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Because bail doesn't require that you be charged, it allows the police to disrupt protest by setting conditions while also giving them more time to decide whether they have enough evidence to pursue a charge or for the Crown Prosecution Service to decide what to charge you with.

Even if you are charged, it's also used more generally because it acts as a punishment in and of itself. Post-charge bail conditions can continue for months and even years, limiting people's freedoms and adding to other pressures. Bail conditions commonly include restrictions on where you can go, who you can meet up with, and activities you can partake in, or a requirement to report to a police station regularly. Bail conditions are often used during multi day protest camps or when there are many protests in a short space of time.

You can [request to have your bail conditions changed](#) if they are disproportionate or violate your human rights under Articles 10 and 11.