

Staying Safe Whilst Travelling

This advice and guidance is designed to offer you support to stay safe whilst travelling to, from and around the SkillBuild competitions.

Before Travelling

- Be prepared beforehand. Give yourself enough time to travel to the competition.
- Make sure you have all the right documentation needed for your journey (train tickets etc.).
- Ensure you have planned your route carefully with a contingency plan if public transport is disrupted.
- Ensure someone is aware of your travel plans (family, friend or SkillBuild Team), your start and end destinations and what time you should be arriving.
- Is a family member or friend able to drop you to your destination of travel?
- Ensure you have a written copy of emergency contact details.
- Do not draw attention to yourself by wearing clothing that may be inappropriate or unsuitable.

Whilst Travelling

- When using public transport, don't stand alone where possible.
- Identify staff/help points that are nearby whilst you are waiting for your public transport.
- Ensure your headphones are not at full volume so you are aware of your surroundings at all times and that you do not miss any announcements.
- When not using your mobile device/headphones keep them safe by placing them in your bag, zipped up, out of sight or inside a coat pocket and not in your trousers/jeans back pockets.
- Trust your instinct. If you feel something isn't right find a staff member immediately.
- Be vigilant at all times.
- Do not advertise your property to thieves, if you are not using it (mobile device etc.), put it away.

Valuables

- Avoid using branded headphones which advertise to potential thieves exactly what device you may be using and its potential cost (e.g. Beats/Apple headphones).
- You should only bring with you what you need for training. Avoid bringing items that you do not need, including electronic devices, watches/jewellery or extra cash and cards.
- Keep any belongings that you do need whilst travelling stored in the main hold of your bag as opposed to outside compartments that may be susceptible to pick pocketing opportunities. Ensure all compartments are fully zipped up accordingly and use a padlock or other locking systems.
- Avoid using public Wi-Fi where possible, cyber theft is more common than you think.
- It is advisable to password protect all mobile devices and add tracking tools (such as 'find my phone' Apps).
- Ensure your devices' lock function is set to less than 3 minutes if you forget to lock it manually.
- In the unlikely event that your phone is taken/misplaced, keep a copy of any relevant contact details/numbers that you may need to use in case of an emergency.