

## 6. ADVICE FOR ADULTS AND CHILDREN SHARING CHANGING ROOMS

### ADVICE FOR CHANGING ROOM MANAGEMENT WHERE ADULTS AND CHILDREN ARE USING THE SAME CHANGING ROOMS

An area where children are most vulnerable can be a shared locker/changing/shower room, limited changing facilities often mean that people of all ages regularly need to use the same facilities to change and shower at the same time.

Advise on managing changing and shower facilities for clubs:

- Wherever possible, adults should avoid changing or showering at the same time as children
- Identify a specific junior shower cubicle or changing area if possible
- If space is limited identify periods of time (normally 20 - 30 min sections) which is solely for junior member or adult member use of the changing/shower facilities
- Place a sign on the door to make people aware of the restricted use and time frame
- Notify parents as part of the club information process that adults and children may need to share a changing facility and what process the club uses to manage/monitor the facilities
- Children who are ten and under should be supervised/monitored in changing rooms. It is advisable for adults to work in pairs and not to be alone in these circumstances
- Supervision/monitoring of the changing rooms can be done from outside the door with a call in or a pair entering briefly, or depending on the needs of the group the pair of adult supervisors may need to be in the room
- If children are uncomfortable changing or showering in public, they should not be pressured to do so, discuss the situation with their parents and consider if alternative provision can be made if appropriate

**In an emergency if an adult is required to enter the changing area they should be accompanied by another adult, if they have to go into a single gender changing room eg. a male has to enter a female changing area, or vice versa, another adult of the opposite gender should accompany them.**