



## **CHANGING ROOM / SHOWER FACILITY POLICY**

The club is fully committed to ensuring the safety of adults and children.

This policy will depend on the facilities available, access to those facilities and the numbers involved.

The following provides a framework of best practice and guidance that has been developed at the club. These guidelines apply to all adults and children sharing changing rooms and shower facilities.

Best practice :

- Adults must not change, or shower, at the same time using the same facility as children;
- Adults must change at separate times to children, during matches, for example when children are padding up;
- If adults and children need to share a changing facility, the club must have consent from parents/guardian that their child[ren] can share a changing facility with adults in the club;
- If children play for open age teams, they, and their parents/guardian, must be informed of the club's policy on changing arrangements;
- Mixed gender teams must have access to separate male and female changing facilities;
- Mobile phones must not be used in changing rooms.

If children are uncomfortable changing or showering at the club, no pressure should be placed on them to do so. Suggest instead that they may change and shower at home.