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Changing Room Guidance

There are no specific legal requirements regarding the use of changing facilities; this guidance document is therefore intended to provide practical guidance to support individuals, clubs and centres to develop procedures which will fit their specific environment.

There are no rules stipulating under 18s and adults of the same gender should not share changing facilities; however, the following guidance should be considered.

- Gender specific changing rooms are available.
- Any changing room concerns should be addressed to a member of the Club Committee or a Welfare Officer.
- Parents of U18s should be aware that the Changing Rooms are for mixed age group use.
- Mobile phones, cameras or any other recording devices **must not** be used in changing rooms at any time.
- Parents of U18s should be allowed to supervise their child (of the same gender) whilst in the changing room.
- Children under the age of 8 can change, when accompanied by their parent, in the changing room of the opposite gender.
- Where it is possible, there should not be a time when one adult is alone in the changing room when U18's are present and vice versa, there should not be a time where an U18 is alone in the changing room when there are adults present (unless when the U18 is accompanied by their parent).
- Parents will be able to request to accompany their child in the changing rooms. Also, committee members may ask parents if they think it necessary.
- Changing rooms and showers will be left clean and tidy.
- After using the shower it should be wiped down with the cleaner provided in readiness for the next person.

Remember, not everyone (adult or child), will be comfortable using group changing facilities. No pressure should ever be put on someone using the facilities and the option to change at home or for an individual to find an alternative provision should always be made available.