



Guidelines on Changing Rooms and Showering Facilities

These guidelines apply to adults, and children, sharing changing facilities.

We have adopted these best practice principles:

- Adults must not change, or shower, at the same time using the same facility as children
- Adults should try to 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 that their child(ren) can share a changing room with adults in the club
- If children play for Open Age teams, they, and their parents, must be informed of the club's policy on changing arrangements
- Mixed gender teams must have access to separate male and female changing rooms
- Mobile phones must not be used in changing rooms
- If children are uncomfortable changing or showering at the club, no pressure will be placed on them to do so. We will suggest instead that they may change and shower at home