



Guidelines on Changing Rooms and Showering Facilities

These guidelines are for all match days and training sessions.

- 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
- Adults must not find themselves alone with any child or children in the changing facility, if this occurs they must wait till they have left
- 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 should be placed on them to do so.

