



Changing Room Etiquette - Reviewed 29-12-2016 by P.Amey

1. All Members, Coaches, Juniors and Adults (Male and Female) are advised that the changing/ shower rooms are semi- public spaces.

Having spoken to a number of members on this matter it is apparent that a number of Adults and children already adopt a personal cover-up policy by wearing shorts/ kayaking leggings and/or swimwear in the showers.

Whilst we will not be enforcing this approach and we will not be monitoring people in any way, we suggest that as we cannot offer separate changing for Adults and Children the following seems an appropriate way to 'safe-guard' both children and adults alike in the circumstances.

NOTE - If a parent wishes to assist their child in the changing room - this is perfectly acceptable as long as they are of the same sex as their child. If this is not possible please use the Disabled WC when available or make other arrangements to avoid this situation occurring please.

2. Children and Safe-guarding– Please make your children aware that if an Adult is on his/her own in the shower or changing room when they enter to change, we would ask they leave the room and only re-enter, either -
a. once the Adult has finished and left the room or
b. once another adult/s enter the room.

3. Adults and Safe-guarding– if a child is on his/her own in the shower or changing room when you enter to change, please leave the room immediately and only re-enter, either -
a. once the child has finished and left the room or
b. when another adult/s enter the room.

4. ALL - Swearing and rude language of any kind will not be acceptable at any time.

5. ALL - Ensure Changing and Shower spaces are left clean and tidy at all times. Assistance with sweeping and mopping-up at the end of your session will help the Coaches in this respect. Remove your empty shower liquid bottles to the RUBBISH bins.

6. ALL - DO NOT LEAVE YOUR BELONGINGS AT THE CENTRE

7. ALL - BULLYING IN THE CHANGING ROOMS WILL NOT BE TOLERATED

8. ALL - LARKING ABOUT IN THE CHANGING ROOMS WILL NOT BE TOLERATED

9. ALL - REMEMBER TO RETURN ALL CLUB KIT TO THEIR STORAGE AREAS WHERE YOU FOUND THEM AT THE START OF THE SESSION AND **BEFORE** SHOWERING AND CHANGING