



# Middleton Sports Club



## CHANGING ROOMS AND SHOWERING POLICY

It is a basic safeguarding requirement that sports clubs **must** have a changing and showering policy. Middleton Sports Club must abide by the following principles and they apply to all adults and children sharing changing facilities. Children and young people are all those under the age of **18**.

The following **must** be adopted and adhered to:

- **Adults MUST NEVER shower at the same time as any child/young person (U18)** using the same facility. All U18s must have access to the showers prior to any adult (over 18) entering the facility. No adult should be within the changing room when a child/young person enters from the showers.
- **Adults MUST NOT change at the same time as children/young people during matches.** For example, if player 3 is an Adult and player 4 is U18, the U18 must get changed and grab all external equipment from the changing facilities prior to any adults getting changed. This means that any other U18s playing later should collect all their kit from the changing room before playing to prevent an U18 alone with an adult.
- If the changing facilities provide separate changing rooms, then one should be designated to an U18 changing room only. (Even if this means U18s from both home & away sides share one U18 changing room.)
- **If the changing facilities do not offer a separate room, Middleton Sports Club MUST have written parental consent for any young person between 16 – 18 years of age to change at the club.** If there is a child under the age of 16, this child will need to get changed prior to any adult entering the changing facilities. No exceptions to the above can be made for any child under the age of 16.
- **All children playing in adult teams and their parents MUST read and sign that they have read the club's policy on changing arrangements.** No exceptions to the above can be made for any child under the age of 16.
- **Any team talk concerning an U18 MUST take place outside of the changing facility in public view.**
- **Mixed gender teams MUST HAVE access to separate male and female changing rooms.** The same age rules apply.
- **Mobile phones MUST NOT be used in any capacity within the changing rooms.** (The only exception is in the event of an accident where the emergency services need to be contacted)
- If any young person, even with the consent from a parent is uncomfortable changing or showering at the club, no pressure will be placed on them to do so. They instead can change and shower at home.

**This policy is for both HOME and AWAY matches. If there are any questions concerning the above policy, please contact the Club Safeguarding Officer/s for clarification.**