

GRASSHOPPERS

Rugby • Netball • Social

Changing Room & Showers Policy

Rugby Football Union Policy and Guidance

Adults and children must never use the same facilities to shower or change at the same time. Adults must only enter changing rooms when absolutely necessary due to poor behaviour, injury or illness. Adults must only ever enter the changing rooms by themselves in an emergency and when waiting for another adult could result in harm to a child.

If children or vulnerable adults need supervising in changing rooms, or coaches or managers need to carry out a range of tasks in that environment this must involve two suitably vetted adults of the same gender as the children or vulnerable adults. For mixed gender activities separate facilities should be available.

If the same facilities must be used by adults and children or vulnerable adults on the same day a clear timetable should be established. No pressure should be placed on children or vulnerable adults who feel uncomfortable changing or showering with others, if this is the case they should be allowed to shower and change at home.

Where a disability requires significant support from a parent; or carer, the person concerned and their parents should decide how they should be assisted to change or shower. Before any assistance is offered by another person, appropriate consent should be given by a parent.

NO Mobile phones to be used in the changing rooms

England Netball

Where possible, parents should be responsible for their own child in the changing rooms.

The following guidelines should be adhered to:

1. players aged 10 and under must be supervised at all times in changing rooms by two members of staff, of the same gender as the players
2. adults working with young teams, including volunteers, coaches, umpires or staff, should not change or shower at the same time when using the same facility as young players
3. mixed gender teams must have access to separate male and female changing rooms

**THIS IS
RUGBY.**

Teamwork Respect Enjoyment Discipline Sportsmanship

www.grasshoppersrfc.com

Grasshoppers RFC, Syon Lane, Isleworth, Middlesex TW7 5PN.
Telephone: 020 8568 0010

GRASSHOPPERS

Rugby • Netball • Social

4. if young players play for adult teams, they and their parents must be informed of the club's policy on changing arrangements
5. if young people are uncomfortable changing or showering in public, no pressure should be placed on them to do so. Encourage them to do this at home
6. if your club has disabled players, involve them and their carers in deciding how, if applicable, they wish to be assisted to change and ensure they provide full consent to any support or assistance required
7. if adults and young people need to share a changing facility, the club must have consent from the parents that their child/children can share a changing room with adults in the club
8. if young people need to share changing facilities with adults, their parents should be allowed to supervise them while they are changing.
9. **NO** mobile phones to be used in the Changing Rooms

**THIS IS
RUGBY.**

Teamwork Respect Enjoyment Discipline Sportsmanship

www.grasshoppersrfc.com

Grasshoppers RFC, Syon Lane, Isleworth, Middlesex TW7 5PN.
Telephone: 020 8568 0010