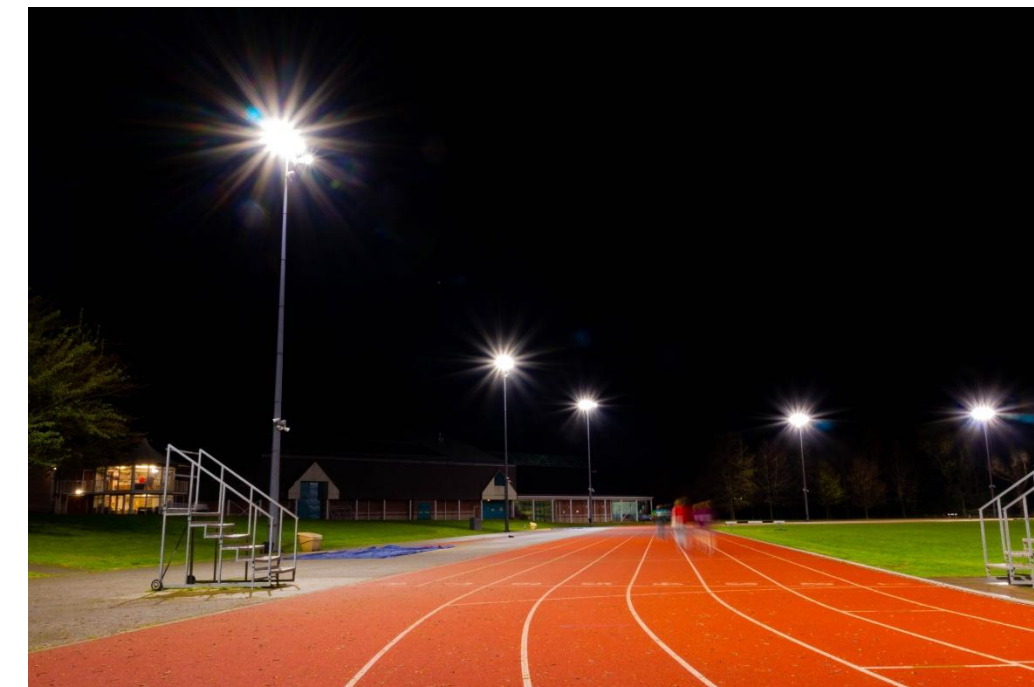
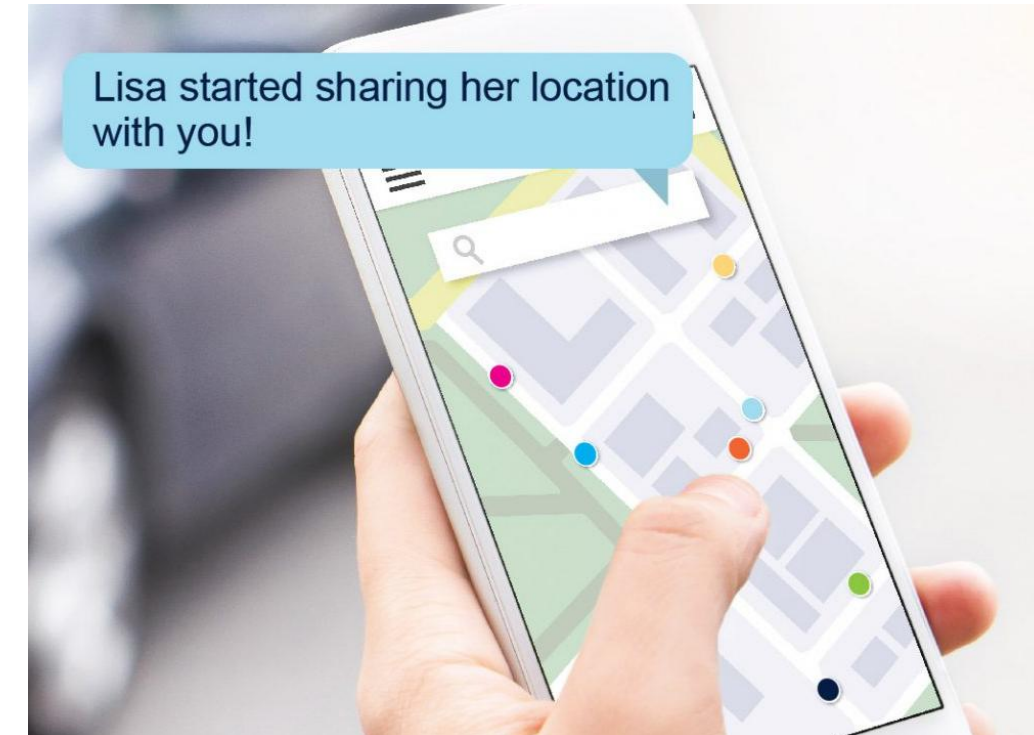


Meeting point

Choose a well-lit meeting spot with parking nearby. Runners may feel more comfortable if they do not have to walk far to their vehicles.

Venue

Consider running at alternative venues like athletics tracks or leisure facilities that are well-lit.





WOMEN'S NIGHT SAFETY FOR MEN



CONTENTS

- Who we are
- What we do
- The why
- Understanding the experience of women exercising at night
- Understanding how you can not cause harm while you're exercising
- How to be an ally
- Next steps

WHO ARE
WE

GoodGym is a community of people who combine their exercise with helping their communities.

Members support a range of community groups and local isolated older people.

GoodGym is unique globally.

Our vision is to make getting fit by doing good a mainstream activity in communities all over the UK and one day the world.

Currently in **65 areas** in England & Wales



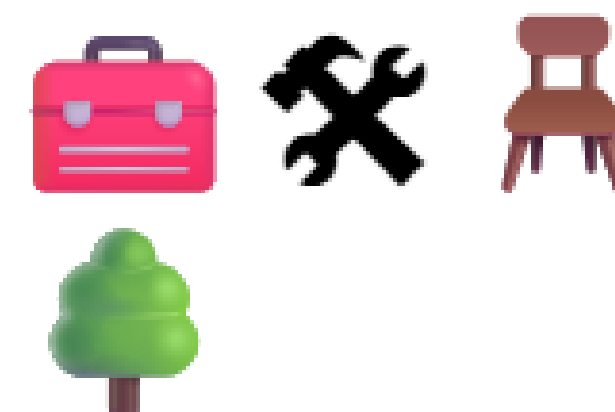
WHAT WE DO



1. GoodGymmers meet at an agreed start location and **walk, run or cycle as a group** to ...



2. **A local voluntary/community sector organisation** (food bank, charity shop, primary schools, local park, community gardens, youth centres etc.) where they help out with...



3. **A physical or practical task** (shifting donations, wheelbarrowing compost, planting trees, moving furniture, litter picking, weeding, painting walls)

What does a typical GoodGym session look like?

WHAT WE
DO

From the glamorous...

**GoodGym
Oxford**

Moving buckets
of manure at a
community
garden



WHAT WE
DO



...to the fun...

**GoodGym
Hounslow**
Setting up a train
set for a neuro-
diverse children's
play session

WHAT WE
DO

...to the helpful ...



**GoodGym
Southwark**
Moving a bed
downstairs
to help Mr D
get out of
hospital
more quickly

WHAT WE
DO

GoodGym Slough
Litter picking and
chatting with asylum
seekers to improve
their spoken English



...to the wonderful!

WHAT
WE DO

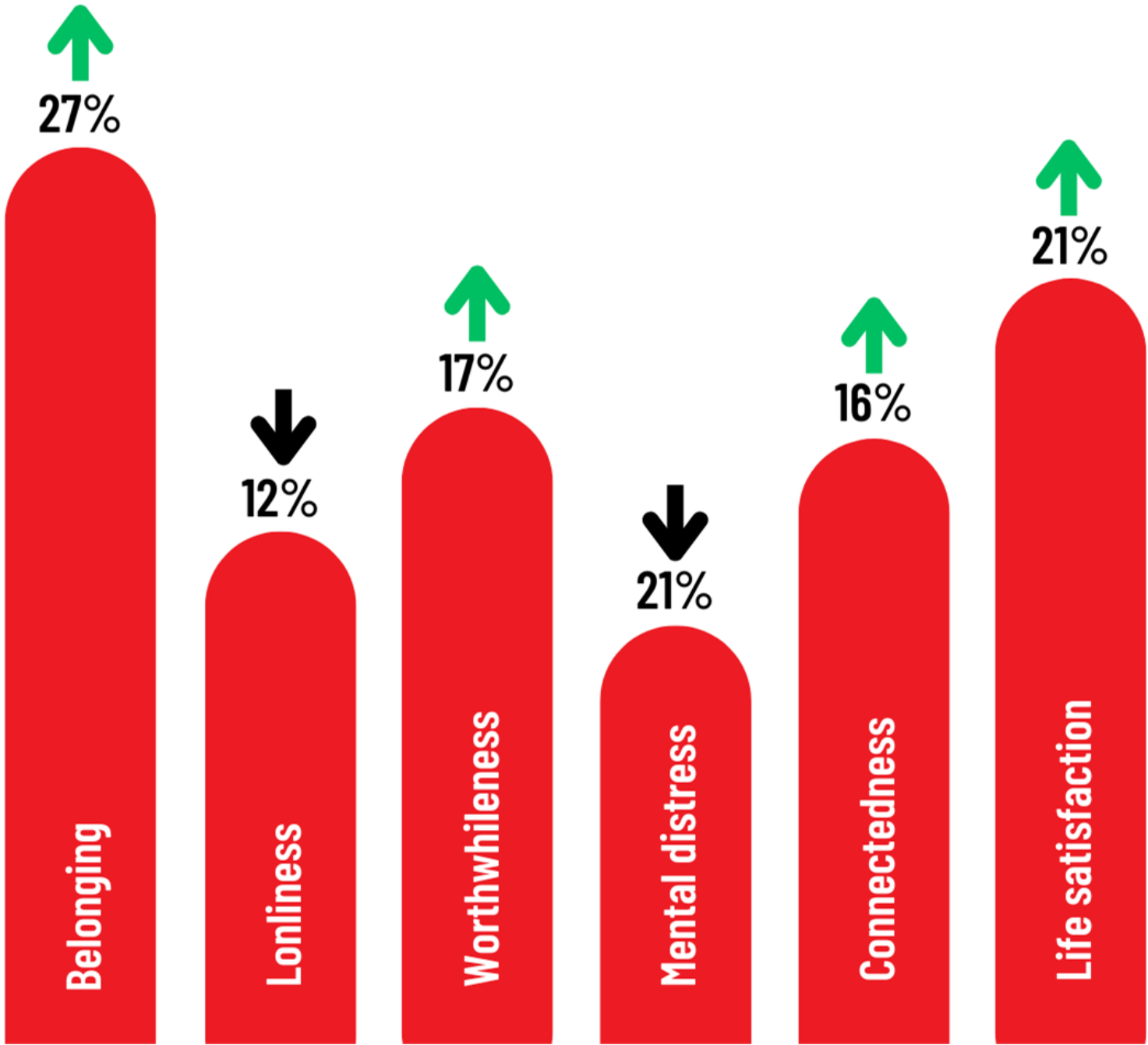
We also help...

Older People
Suffering
from
loneliness
and isolation



WHAT
WE DO

IMPROVING WELLBEING



THE WHY

The tragically sad murders of Zara Aleena, Sarah Everard, Sabina Nessa, Nicole Smallman, Bibaa Henry and Libby Squire were a big part of the background to this work.

GoodGym is **over 70% women** and we need to do everything we can to keep our community safe and represent the needs of our community.



THE WHY

Public space in the UK remains a dangerous place for women, particularly at night:

- **70%+ of women in the UK** have experienced sexual harassment in public
(Safe Spaces Now)

- **97% of women in the UK aged 18-24** have been sexually harassed in some way
(Safe Spaces Now)

- **9 out of 10 women** have had unwanted comments while running and a third have had someone follow them
(RunGrl)

- **82% of women** are worried about assault
(RunGrl)



THE **WHY**

Our core mission of creating happier, healthier and better-connected communities depends on everyone feeling safe to participate.

We believe that being able to exercise at any time is an important human right; women must not be excluded.

A lot of men just aren't aware of the sheer scale of violence, abuse and harassment towards women and girls.

Our approach is not helping women change behaviour, it aims to prevent negative behavior from men affecting women.

We codesigned our training with the community of GoodGymers and it was designed from what we were hearing and what would be helpful.



UNDERSTANDING THE EXPERIENCE OF WOMEN EXERCISING AT NIGHT

Women exercising at night are likely to have considered extensive safety considerations such as:

- Stopping running at night alone
- Running in areas that have higher traffic
- Knowing where the police stations are
- Always keeping their phone on
- Telling at least one person that they are going out for a run
- Carrying some form of weapon or being prepared to use keys
- Running only routes they know
- Deciding not to exercise outside
- Deciding not to exercise outside during winter months
- Avoiding using headphones
- Wearing clothing that aim to avoid male attention
- Using a safety system such as Strava beacon/live location
- Running slower to preserve energy to sprint just in case



UNDERSTANDING THE EXPERIENCE OF WOMEN EXERCISING AT **NIGHT**

“As a teen I only went out with my Dad running or in groups with my swim team or at school/uni. As a result, when I moved home after uni I didn't run again. I only started running through GoodGym due to the safety of the group runs.

I pay close attention to the surfaces I run on - could it cause me to slip/injure myself? Would this make me vulnerable? I never run at my best pace, in case I need a burst of speed in reserve to get away from an attacker”.

Caroline, London GoodGymer



UNDERSTANDING THE EXPERIENCE OF WOMEN EXERCISING AT **NIGHT**

“We are not scared of being punched. We are scared of being raped and killed. Nothing about our fears is irrational or cowardly”.

Robyn, runner based in London



UNDERSTANDING HOW YOU CAN NOT CAUSE HARM WHILE YOU'RE **EXERCISING**

Even if intentions are good, certain behaviors can cause harm - this is how to not cause harm:

- Don't comment:** Regardless of intent, compliments can be intimidating.
- Don't overtake close by:** Especially in the dark. Crossing the road is a powerful, simple action.
- Don't get too close:** Maintain a car width of personal space.
- Don't stare or follow:** Simple gestures like a brief nod or smile of acknowledgment are fine, but prolonged eye contact or matching someone's route can be alarming.



HOW TO BE AN **ALLY**

How to actively make things better:

Challenging sexist language:

- You are very influential on those around you. Behavioural science shows that people are most likely to listen to their peers - people they know, trust, and relate to.
- If you challenge something, those around you are likely to change their behaviour.
- Use simple, practical phrases: "That's not okay," "what do you mean by that?", "I don't find that funny."
- Use the Brighton and Hove SCB framework, which offers concrete responses you can use.



HOW TO BE AN

ALLY

Being an active bystander:

-defined by being aware of when someone's behaviour is inappropriate or threatening and choosing to challenge it

4 D's of Intervention:

1. **Direct action:** confronting the perpetrator
2. **Distract:** Creating a diversion to defuse the situation
3. **Delegate:** Involving others, like a group or venue staff
4. **Delay:** Checking in with the person later if direct intervention isn't safe



HOW TO BE AN

ALLY

Supporting within GoodGym:

- We connect the training back to our code of conduct
- We explain the importance of reporting concerns
- We discuss the role of session leaders in thinking about safety when setting up tasks (e.g. checking for well-lit routes)
- We provide practical advice for leaving a group session and being aware of women's concerns about safety and not putting anyone under pressure



NEXT STEPS

Our call to action for all male GoodGymers:

- Have a conversation with someone:** Discuss the training with someone you know.
- Consider how safe your group sessions are currently:** Reflecting on how their area's group sessions could be improved for women's night safety.
- Practice:** Intervening and challenging negative behaviour is difficult. They might not be able to do all steps straight away and won't always get it right. But trying is likely to be better than doing nothing.
- Share:** Share that they have completed the training and encourage other male GoodGymers to also complete it too.



THANK YOU.

If you're interested in chatting
further please get in touch

jackd@goodgym.org



SAFER SPACES TO MOVE HUB



More people
More active
More often

Gym, fitness and leisure facility based guidance and resources to support best practice in implementing and responding to claims and reports of sexual harassment, intimidation or inappropriate behaviours. All resources on this hub are free to access.

Resources include

- ➔ An operational handbook of policies, procedures and guidance
- ➔ Staff training through e-learning modules
- ➔ Practical guidance based on data and insights from women and girls

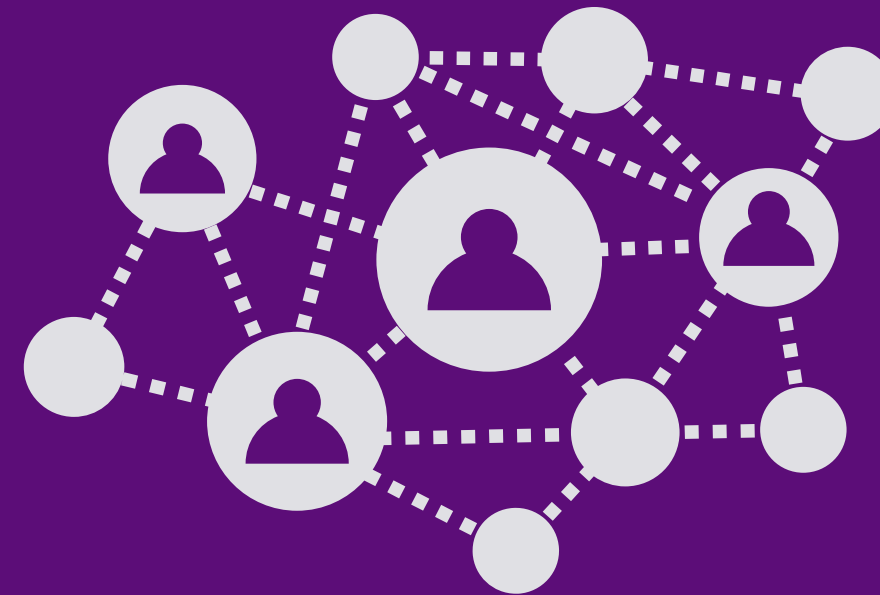


WHAT'S NEXT?



FEMALE SAFETY TRAINING

- Free workshop, which will be tailored to attendees, and led by Our Streets Now.
- Aiming to understand how to implement the learning and take actionable steps.



STAY CONNECTED

- We want to continue the conversation and stay connected on this topic.
- Learn from others and share resources.

EXPRESS INTEREST IN OUR FEEDBACK FORM

SPORT WELFARE PROJECT



HOW TO BE AN ACTIVE BYSTANDER

- **Training** available as part of our Sport Welfare project: Safeguarding, prevention of abuse, policy, safe events, trauma informed coaching
- **Online forums**, Mental health, DBS, GDPR, Bystander Awareness, Online safety, Trauma informed coaching
- Championing Safe Sport - In Person Free Event on Sat 11th October
- 1-2-1 support



SAFEGUARDING FUND

- Financial support available to clubs to enhance welfare and safeguarding
- Training
- Resources
- Equipment

callum.kwasnik@getberkshireactive.org



FEEDBACK

Scan with your phone camera to access
or access the link via the chat



Thank you for coming!



beth.cullen@getberkshireactive.org
kirsty.heath@getberkshireactive.org

