**Changing Room Policy for Children**



The following provides a guidance for a Changing Room Policy developed within the club. These guidelines apply to adults and children sharing changing facilities.

Best practice principles to be adopted, wherever possible, are as follows:

Mobile phones must not be used in changing rooms at any time

In so far as is possible, children should arrive to all their matches changed into their appropriate clothing

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 should allow children to use the changing room to get changed first. When they are finished the adults can then use it

Adults must not change, or shower, at the same time as children when 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

Where children play for open-age teams, they and their parents need to be made aware of the changing room policy of the club

Mixed gender teams must have access to separate male and female changing rooms or create a policy on changing at different times

If children are uncomfortable changing or showering at the club, no pressure should be placed on them to do so. They may change and shower at home