LOCKED INSIDE A NIGHTMARE:
Voices from Bahraini Prisons

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Front cover: Women protesting in solidarity with political prisoners in Bahrian
ABOUT US

The Bahrain Center for Human Rights is a non-profit, non-governmental organization founded in Bahrain since July 2002. Despite an order by the authorities in November 2004 to close, the BCHR is still functioning after gaining a wide local and international support for its struggle to promote human rights in Bahrain.

The Bahrain Youth Society For Human Rights is a nonprofit, nongovernmental organization, founded in Bahrain in March 2005. In June 2005, the BYSHR attempted to register as a non-governmental organization with the Bahraini government, but was refused.

Both the BCHR and the BYSHR maintain a documentation team on the ground that documents human rights violations on a daily basis, despite targeted attacks by the government.
torture
BEATINGS
ill-treatment
hospital
death
isolation
disease
inhumane
humiliation
nervous breakdown
fear
breakdown
no sunlight
no fresh air
no medical care
ARBITRARY TREATMENT
cell raids
harassment
unfair
denied family visits
COCKROACHES
In the three years since the beginning of the pro-democracy movement in February 2011, the prison population in Bahrain has grown exponentially. Bahrain currently has the largest prison population in the Middle East as a percentage of the population (www.prisonstudies.org). The BCHR has documented thousands of arbitrary detentions, the majority of which have been subjected to enforced disappearance and a long list of human rights violations, many of them including torture.

The authorities in Bahrain are desperate to prevent knowledge of these violations from emerging from the prisons. Last summer, the lawyer Abdulaziz Mosa tweeted that he saw marks of torture on the body of his client who was being held at the CID; just hours after making this statement, the lawyer himself was arrested (see: http://www.bahrainrights.org/en/node/6296). There is a lack of transparency in terms of the conditions that prisoners are subjected to. Few international organizations have been allowed to make prison visits, and in such cases, their schedule is tightly controlled. The government has denied access to all independent local human rights organizations. The government-established National Institute for Human Rights and the Ministry of Interior’s Prisons Ombudsman have received numerous complaints over the last year and a half, but these complaints have not resulted in any significant improvement in prisoner conditions. The prison population continues to swell in size, and the prisoners are trapped in an unjust system without any possibility of relief.

The NGOs who collaborated on this report have worked together closely with both current and former detainees to recreate a complete image of what life is like behind bars in Bahrain. As the international community reviews the government of Bahrain’s largely superficial reforms, the voices on the following pages – the voices of those who truly know the extent of the government’s brutality – must be heard and taken into consideration.

Many of the quotes on the following pages appear anonymously at the request of the victim out of concern for retribution against them and their family members.
**TIMELINE OF A DETENTION**

**Disappearance**
The most common method of arrest, by far, is enforced disappearance. Detainees are taken from their homes in warrantless pre-dawn raids, or abducted from checkpoints. The arresting officers are often plain-clothed and masked members of the security forces. Arrested individuals typically disappear for a period of time spanning one day up to more than two weeks.

**Criminal Investigations Directorate**
After a detainee is disappeared, they are typically transferred to the Central Investigations Directorate. Detainees who report that they have been held in the CID generally state that they have been subjected to torture in order to extract a false confession. Both men and women report having been tortured at the CID, although after this point, female detainees are taken to Isa Town Women’s prison or a police station where they are held while awaiting trial. After sentencing, all female detainees are held in Isa Town.

**Public Prosecution**
Whilst being held at the CID or Dry Dock, detainees will be taken to visit the office of the Public Prosecution. In this office, detainees generally report that they are confronted with the confession they signed at the CID, and further interrogated with the same line of questioning that they received at the CID. If detainees deny the confession, they are taken back to the CID.

**Dry Dock Temporary Detention**
When detainees have signed a false confession, they are transferred to Dry Dock detention center, where they are kept whilst awaiting trial.

**Criminal Courts**
Detainees are at times not informed of their trial date until the same day. International observers have repeatedly found the judicial system to be riddled with problems, and a lack of independent oversight. Prison sentences are delivered on a political basis, and trials are often completely lacking in evidence.

**CENTRAL PRISON AT JAW**
The long-term detention center is Jaw prison where male detainees are taken after their conviction. Some political detainees in this facility have been sentenced up to life in prison.
The authors of this report have conducted hundreds of interviews with former detainees, and they all have one thing in common: the Central Investigations Directorate, or CID, is the most feared detention center in Bahrain.

The narrative on the following page was conducted with a former detainee, who asked that his name be withheld along with any identifying details out of fear of retribution against his family. However, it is important to note that this story happened within the last 12 months, and represents an accurate depiction of what detainees are currently subjected to inside the CID building.

Just during the last Human Rights Council session, the BCHR documented 238 arbitrary arrests, the majority of which were subjected to enforced disappearance in a manner similar to that described on the following page. The BCHR continues to document disappearances on a daily basis, and expresses grave concern for the government’s lack of will in making genuine reforms.
I was arrested just before dawn from my home in a house raid and taken to the CID. I spent five days there. They took us in a mini bus, a civilian minibus, surrounded by police SUVs. We were six prisoners in total, and they kept us blindfolded at all times, and handcuffed with our hands behind our backs.

When we got to the CID, they took us through long corridors, and then locked us each in a small room. These weren’t real rooms, but made out of plywood so that a larger room was divided into these little wooden closets, they were maybe six feet by six feet. There was a light in each room that was always on, and I had to stand with a blindfold on and my hands cuffed behind my back at all times. The air conditioning was set to the max so it was freezing. I was kept in that room like that for five days.

During my first interrogation session, they beat me before they asked me anything. It was just a way of intimidation. They kept the blindfold on, and my hands cuffed, so there was no way to defend myself or to know who was beating me. They hit me with their fists and different blunt objects. They used the chair that was in the room, or their shoes. They used my shoes once, but they were careful to not bruise my face. At the beginning, one of the officers gave strict instructions to only slap me in the face and to not leave marks.

The first interrogation lasted late into the night, probably five hours. They blindfolded me and took me on a long walk, took me outside one door and back in another to make me think we were in another building, but you can tell that it was just a circle. When we got to the interrogation room, it was an office, like, a normal office with a desk and a computer and everything. The officers already had a story in mind about the charges they wanted me to confess to, and they were filling me in on this story, who I would be confessing about, who I would be naming. I had never heard of most of the people they named, but that didn’t matter. At first I told them “no”, and that I needed a lawyer, and that I wouldn’t confess, but after a while you start to give in. Especially after the sleep deprivation, there comes a point where you really don’t have the stamina to go on. Whenever they saw me sleeping, they would kick me to wake me up. They took me to several torture sessions, sometimes stripping me of all my clothes and kicking me between the legs. The guards were all different, but most of them didn’t seem to like the fact that they had to torture me, except for one. He had just been promoted to first lieutenant, I heard them say, and he really enjoyed the torture. He was the worst.

In the end, they made me sign a paper. I don’t know what it said, and by that point I was so sleep deprived that I probably couldn’t have even read it if I wanted to. They kept me for two more days after I signed it, standing in that room. They finally took me to the MOI clinic and a doctor checked me out. All the doctors were foreigners there. I told him about the torture, and he just said that it wasn’t his job. After that I was taken to Dry Dock detention facility for a few days, and then suddenly one night, at 2:00am, CID officers took me to the office of the Public Prosecution. The elevator in the building had a mirror, and it was the first time that I had seen myself. I had marks all over my face and looked terrible; it was a real surprise.

The Public Prosecutor asked me the same questions that I had been prepared for in the CID, some of them word for word. I tried to tell him that I had been tortured, but he just told me that it wasn’t his job. And that’s the problem, there is no one you can take your complaint to when they’re all working together.

“The guards... most of them didn’t seem to like the fact that they had to torture me, except for one.... he was the worst.”
Sami Mushaima, 39 years old, previously reported to the BCHR that he was subjected to torture while in police custody in 2010 on terrorism charges. He was reportedly interrogated by Bader Ebrahim AlGhaith, who is currently employed at the National Security Apparatus. Mushaima was reportedly severely tortured, and electric shock marks were visible on his body according to eyewitnesses. Mushaima stated that he was placed in extremely cold water, and then made to stand in front of an air conditioner while blindfolded. The authorities also forced him to remain in handcuffs while he was in his prison cell. Bader reportedly took a personal role in torturing Mushaima, including beating him on his genitals. Mushaima was prevented from going out of his cell as other prisoners were, and prevented from going to the toilet freely. The authorities forced Mushaima to stand for prolonged periods of time. One of his fellow prisoners stated that Bader told him he was going to be sentenced to 15 years imprisonment, and that the judge reads the sentences they decide on. Mushaima was arrested hours following the Daih explosion. His father's house was raided and he was arrested along with three of his brothers; his mother and sister in law were reportedly beaten and the house was vandalized. According to his family, their house was raided again the following day, when security forces brought in large bags and went to the roof. The family witnessed weapons, bottles and other things being taken out of these bags and police were taking photos of them like they were there before. The house was attacked three more times at dawn after that. On 16 March, two more members of the family were arrested. Sami Mushaima is the main suspect in Daih explosion case, despite the fact that he is illiterate and that he was just released a few months ago from prison.

Mushaima was subjected to enforced disappearance for several days after his arrest on 04 March 2014. When he spoke about his time at the CID, Sami Mirza Mushaima mentioned that he was subjected to torture, including being entirely stripped of his clothes and beaten all over his body, with concentration on his genitals. He was also reportedly electrocuted on his genitals to force him to confess that he made explosive materials that targeted policemen in the area of Daih on 3 March 2014. When Sami denied the charges against him, they sodomized him by inserting strange objects in his anus. Sami said that the interrogators threatened, if he did not confess to the charge, to bring his sisters and mother and sexually abuse them in front of him, which compelled him to confess after he broke down and to rid himself of the torture. The torture was not only limited to that, he was verbally abused and forced to stand for long hours without moving, during which he was beaten on the mouth which caused Sami to lose five of his teeth. The interrogators also inserted a strange object in his ear which led to rupturing his eardrum; as well as removing all of his body hair. In addition, Sami was subjected to a type of torture known as the 'Faylaqa', which is to insert a rod under folded knees while the hands are tied in front; then suspending the victim from the rod and whipping him on the soles of his feet with a rubber hose. After the interrogation ended, Sami was taken to solitary confinement in the Criminal Investigation Department for 25 days, where he was deprived of showers and did not receive regular meals. It was during the first court hearings that Sami spoke of the torture he was subjected to.
“I was subjected to the most horrendous types of physical and psychological torture at the CID after my arrest in the late hours of the night like: being suspended vertically, electric shocks, simulated drowning, severe beatings, deprivation of sleep and forced to stand for long hours.”

While at the CID following his arrest on 02 May 2013, the BYSHR received information that human rights defender Naji Fateel was subjected to severe torture including: electrocution of the genitals, on his left leg and on the back; simulated drowning; beating from feet, bare hands, and unknown tools on the left leg where he had sustained a previous injury and on his head and back; hanging him by his hands from the ceiling; and being forced to stand for hours without allowing him to sleep. Naji was also subjected to psychological intimidation that included threats of sexual assault, harassment of his wife, and verbal assault.

Naji Fateel had his hands cuffed behind his back and was blindfolded the entire time he was at the CID; the handcuffs and blindfold were only removed after he was transferred to the Dry Dock prison. He was taken to the Ministry of Interior hospital twice while unconscious as a result of the torture.

When he was taken before the Public Prosecutor, Naji Fateel refused to be interrogated without the presence of a lawyer. He was then returned to the CID where he was reportedly beaten more severely than before because he had asked for his lawyer. When he was returned at dawn on Saturday, 4 May 2013, he signed papers before the Public Prosecutor although he was not permitted to see what was written.

On Saturday evening, 4 May 2013, Naji Fateel called his family and informed them that he was in the CID building after being subjected to enforced disappearance since his arrest two days earlier.

On Sunday, 5 May 2013, at dawn, Fateel was again transferred to the Dry Dock prison where he suffered from several injuries and severe fatigue. On 29 September 2013 he was sentenced to 15 years in prison, and is currently being held at Jaw Prison.
A reputed freelance photographer, Humaidan has won 163 awards internationally for his contributions to the field. After his arrest for alleged arson in December 2012, he stated that he suffered a nervous breakdown as a result of the torture he was reportedly subjected to at the CID. Humaidan stated that he was forced to stand in a cold room for hours whilst handcuffed and blindfolded. Humaidan informed his family that he was reportedly forced to carry an object that his interrogators told him was a live bomb. He was made to hold the object for several hours under duress and strict surveillance. Additionally, Humaidan stated that he was psychologically intimidated during questioning in order to extract a false confession. Interrogators reportedly threatened to bring charges against his siblings on fabricated crimes if he refused to confess.

On Wednesday, 26 March 2014, the Third High Court issued a 10-year prison sentence against Humaidan in a trial that was widely criticized as lacking due process.

Mohammed Al-Tajer was arrested on 06 August 2013 during an evening house raid on his home. The BCHR BYSHR believe that the arrest was arbitrary, and an act of retribution against his cousin - the lawyer and human rights defender of the same name - Mohammed Al-Tajer.

During the arrest, the police failed to present a warrant to enter the house. The family was not given information about where Al-Tajer was being taken.

Al-Tajer’s family immediately went to the Samaheej police station where they were told the police knew nothing of his whereabouts. He was subjected to enforced disappearance for almost one week, and held at the CID during this time.

Al-Tajer stated that he was beaten and electrocuted many times. He also stated that officers would tell him to confess, and when he asked what he should confess to, they would say just demand that he generally confess. He was also reportedly coerced to sign papers without being allowed to read them, and not knowing their content.
The Dry Dock Detention Center has been documented as overcrowded. The BCHR and BYSHR have received reports of as many as 25 detainees held in a cell meant to contain 12. The strain that such a large number of inmates place on the detention center’s facilities is a cause of serious concern, and detainees report that the facilities are dangerously unsanitary. This is a temporary detention facility, for men only, where children are also held as young as 15 in the same facilities.

Many detainees arrive at Dry Dock suffering from injuries that they received while at the CID or during arrest at a protest. The on site health clinic is grossly inadequate to serve the current population, and prisoners who request to visit the hospital are often subjected to intense harassment from guards.

Life inside of Dry Dock is determined by the individual mood and personality of the prison guards on duty. The guards are free to act without fear of prosecution, and subsequently treat inmates as less than human.
A DAY AT DRY DOCK

7 am

Prisoners are summoned to a common area. Guards read out the summons to court, public prosecution, and the list containing the names of those who will be released.

This is also when detainees are permitted to visit with their family.

7-9 am

Breakfast is brought by a directly to the common room area of cell. Breakfast typically consists of a sandwich with cheese.

During this time, detainees also have access to the shower and toilets.

12-2 pm

A lunch consisting of bread and sauce with water is delivered to the common room area of the cell. Most prisoners do not eat the food, and choose to buy food from prison's grocery store instead.

2-3 pm

If the prison authorities are inclined, detainees are allowed to go outside to play football two times a week.

5-7 pm

Similarly to breakfast and lunch, a dinner of rice and chicken with water is brought to the common room area of the cell. Detainees have reported that the food is often spoiled and inedible.

10 pm

After lights out and cells have been locked, access to the toilets is completely forbidden.

Detainees have reported that the NSA personnel, dressed as civilians, come every night to conduct random room inspections. During the room searches, the 15 to 20 agents not associated with Dry Dock reportedly wreak extensive damage: they empty the contents of the prisoners’ lockers, throw holy books like the Qur’an and other sacred Shia texts on the floor, and confiscate money. The NSA agents shout and harass the detainees, which results in arguments between them.
Each ward at Dry Dock has ten rooms which each contains six bunk beds. At full capacity, each room can accommodate 12 people, and the block 120. However, the BCHR has received numerous reports that the population in each cell is over twice its capacity. In each block, there is a common room area capable of holding 50 people. This is where the detainees eat their meals and can watch football on the television or read pro-government Al-Watan or Gulf Daily News newspapers that never report on the ongoing popular protests. The television and newspapers are not guaranteed: detainees have reported that the guards and prison authorities have arbitrarily removed the television and the papers as retaliation and punishment.

Some, but not all, of the rooms have a locker where the detainees can store their clothing, food, and personal items purchased from the prison store. Those who do not have lockers keep their belongings in boxes on the floor, which often become infested with insects. As there are no washing facilities at the Dry Dock for clothing, detainees only receive clean jeans and a t-shirt every two weeks or when their family is allowed to visit.

Several detainees have stated that the lighting inside the cells is very low which affects their eyesight in the long term, and that the beds, blankets, and pillows are not fit for sleeping on.

“The guards... everyone has their own law. Your treatment depends on their mood.”

The BCHR has documented several instances where the conditions at Dry Dock violate the articles of the UN Standard Minimum Rules for the Treatment of Prisoners. For example, detainees are not allowed to practice their religion freely. Former detainees have stated that guards destroyed their sacred Shia texts during room inspections and that they were not permitted to have a “Turbah” to pray on or observe religious holidays.

Because the food provided is often spoiled and unpalatable and fresh water is not provided, detainees purchase up to two months worth of food and water at the onsite prison grocery store. Once per week, two detainees from each cell are allowed to go to the onsite prison store to make purchases for the entire cell. The store is stocked with soda and innutritious food. Detainees have reported that the food is extremely expensive and therefore they request that their families only bring money during visits. Access to the store is not guaranteed, but is dependent upon the mood of the Dry Dock authorities. For example, after a prisoner had escaped, a former detainee reported that access to the store was denied for three months as revenge on the remaining prisoners.
HEALTH AND MEDICAL TREATMENT

At Dry Dock, there is a small clinic staffed with one nurse to treat what the BCHR estimates to be more than 1,500 detainees. The health staff is entirely comprised of non-Bahrainis who only distribute panadol and similar over-the-counter pain relievers and do not undertake preventative or curative care.

Most of the detainees are delivered to Dry Dock directly from the CID where they are reportedly subjected to torture. Despite their poor condition, detainees are not permitted to go to the hospital or the clinic for treatment. The BCHR has documented several cases where this deliberate delay in care has directly resulted in the death of the detainee, including the cases of Yousif Al-Nashmi and Mohammed Mushaima.

Detainees have reported that the conditions within the cells at Dry Dock are unsanitary. Despite serving over 200 people, only two or three showers out of an available ten shower heads are in working order. There is often not enough water available, and when there is, it is not heated. The lavatories are not cleaned daily, and the commodes are overflowing with excrement. In an attempt to protect their health, detainees will try to wipe the toilets clean before use even though they have no access to the necessary cleaning agents.

CID BLOCKS

At Dry Dock prison, there are three blocks designated as CID blocks. These particular blocks are reserved for detainees charged with drug offenses, cyber crimes, terrorism and/or treason. Almost all detainees in the CID blocks have reported that they were subjected to torture and ill-treatment while being held at the CID prior to being brought to Dry Dock. The CID blocks are operated as a separate entity: the officers there do not report to Dry Dock authorities, but directly to the CID. This creates an unsupervised environment where there is a lack of regulation and oversight. There are no cameras in the CID to monitor not only the detainees, but also the guards. Detainees have reported that the conditions within the CID blocks are worse than the other blocks at Dry Dock.
I was interrogated at the CID for a week after I was arrested. They electrocuted me in the genital areas and I was sodomized with a baton. They continued to touch me in sensitive areas. I was then hung from a high place for long periods of time. The entire time that I was at the CID and the public prosecution, I was handcuffed. The whole time I was at the CID, I was blindfolded, which exacerbated the torture. Many times, I was kicked and beaten with bare hands and sharp tools.

They denied me the right to pray or call my family during the first three days. I was continuously verbally abused. When I was at the public prosecution, the prosecutor threatened me, and I was not allowed access to a lawyer. After going through that ordeal, I was moved to the Dry Dock Prison.

The cell I was in was fit for ten people, but at some points there would be 16 people in the cell. Some of us would have to sleep on the floor. During my time at the Dry Dock Prison, I was taken to the CID twice at 4:30 a.m. The authorities’ reasoning was that they did not like the statements I made at the public prosecution and the CID. There was an order for my release, but the CID refused to let me go. I was moved again to the CID from the court. I was to be implicated in another case. During the second period at the CID, which lasted for two days, I was subjected to the same type of torture as the first time. I was then returned, again, to Dry Dock. I was eventually released eight months after my arrest on the condition that I guaranteed my place of residency, incase I was to be arrested again. I’m still facing several cases in court.

“The cell I was in was fit for ten people, but at some points there would be 16 people in the cell”
Hussain Hubail, an award-winning photojournalist, was arrested on 31 July 2013 at the Bahrain International Airport en route to the United Arab Emirates. He was reportedly subjected to beatings and verbal abuse while being held at the CID. Hussain Hubail was transferred to Dry Dock prison on 03 August 2013 and remained there until 28 April 2014, where he was transferred to Jaw following a five year sentence against him. On 31 October 2013, he was taken to Salmanyia Medical Complex after he fainted.

Hussain Hubail has a heart condition and he fears he is not receiving adequate medical treatment. His health has deteriorated since his detention and he suffers from shortness of breath and frequently loses consciousness. He has been given medication by the prison clinic and was taken at least once before to hospital. However he told his family that his medication is being given to him randomly and he does not know what the medication is.

Hubail is allowed occasional trips to the Salmanyia hospital every two or three weeks, where visits are restricted to one hour, whether he has received adequate medical treatment or not.

On 22 February 2013, 18 year-old Sayed Majed Sayed Hasan was shot with live ammunition by an individual in a civilian car in the village of Buri, where a pro-democracy protest was taking place. He was taken immediately to the hospital where he underwent surgery to stabilize his condition, although the bullet was not removed.

On 25 April 2013 at dawn, Sayed Hasan’s house was raided and he was arrested without warrant, his house was searched, and private property in the house was vandalized. His family stated that he was forced to stand for long hours at the CID, and whenever he became tired and sat down, he would be beaten. He was interrogated by the public prosecution without the presence of his lawyer and was charged with “illegal gathering, rioting, and the assault of policemen.” He was then ordered to 45 days detention pending further investigation.

On 5 January 2014, after more than nine months from the initial shooting incident, Sayed Hasan underwent surgery to remove the bullet from his chest. He was transferred from the hospital to Dry Dock the day after his surgery, in a clear disregard for his well-being by the prison administration.

Sayed Hasan was sentenced to 15 years in prison on 27 March 2014, despite the evidence and witness testimony provided in court that he could not have possibly committed the crime due to his injury.
Jaw prison is the main detention facility in Bahrain, housing the sentenced detainees. Children as young as 15, who have received sentences, are housed in the same facilities as adults.

The population of this prison has grown exponentially in recent years. The latest released Ombudsman's Report on the *Visit to the Correction and Rehabilitation Centre (Jau Prison)* stated that at the time of the report (October 2013), Jaw Prison held 1,608 prisoners. This is a 34 percent increase over the maximum capacity of 1,201.

The BCHR has estimated that the actual figures are even higher given the number of prisoners that report they are sleeping on the floor.
**CELLS**

Jaw Prison is made up of nine buildings. Building eight and nine were recently built. Political and prisoners with criminal cases with lengthy prison sentences are held in Building One. Prisoners sentenced in drug related cases are held in Building Two. Building Three is a mix of prisoners sentenced in criminal cases and political prisoners between the age of eighteen and twenty-one. Building Four is also a mix of political prisoners and prisoners sentenced in criminal cases. People sentenced in traffic cases and fraud are held in Building Five. Building Six is designated for children, whereas Building Seven is only for those sentenced in the case known as the “Bahrain13”. Buildings Eight and Nine are for non-Bahraini prisoners. The cells at Jaw Prison are reported to be unclean and overcrowded. The cells are assigned with so many prisoners that several prisoners such as human rights defender Naji Fateel are forced to sleep on the floor in the corridors. For example, in Building Three, there are small, medium and large cells. The small cells are fit to hold two people, but have four. The medium sized cells are fit to hold four people but have seven. The larger cells are fit to hold ten people but have contained up to eighteen.

The October 2013 *Ombudsman’s Report on the Visit to the Correction and Rehabilitation Centre (Jau Prison)* stated that at the time of the report, Jaw Prison held 1,608 prisoners, a 34 percent increase over the maximum capacity of 1,201. The BCHR has received reports that the prison population is in reality much higher.

**PRISONERS’ RIGHTS**

Prisoners are not always guaranteed the right to have biweekly visits from their family. Prison authorities have allegedly refused to allow prisoners to phone and scheduled visits, and have even gone so far as to turn away the family after they have arrived for a visit stating that the prisoner refused to see them. Before family visits, prisoners are sometimes stripped naked as a form of humiliation. On some of the visitation blocks, there is plastic barrier placed between the prisoners and their families that makes it difficult to converse and prevents any form of physical contact. Several families have reported that they too were subjected to humiliating and degrading treatment while visiting Jaw Prison. There have been several cases where members of the visiting family have been inappropriately groped during body searches and even arrested for questioning the prison authorities regarding the treatment of the prisoners in Jaw.

Prisoners at Jaw are required to wear a uniform, however, the prison store does not stock all sizes to comfortably accommodate all prisoners. The prison store also does not sell underwear, so prisoners are forced to wear dirty under garments until they receive clean ones during a family visit. Several families have reported that the prison administration prevented them from bringing winter clothing and heavy blankets despite frequent attempts.

Several prisoners have reported that the treatment at Jaw is dependent upon one’s religion and criminal offense. For example, Sunni prisoners receive preferential treatment whereas Shia and criminal prisoners are reportedly subjected to harassment and abuse. Prisoners are not allowed to possess political books or Shia religious texts.

Additionally, Jaw Prison does not comply with international standards requiring cameras in all prison buildings, corridors, and wards. This results in a lack of accountability and culture of impunity regarding the ill-treatment of the inmates. The prison also lacks home schooling and other rehabilitation programs for prisoners. Prisoners who object or criticize the prison conditions or their treatment are subjected to beatings.
HEALTH AND MEDICAL TREATMENT

There is one health clinic at Jaw prison with only one Doctor. Prisoners have reported to the BCHR that the care is unprofessional, and is neither preventative nor curative. At the most, the clinic will distribute an over-the-counter pain reliever like panadol. Prescription medication is not given according to each patient’s schedule, and prisoners are not allowed to read the instructions supplied with the medicine they are taking which results some of them refusing to take the medicine. There have been several reported cases where the prison authorities have refused to give patients medicine prescribed by their doctors to manage pain and pre-existing conditions.

The clinic is not equipped to deal with emergency cases, but when prisoners are transferred to the hospital, they are subjected to mistreatment and constant harassment. There have been several cases where a prisoner has been prevented from seeking care in both the clinic and the hospital.

The food supplied is sufficient, but no consideration is given to prisoners with dietary restrictions and pre-existing conditions. The prison authorities do not supply clean, sanitary water. The BCHR has received numerous reports regarding the poor quality of water provided by the prison administration: several detainees have reported that they can smell that the water has been contaminated with sulphur and/or urine. Despite the frequent complaints about the poor quality of drinking water, the prison administration has not undertaken any initiatives to improve the conditions. Prisoners are forced to purchase bottled water from the prison store at significant personal expense; however, prisoners are not always guaranteed access to the prison store. Due to overcrowding, prisoners are only allowed to visit the prison store every thirteen days, and the products available are expensive.

The bathrooms are unsanitary and when there is water, there usually is no hot water.

The BCHR has documented several cases where prisoners are being held in arbitrary solitary confinement including Ali Al-Singace, Jassim Maki Madan, Mohamed Khamis Madan, and Ali Al-Taweel. Al-Taweel has been held in solitary confinement since he was brought to Jaw on 29 September 2011.

“They don’t treat us like humans, they want us to die because in their eyes we are traitors.”
I was staying with a friend in his aunt’s house when I was arrested. It was around 10 am. NSA agents raided the house, ransacked it and arrested me, my friend and his uncle. The NSA officer leading the raid, Yusuf Almannaie, instructed the others not to hurt me, he said the boss wants me all for himself. He put a gun to my head and a phone to my ear, the man on the phone said “the weapons in exchange for your life”, when I said I didn’t know anything I was handcuffed and taken to the car.

I was taken to NSA/CID for interrogation where I was received with taunts and all sorts of verbal abuse while blindfolded, they took me to an office to question me. About 13 officers began beating me instantly, they insisted I confess to having weapons and where I was keeping them. I thought I was going to die so I told them I hid weapons in my parent’s backyard. I was taken there and beaten on the way and back, on the way there they said, “we know there is nothing there, but we will go so we can beat you more.”

Back in NSA/CID office I was hung from my wrists while they were twisted behind my back and handcuffed, completely naked then they’d pull me down from my feet and beat me up all over my body with hard objects. They deliberately hit me on sensitive areas. They also would repeatedly cover my face with a cloth, push my head to the back then pour water over me to drown me. I was continuously insulted and assaulted and when they weren’t torturing me, instead of moving me to the detention rooms with the others, I was forced to stand in the corridor, when I complained that I couldn’t stand any longer they made me lie down in the corridor so every passerby would step on me. This continued for five to six days, then I was moved to a prison in Riffa until they took me to Jaw on the twenty-first day since my arrest.

At some point I begged one of the guards to let me go to the bathroom and he did, I couldn’t open the door because I was handcuffed and sore so I pushed it with my head. There was a mirror by the basin, but when I looked at it, I couldn’t recognize myself. My face was severely bruised and swollen.

I was told I would be charged in 17 cases and was forced to sign many papers while blindfolded, they said they were confessions. When I was taken to Jaw Central prison I was forced to sleep in the outer court all winter, they’d allow me to sleep in the corridor only when it rained. In addition to all the bruises and aching limbs I had a broken tooth and I couldn’t move my arms, I kept feeling strong numbness in my hands for a long time- all went untreated.

On 21 April 2014 I was woken at 6 am by the guards and taken for “investigation” in the case of the escape of another prisoner but I had nothing to do with it. Since then the guards have been harassing me, two of them accompany me everywhere, all the time, even during family visits, then I was denied from seeing my family in May.
Since his arrest on 23 April 2014, Redha has been in solitary confinement in a medical isolation ward where he is constantly guarded by Special Forces (Commandos). He told his family that he has not been allowed to shave, shower, or obtain personal hygiene products since being detained, despite an order from Officer Jassim Al-Mulla on 12 May 2014 that he be allowed to. During a visit on 25 May 2014, Redha's family reported that they noticed several marks of torture on Redha's body. They stated that they could see bruising, scratches, and lacerations on his chest that appeared to have not been treated. Redha also reported that he had severe pain in his ear as a result of torture. During his imprisonment period prior to his escape on 22 April 2014, Al-Ghasra was either in solitary confinement or in a locked cell with two criminal prisoners in a three meter by two and a half meter cell, with his hands and feet chained. Al-Ghasra was not allowed access to books nor was he able to purchase supplies from the prison store.

Ali Al-Taweel subjected to significant torture that included beatings on his face, abdomen, back and pelvic area in addition to being subjected to verbal abuse at both Isa Town Police Station and the CID. At the CID he was forced to sign a confession to running over a police officer despite being unable to read the statement, Ali Al-Taweel was sentenced to death by a military court on 29 September 2011. Immediately upon his arrival at Jaw, he was placed in solitary confinement, where he remains to this day. He is only permitted to leave his cell for bi-weekly family visits. His lawyer fears that Al-Taweel’s mental condition has been severely affected by the extended amount of time he has spent in solitary confinement, and believes that his sanity may be in danger.

Since the day of his arrest on 23 March 2011, Ali Al-Singace has been subjected to different kinds of physical, sexual, and psychological torture. He was reportedly stripped of his clothes and brutally beaten with sharp weapons, metal rods, and wooden sticks on different parts of his body, causing him to suffer from severe back and chest pains. He was also threatened with rape and death, and has lost some of his teeth after he was beaten in the face. Ali sustained a broken knee during the attacks on protesters at Pearl Roundabout, and according to his family, Ali was deliberately beaten on his injured knee while in detention, severely worsening his condition. As a result of being denied treatment despite his deteriorating health condition, Ali lost his balance and fell while in prison, breaking his ankle. He did not receive any treatment for his broken ankle, and he was only given crutches to use for ten days. Later, his kneecap dislocated, which now requires an urgent surgery. In June 2013, his family was informed that Ali had been moved to solitary confinement.
Isa Town Women’s Prison is the only detention center in Bahrain for females, and consequently holds both pre-trial detainees and those who have been sentenced in separate sections. Detainees from this facility have described an environment of extreme and constant stress that wears on their mental state. Most of the inmates are migrant workers, and many of whom do not speak Arabic or English, and consequently do not understand the charges against them, or the reason for their detention.

The BCHR has received information that a new facility has recently been opened for women, and that this prison is larger with improved physical facilities – such as bathrooms – but the treatment of the detainees is worse than before. The information on the following pages was taken from detainees held in the old facility.

Only a very few of the detainees in this facility are political detainees. The number varies, but there are typically fewer than 10 female political detainees in the facility out of a total population of approximately 150. The majority of these detainees are migrant workers, and their experience has been described as chaotic.
CELLS

The old building at Isa Town Women’s Prison was divided into two wards, and each ward has five cells. There were two separate cells designated for women who are sick and / or pregnant that each contained four beds. There were five bunk beds and twelve lockers in each cell. Although there were ten beds, there were sometimes more than 15 people assigned to one cell. Five or six women were reported to have slept on the floor, which was filthy and infested with cockroaches. Prisoners have reported that the cells were extremely small and overcrowded: there was so little unoccupied space in the middle of the cell that the women were not able to pray or walk through the room. Although the cells were open for the whole day, the women would choose to sit on their bed because they would face verbal harassment and abuse if they went out into the corridor.

In the old building, there was a common area for eating and watching television, but the women were not allowed to speak, laugh, or clap while in the common area. Also in the old building, bathrooms were located outside the cells. In the new building at Isa Town Women’s Prison, each cell has a bathroom, and because of this, the cells are kept locked except for during specific periods. Prisoners have reported that, in comparison to the old building, the new facilities have improved, although the treatment has gotten worse.

The guards conduct random room searches. During these searches, or what the prisoners refer to as “tossing the cells” the guards reportedly shout and harass the prisoners while violently searching the cells for contraband items like pens, pencils, paper, and books.

“Psychologically, you are always anxious... waiting for the room searches.”

PRISONER’S RIGHTS

Prison authorities have prevented Shia women from regularly practicing their religion and have confiscated religious texts. Prisoners would be punished for religious celebrations and any other holidays. If Sunni and Shia women attempted to pray together, the guards reportedly harassed and then separated them.

The common room area was under constant supervision and the guards would order everyone back to the cell if they violated the rules. During lunch, the prisoners had to stand in line, receive the food on a tray, and eat as quickly as possible because there was not enough space in the common room for them all to eat at once. Guards would harass the prisoners to eat faster and would force them to leave, even if the women had not finished their meal, in order to make room for another prisoner. The women were searched before returning to their cells to ensure that they did not hide food in their clothing.
Because bathrooms were located outside of the cells in the old building, in the evening after the guards had locked the cell doors, the prisoners reported that they had to bang the cell door to summon a guard to escort them to the bathroom. During the times when the cell door was locked, the women reported that the guards would frequently ignore their requests to go to the toilets. A former prisoner reported that the situation was extremely stressful as each cell had several prisoners that were ill or had pre-existing health conditions who needed to use the toilets and would cry out and bang the lock so loudly that no one could rest. At other times, the guards would leave the doors unlocked to avoid the inconvenience of unlocking the doors throughout the night.

There is a loud bell that goes off six times per day: at 6:30 in the morning, for meals, and three times for roll calls. A former prisoner reported that she was unable to become accustomed to bell for the first four months she was detained, and stated that if one was detained for a longer period of time, it could cause a nervous breakdown. During the check-ins, the guards perform a roll call and the women must step forward and call out her name. If the woman says her name too quietly or too loudly, or if her uniform is not exactly proper, the guards will shout and verbally attack her.

“Stress...it’s constant stress, even when you are sleeping.”

Health and Medical Treatment

The prisoners are held in close proximity in overcrowded cells in unhygienic conditions. The women are refused vaccinations despite the fact that they are held in close proximity with prisoners who suffer from highly infectious diseases such as Hepatitis A and B. Some women would be so ill that blood would be coming out of their mouths, but they would not be removed from the cell or taken to the prison clinic.

The bathrooms are extremely dirty and unsanitary, and the showers are covered in grease. Urinary Tract Infections are reported as very common.

The prison authorities ask every morning if any of the prisoners require medical care at the hospital. One woman reported that when she asked for medical care, she was subjected to such severe harassment that she swore never to go to the hospital again. She stated that she asked to go to the hospital early in the day, but was not taken until 10:00 p.m. They led her to a separate room, where riot police handcuffed her and then took her to a civilian car that was filled with men in civilian clothing. When they arrived at the hospital, the men refused to turn off the cameras, despite the doctor and patient’s request that they do so. During the entire examination and ensuing treatment, the woman was surrounded by a large group of police officers and civilians.
Migrant Women

Many of the migrant women do not have family in Bahrain who are able to come and visit them while they are detained in Isa Town. Despite this, other prisoners have reported that the migrant women are too scared to ask for the phone calls that they are entitled to. Some of the migrant women who did ask the guards to call their relatives reported that they were not allowed to make the call, and instead they were harassed.

The prices in the prison store are unaffordable for migrant women. The women at Isa Town Prison are provided with soap and a toothbrush when they first arrive, but do not receive replacements. While many of the Bahraini women receive new uniforms, the migrant women are often provided only with old and dirty uniforms.

Migrant women who do not speak Arabic or English are not provided with translators. A recently released prisoner reported to the BCHR that a migrant worker detainee who asked for a translator before signing a document in Arabic was told that she would indefinitely be held at the police station until she signed. She was sentenced to 10 years in prison, but does not know why as she can not read the court papers about her case, and her lawyer only speaks Arabic. Detainees reported that it is very difficult to get lawyers for the migrant workers, and most of them do not do a good job.

Another migrant worker had an allergic reaction to a medicine while in prison, and was afraid to contact the guards. Her face swelled to a very large size, and all the detainees became very concerned for her health, but the migrant was still afraid to contact the guards and ask for a doctor, or talk openly to the Red Cross during their visits.

Women comprise 18.5% of the total prison population in Bahrain.
June 22, 2013. It is around 8:30 p.m. and I sit reading in my cell when I suddenly hear prison guard Aysha shouting at the top of her lungs. Her shouting so loud that the whole prison goes silent.

This prison guard is known for being one of the worst, almost always barking orders and insults at the prisoners. But this time it is worse and she won't stop shouting for no apparent reason other than asking a prisoner, “Why the hell she was on this side of the prison.” My cellmates go check, and they come back and tell me it is Rabab Mohammed who is being shouted at while she stands completely silent.

Rabab is a sweet and very quiet 31-year-old first grade teacher who knows very well the price of speaking up for oneself in this country. She was first arrested in Ramadan when riot police stopped her on the street and started swearing at her using vulgar language; after calling her a “dirty Shia whore.” Rabab looked them in the eye and told them they had no right to speak to her that way. This landed her in prison. While in detention a prison guard started taunting her, hurling insults at her and her “disgusting terrorist Iranian people.” To which Rabab finally answered that she was an Arab, a proud Bahraini and no terrorist. She then asked the prison guard where she was from. The prison guard, who is one of the newly naturalized, judging by the way she looked and the difficulty she was having to speak a Bahraini accent, replied “Yes I’m “mujanasa” and continued: “And you close your mouth and bow your head because we are the crown on your heads.” Responding with “no, you are not” is what became the second case against Rabab and the reason why she is currently in prison. After the second case, Rabab’s lawyer gave her very strict orders: “No matter what they say to you, or how they insult you, swallow your pride and stay quiet.” And that’s exactly what she’s been doing since she got here a month ago. She has been shouted at, she has been insulted, but she remains quiet and walks away. In fact the guards seem to take extra pleasure in insulting her just waiting for her to respond.

22nd of June. As prison guard Aysha is in a fit of rage, Rabab tries to walk away but the prison guard won’t let her. Another prisoner (an older woman) is so scared the prison guard will hit Rabab that she keep asking Rabab to please just apologize. I look out of my cell and see the look on Rabab’s face as she raises her head and quietly says “I am sorry” to which the prison guard smirks, waving her away saying “Go! Get lost.”
Rihanna Abdulla Al-Mosawi was arrested on 20 April 2013 from the Bahrain International Circuit (BIC) during the first day of the Formula 1 race. During her arrest, Rihanna was reportedly subjected to torture to force a confession. Although the prosecution failed to produce any pertinent evidence in court, Rihanna was convicted and sentenced to 5 years in prison, which was later reduced to 3 years in prison by an appeal court, on charges of joining a terrorist group. Additionally, she was sentenced to 5 years in prison in May 2014 for planning to plant a bomb at the BIC in April 2013.

Rihanna and her family have filed formal complaints, however, the prison authorities failed to respond. In July 2013, Rihanna started a hunger strike in protest against the ill-treatment she has been subjected to at the detention center since she spoke of abuses at court. She informed the lawyer in a phone call that she is facing restrictions on access to phone calls and visits, as well as the type of food she needs. She has noticed the change in treatment immediately after her statement at court on 11 July 2013, and she has complained to the prison administration with no response; thus she decided to go on the hunger strike.

Nafeesa Al-Asfoor was arrested on 20 April 2013 in the same circumstances as Rihanna. She was reportedly tortured to extract confessions, and was charged under the terrorism law for aiding in an attempt to plant a fake bomb at the F1 race when she was first arrested. In May 2014 she was sentenced to 5 years in prison on that charge.

Prior to her detention, Nafeesa Al-Asfoor was checked and treated for suspicious multiple breast lumps. Al-Asfoor has informed her family during visits and phone calls a month after her arrest that she noticed the return of a suspicious breast lump and pain upon self-examination. Despite having received permission from the public prosecution to seek care at the hospital, the prison administration refused to take her to the hospital for her appointments. Al-Asfoor also suffers from dislocation of the jaw joints and migraines, for which she has also been denied proper medical care. During her detention, Al-Asfoor has experienced several fainting spells, been diagnosed with anemia, and sustained a broken foot.
The authorities in Bahrain have engaged in a systematic practice of detaining children in unsafe conditions in direct violation of the Convention of the Rights of the Child. The prison authorities have shown no indication that they intend to reform these practices.

Since January 2014, the BCHR has documented more than 70 cases of children who have been arrested. While some of them have been released, others remain in detention. At the end of May, a judge ordered one week detention against two young children - an 11 year-old and a 13 year-old – on charges of “illegal gathering”. Children as young as 13 have been sentenced to prison on charges of terrorism in trials that lacked any evidence and despite the fact that the Bahraini law does not define prison punishment for children below the age of 15 in the event of a criminal conviction.
“My son, he refused to go to school because he thought all the other children knew what the police did to him... sexually assaulting him.”
Ali Hatem Ali Salman, was arrested on 26 August 2013 and reports that he was tortured and ill-treated during interrogation sessions in order to confess to charges of rioting. He was arrested in a coffee shop in Sanad, minutes after a police patrol vehicle in the area was attacked with a Molotov cocktail.

Salman was playing a board game with friends at the coffee shop when police officers raided the cafe and arrested him along with five others. He was blindfolded and taken to the police station. During his interrogation there, he was beaten, electrocuted and sexually harassed.

Later on the night of his arrest, he was taken by the police back to the Sanad area and was videotaped holding a Molotov cocktail, and then returned to the police station.

Salman reported that he was investigated and tortured by officer Turki al Majid, and was forced to sign a confession. During his trial, he informed the judge Ibrahim Aljafani about the torture he faced but it was not taken into consideration.

His family was allowed to visit him on 5 September 2013 for the first time. He was taken to the office of the Public Prosecution without the presence of a lawyer. After 18 days in jail, he was charged with possession of a Molotov cocktail, illegal gathering and burning a police car.

On the 14 of May 2013, Nabeel Rajab, the President of BCHR, who was imprisoned at Jaw at the time, stated in a telephone call from jail that he witnessed the torture of young political prisoners by the guards inside of Jaw prison. Further reports from Bahrain’s Jaw prison identified some of the youth that were reportedly tortured that day, amongst them were two children: Jedha Al-Habashi and Mustafa Al-Muqdad (16 years). To conceal what had happened, they were removed from their cells and put in solitary confinement. Their family reported that they have not received any calls from their sons for more than a week.
Ibrahim Al-Makdad was arbitrarily arrested on 23 July 2012 on Adhari Highway. He was subjected to enforced disappearance, and for three days his family was not informed of his whereabouts.

After these three days his father went to report him missing in the Nabi Saleh police station. Later that afternoon the family received a call from Ibrahim for less than one minute to inform them that he had been arrested.

Only after five days in detention was the family allowed to visit. His family documented signs of torture they observed; they made a video recording of the bruises they saw on different parts of his body using a discretely hidden cell phone camera.

Al-Makdad is accused of illegal gathering, possession of molotov cocktails, and burning a police car. He reports that he was threatened, tortured and sexually abused while in detention. He was taken to court without the presence of a lawyer. The first time he was granted a visit from a lawyer was two weeks after his arrest.

Ibrahim Al-Makdad was one of the first children to be tried under the terrorism law. In April 2013, the confessions that were extracted from him under torture were used to sentence him to ten years in prison.

Jehad Al-Habashi was arbitrarily arrested on 23 July 2012 in Adhari highway after an attack on a police car took place in the area. He was taken to the police station and interrogated without the presence of lawyer.

He was reportedly tortured, humiliated, ill-treated and forced to sign a confession under torture. He was kept in solitary confinement for ten days. Al-Habashi was not granted a phone call until three days after his arrest and was not granted his right to visit a lawyer until two weeks after his arrest.

Al-Habashi reports that he was tortured in the police station after the arrest, during the investigation and in prison. He informed the court of the torture he was subjected to while in detention, and stated that his confession was extracted under torture. He was kept in an adult detention centre.

Al-Habashi was also one of the first children tried under the terrorism law and was sentenced in April 2013 to ten years imprisonment.
There is a systematic policy within the Bahraini prison system to deny prisoners access to adequate medical treatment.

The BCHR and BYSHR have already highlighted three cases of prisoner deaths due to the lack of adequate medical treatment since October 2012.

This remains a huge concern due to the fact that this practice is systemic and systematic. If prisoners are not immediately allowed access to adequate medical treatment, especially in serious cases, we anticipate that there may be more deaths or permanent health repercussions.
Yousif Ali Al-Nashmi, 31 years old, was arrested on 17 August 2013. After being subjected to verbal and physical abuse while he was detained, Al-Nashmi’s family noticed that he was not interacting normally and was discombobulated. His brother also said that the medicine he was given by the prison administration was causing him partial memory loss and making him say strange things. One of his released prison mates confirmed this, and added that Yousif was sleepless, acting strange, and complaining from headaches.

His brother received a call on 19 of September 2013, that Yousif had been admitted to Salmaniya Medical Complex due to increasing headaches and drowsiness. His brother tried to visit him but the hospital denied his presence. The family later confirmed that he had been at the hospital. Al-Nashmi was transferred back to the prison later that day.

He was not adequately examined by specialists during his visit to the hospital. There was high suspicion that his condition was not appropriately diagnosed so that he could be discharged back to prison. He collapsed in prison the day after his discharge and went into a deep coma. He was taken to Salmaniya Medical Complex again, where he was fully examined and diagnosed to have a severe edema from an undiagnosed source. According to his family, Al-Nashmi was also diagnosed with brain cancer. His lawyer appealed for his release based on his condition. He was released on 8 October 2013, but only when his medical status was so severe that he was not able to leave the hospital.

Yousif Ali Al-Nashmi passed away on 11 October 2013. His body was found to have torture marks in different areas including the head which raises the suspicion that torture may have had an effect on his condition. This can only be confirmed by a proper and independent forensic examination.
On 26 February 2014, the head of the Rehabilitation and Corrections Department announced that 23 year-old Jaffar Mohammed Jaffar Al-Durazi died while receiving medical treatment for Sickle Cell Anemia Disease at the Salmanniya Medical Complex.

Al-Durazi was arrested at the end of December 2013, after being wanted by Bahrain authorities on unspecified charges. Al-Durazi told his family during a visit that he had been subjected to severe torture during his detention at the CID after his arrest, including being subjected to severe beatings with bare hands as well as with plastic hoses, kicking, electric shocks, forced to stand for long hours, stripped naked, threatened with sexual assault, and put in the “freezer” (a very small room that is extremely cold) after having cold water poured on him.

During his detention at Dry Dock, Al-Durazi’s family was not allowed to bring him warm clothes, despite the cold weather and his health condition. His family stated that the SCD crises symptoms started after he was moved to Dry Dock, and that he looked thin and fragile when they saw him at Salmaniya Medical Complex. Prior to his detention, his symptoms were never severe: he usually would only be subjected to a crises once a year. Since the beginning of his arrest though, he was moved to the hospital three times due to SCD crises, the final time lasting one week in the hospital before he passed away.

Mohammed Mushaima, 22 years old, died on 2 October 2012 at Salmaniya hospital. He was arrested from the hospital in 2011 during the three month state of national emergency, and was sentenced by a military court to seven years imprisonment despite his lawyers presenting documents proving that he was in the hospital at the time of his alleged crime. He was accused with several fabricated charges including "illegal gathering near the financial harbor."

Mushaima suffered from Sickle Cell Anemia Disease, and his lawyers had made several requests that he be released due to the severity of his condition. In confidential phone calls, Mohammed told his lawyer that he was going to die if he was not released to receive the health care he needed for his condition.
The prison system in Bahrain is in desperate need of immediate reform. The BCHR and BYSHR both express their concern in the strongest terms for the health and well-being of the detainees.

In making the following recommendations for improving prison conditions, it is important to note that the BCHR has documented more than 3,000 political detainees. In these cases, the BCHR and BYSHR are not calling for improved conditions, but an immediate and unconditional release from detention.
In order to improve the prison conditions in Bahrain, the BCHR and BYSHR call for the:

*The United States, United Kingdom, and other close allies of Bahrain to:*

- immediately and unconditionally release all political prisoners;

- immediately end of the practice of subjecting detainees to enforced disappearance and end of the practice of holding detainees in the CID building where they are kept in isolated conditions, tortured, and denied access to a lawyer;

- guarantee that the UN Standard Minimum Rules for the Treatment of Prisoners are met at all detention facilities, and monitor these conditions via independent oversight;

- provide adequate and timely healthcare to all detainees;

- allow the UN Special Rapporteurs to visit Bahrain, particularly the Special Rapporteur on Torture;

- fully implement the UPR and BICI recommendations;

- sign the Optional Protocol against Torture, which involved that there will be a standing committee to visit the prisons and that the visits could be sudden. This would make a practical step forward that would demonstrate the seriousness of the authorities’ intentions to improve prison conditions.

*The United Nations Human Rights Council to:*

- pass a resolution using strong language to condemn the ongoing human rights abuses in Bahrain;

- open a full mandate office for the OHCHR in Bahrain.
BAHRAIN CENTER FOR HUMAN RIGHTS
Defending and promoting human rights in Bahrain