

Fact Sheet

British Horseracing

Supporting safe and responsible gambling



Learning outcomes

By studying this course you will have a knowledge and understanding of:

- The BHA's rules and restrictions on gambling for licensed individuals
- What is meant by problem gambling and gambling-related harms
- The growing impact of gambling and gaming on young people
- Resources for those affected by problem gambling and those who support them

Introduction

Horseracing has a unique connection to gambling. It is the only sport to receive a statutory levy collected from bookmakers as a percentage of the gross profit on their horseracing betting business. Odds and betting are imbued in the history, coverage and funding of the sport in a way that makes them intrinsically linked.

You will learn about the rules for those who work in the industry, as well as gaining a broad understanding of problem gambling.

Specifically, there will be a focus on the growing impact of gaming and gambling on young people, with a signpost to information and resources for problem gamblers.

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Definition of betting terms

What is a bet?:

Under the rules of racing, a bet is defined as:

“placing, taking or having an interest in a bet connected to horseracing in any jurisdiction; instructing another person to do so; or benefitting in any way from someone else doing so”

What is a lay Bet?:

To lay a bet is to back something not to happen i.e. a horse NOT to win. These include bets placed on a betting exchange and match bets.

What is Inside Information?:

Any information regarding a horse’s potential performance in, entry into or withdrawal from a Race and which is not publicly known or publicly available.



Part 1: BHA Rules on Gambling (continued)

What are the BHA's rules on gambling?

Prohibition on Betting

Jockeys are not allowed to bet under any circumstances. Valets are only not allowed to bet when working on a racecourse. The only exceptions to this rule are:

- a) an Amateur Jockey may bet on races in which they are not riding
- b) a Valet may bet on races taking place at a Race Meeting where they are not present in their capacity as a Valet.
- c) Jockeys and Valets are permitted to bet on sports other than horseracing



Part 1: BHA Rules on Gambling (continued)

Prohibition on Lay Betting

- No Trainer or Stable Employee is permitted to place a lay bet on a horse in their care. For Stable Staff, the rule remains in place for 21 days after they leave the employ of the Trainer.
- A Jockey's Agent may not place a lay bet on a horse ridden by a Jockey they represent.
- An Owner or Owner's Representative may not place a lay bet on a horse they have an interest in.
- A Service Provider (e.g. Vet, Farrier etc) must not place a lay bet on a horse owned, trained or ridden by a person to whom they have provided a service, for the whole of the period in which the service was provided and for 21 days afterwards.

			Back all	Lay all	
1	Fergal Mael Duin Tom Cannon	1.75 £1241	1.76 £1194	1.77 £64	1.78 £1216
2	Frizzo Paul N. O'Brien	4.3 £847	4.4 £746	4.5 £245	4.6 £245
3	Venetian Lad Marc Goldstein	7.4 £417	7.6 £622	7.8 £173	8 £780
4	Friendly Society James Banks	9.8 £305	10 £908	10.5 £450	11 £34

Part 1: BHA Rules on Gambling (Continued)

Inside Information

- No person may communicate Inside Information to any other person unless permitted to do so under BHA Rules.
 - Inside Information can be communicated to a person who owns, trains or is a service provider or stable employee responsible for or engaged in the care and welfare of that horse, unless they suspect the Inside Information shall be used for prohibited betting and/or lay betting.
- For the purpose of making Inside Information public, a person can communicate Inside Information to:
 - the general public directly;
 - an accredited journalist for the purposes of publishing the Inside Information to the general public; or
 - at a public event, provided that the person communicating the Inside Information is paid no more than a reasonable fee for attending the event.



Part 2: What is Problem Gambling?

Problem Gambling

Problem Gambling is when gambling in any form compromises, disrupts or damages personal or family relationships, either directly or through the consequences of associated behaviour.

Like other addictions, many problem gamblers feel that they are not in control of their gambling and will continue despite the consequences it has on their lives.

Gambling-related harms impact on the health and wellbeing of individuals, families and society. It's possible to not be defined as a problem gambler but still cause gambling-related harm.

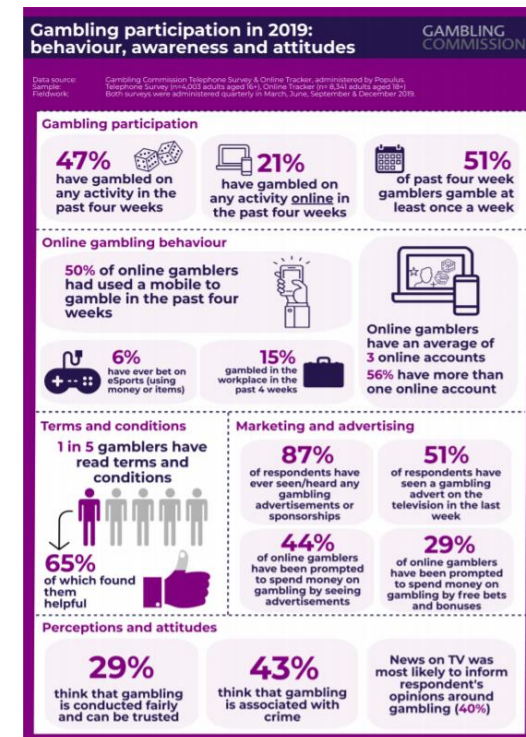


Part 2: What is Problem Gambling? (continued)

Number of Problem Gamblers in the UK

Data provided by the Gambling Commission stated that 47% of UK adults in 2019 had gambled within a four weeks period. The majority of this gambling is done on lotteries and scratch cards – 4% were estimated to have bet on horseracing, 5.8% on football.

Estimating the number of problem gamblers can never be completely accurate. Some recent research has estimated it to be as high as 2.7% of the UK adult population or 1.4m people (YouGov, 2020), however the widely accepted figure is the Commission's estimate of 0.5% - equating to approx. 260,000 people.



Part 2: What is Problem Gambling? (continued)

Problem Gambling and Mental Health

According to the Royal College of Psychiatrists, problem gamblers are more likely than others to suffer from low self-esteem, develop stress-related disorders, to become anxious, have poor sleep and appetite, to develop substance misuse and to suffer from depression.

Recent research has shown a strong link between gambling problems and thoughts of suicide – more than double the amount of people affected by gambling problems say that they have considered taking their own life compared to those who are not affected by gambling (GamCare, 2019).



Part 2: What is Problem Gambling? (continued)

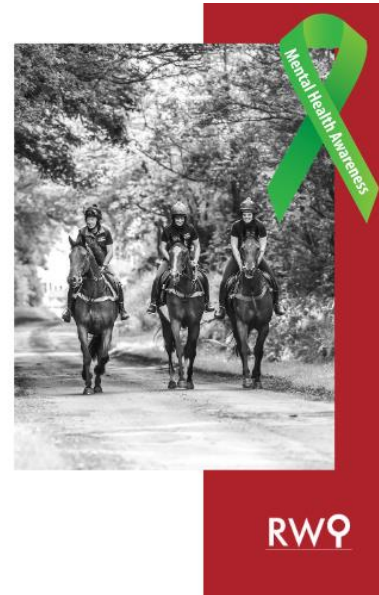
With other addictions, such as drugs or alcohol, there is a limit to how much a person's body can take before they need medical intervention. Gambling is not like that, and often a downward spiral can continue unchecked for a long time. If large amounts of debt are involved, it can seem as though there is no other option.

Taken from: <https://www.gamcare.org.uk/gambling-impacts/how-can-gambling-affect-your-life/>

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VISIT: support.racingwelfare.co.uk



Part 2: What is Problem Gambling? (continued)

Signs of Problem Gambling include:

- Spending too much time and/or money on betting
- Finding it hard to manage or stop betting
- Arguing with friends or family
- Thinking or talking about gambling all the time
- Chasing losses or suffering debt issues
- Gambling until you have nothing left
- Feeling anxious or worried
- Losing interest in hobbies
- Neglecting personal needs
- Lying or hiding gambling habits
- Selling possessions



Unsure if you or someone you know exhibits these signs? Take the below questionnaire for more guidance:

<http://www.gamblersanonymous.org/ga/content/20-questions>

Part 2: What is Problem Gambling? (continued)

A Responsible Industry - here are some of the organisations that can help

GambleAware – an independent grant-making charity that supports effective, evidence-informed, quality assured prevention of gambling harms.

Many organisations within horseracing, including licensed operators and racecourses, already make voluntary financial contributions to GambleAware, as part of their commitment to help deliver the National Strategy to Reduce Gambling Harms.

RCA Gambling Advisory Group – The Racecourse Association runs a gambling advisory group to help share best practice on all on-course gambling issues, including the promotion of responsible gambling.



Part 2: What is Problem Gambling? (continued)

Racing Welfare – the charity offers help and support to anyone working in the racing industry who is suffering from problem gambling or gambling-related harms. Their 24 hour support line is on 0800 6300 443.

Racing to School – has begun working alongside YGAM (Young Gamers & Gamblers Education Trust) with some pilot sessions in schools.



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Part 3: Young People and Problem Gambling/Gaming

Young People and gambling

The 2019 Gambling Commission report on Young People and Gambling found that 11% of 11-16 year-olds had gambled in the last 7 days, equivalent to approximately 350,000 children. This is more than those who used e-cigarettes (7%), smoked tobacco cigarettes (6%) or took illegal drugs (5%), but lower than those who drank alcohol (16%).



During the 2019/2020 Premier League season, 17 of the 20 clubs were sponsored by gambling companies.

Part 3: Young People and Problem Gambling/Gaming (cont.)

The findings also suggest a relationship between these potentially harmful activities and gambling. Those who have spent their own money on gambling in the past seven days are more likely to have drunk alcohol (41%), taken drugs (21%) or smoked either a tobacco cigarette (25%) or an e-cigarette (27%), compared with 11-16 year-olds who haven't gambled.

The rate of problem gamblers among 11-16 year olds is 1.7%, or 55,000 children. This is higher than within the adult population.



Part 3: Young People and Problem Gambling/Gaming (continued)

Young people and gaming

Research shows that 12-15 year-olds in the UK spent on average almost 14 hours a week gaming last year.

eSports is one of the fastest growing markets in the world, estimated to be worth \$1.4bn, with a global audience of 385m, the vast majority of which are children.



Mobile games like this one, rated as suitable for ages 4+ in the app store, use casino style slots to drive the gameplay.

Part 3: Young People and Problem Gambling/Gaming (continued)

Gaming companies are increasing use of in-app purchases and 'loot boxes' to make money for their platforms. Experts suggest that these can blur the lines between gaming and gambling for many young people. For example, the odds of getting a Lionel Messi card when purchasing a pack in FIFA 2020 is only around 3%, making it like a scratch card. Hundreds of pounds would need to be spent to secure getting a Messi card.

44% of young people who have heard of in-game items, have paid money to open loot boxes, crates or packs.



Part 4: Resources available and sources of help

Often the person who's gambling doesn't think that he or she has a problem. Sometimes family and friends will spot the problem first, because the gambler might be convincing him/herself that everything is fine when really it isn't.

It's important to let the gambler know the reason you're concerned is that you care about them. It's also helpful to use positive communication rather than being confrontational or critical. You could try talking about how you're feeling by using 'I' messages to lessen defences and keep lines of communication open, such as:

"You're my friend and I'm upset because I see you doing things that are really risky."

"I love you and I don't want you to hurt yourself. Talk to me about what's going on."

"I can see you're not happy at the moment and it upsets me. I want to help."

Help and support is available from the National Gambling Helpline on 0808 8020 133 or at [begambleaware.org](https://www.begambleaware.org)

Info from <https://www.begambleaware.org/gambling-problems/who-does-problem-gambling-affect/how-to-talk-to-someone-about-their-gambling/>

Part 4: Resources available and sources of help (continued)

Support for problem gamblers

Three helpful, simple screening questions you can ask yourself are:

1. Have you ever had to lie to people important to you about how much you gamble?
2. Have you ever felt the need to gamble more and more money?
3. Have you ever tried to stop, cut down or control your gambling?

If the answer to any of these questions is yes, you should consider further assessment.

If you are concerned about your gambling please call the National Gambling Helpline on 0808 8020 133. If you are having suicidal thoughts, you can call Samaritans free on 116 123 now.

Freephone 24/7
National Gambling Helpline

 **0808 8020 133**

SAMARITANS

Call us free 24/7 on

116 123

samaritans.org

Part 4: Resources available and sources of help (continued)

More information can be found at:

GamCare – GamCare offers free information, support and counselling for problem gamblers.



Big Deal? – BigDeal is a place for young people to find information and support related to gambling, either for themselves or someone they care about.

YGAM – YGAM deliver free accredited education programmes and resources for anyone that works with or cares for young and vulnerable people.



Part 4: Resources available and sources of help (continued)

Racing Welfare – Anyone who works or has worked in the racing industry can seek support whenever they need help, including if they or someone they know is suffering from problem gambling.

PJA/Sporting Chance – The Professional Jockeys Association works closely with the charity Sporting Chance, who provide addiction support and recovery for professional athletes. Their 24/7 helpline is 07780 008877.

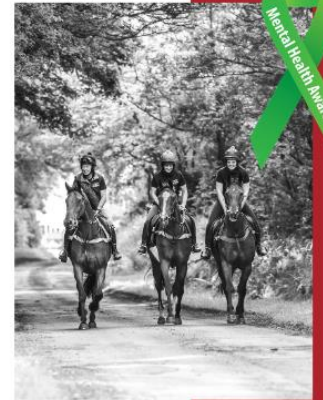


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RWQ

Part 4: Resources available and sources of help (continued)

National Problem Gambling Clinic – If you live in England or Wales, are aged 13 or over and have complex problems related to gambling, you can refer yourself to this specialist NHS clinic for problem gamblers.

Gordon Moody Association – The Gordon Moody Association offers residential courses for men and women who have problems with gambling.

Gamblers Anonymous UK – Gamblers Anonymous UK runs local support groups that use the same 12-step approach to recovery from addiction as Alcoholics Anonymous. There are also GamAnon support groups for friends and family.

