



## **CHANGING ROOMS & SHOWERING POLICY**

- 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 children can share a changing room with adults in the Club. This is arranged at through the Club's Junior Membership Form.
- If children play for adult 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 should be placed on them to do so. Children are informed that they may wish to shower and change at home instead.