



# ATLANTIC RACQUET CENTRE (ARC) THE USE OF CHANGING ROOMS POLICY


Atlantic Racquet Centre strives to ensure that all children are safeguarded from abuse and have an enjoyable sporting experience.

This document sets out the ARC policy for the acceptable use of our changing rooms.

1. Groups of children will have sole use of changing rooms. This reduces any risks and potential vulnerability associated with mixing adults and children when changing and showering.
2. If adults and children need to share our changing rooms, they will do so at different times.
3. Where it is unavoidable that changing rooms are used by both adults and children at the same time, there will be access to separate changing, showering and toilet areas.
4. Under no circumstances will adult staff, coaches or volunteers change or shower at the same time as children using the changing rooms.
5. Mixed gender groups of children will have access to separate changing rooms, or use the same changing room but at different times.
6. If we are made aware that a child or adult self-identifies as a gender that differs from the gender they were assigned at birth, we will work with them and their parents/carers (where it relates to a child) to make reasonable adjustments to changing arrangements to suit their needs (*n.b. for more information on this please go to <https://thecpsu.org.uk/help-advice/topics/lgbt-young-people-and-sport/>*)
7. Children with disabilities who require support when showering/changing will have a designated cubicle or sole use of facilities if it is a group. The support will be provided by their family members or appropriate DBS checked staff support with evidence from the relevant organisation providing the support.
8. Adults with disabilities who need to support to shower and change can use the facilities alongside other adults but will need to be accompanied by a family member, recognised advocate or appropriate DBS checked staff with evidence from the relevant organisation.
9. If the parent/carer is a different gender to the disabled person, the staff/coaches/group leaders at ARC will consider what options are available to facilitate safe changing: this will include the option of using the Changing Place facility when appropriate
10. The Changing places facility will remain locked and the key will be given to users when appropriate. Baby changing will be strongly discouraged but flexibility as mentioned in point 9 will be encouraged.
11. Mobile phones and other electronic devices must not be used in changing rooms.

12. For younger groups of children, a DBS checked member of staff or volunteer will wait outside the changing rooms to allow children to call for assistance if required.
13. Where no changing facilities are available children, parents and travelling teams/players will be made aware prior to the game and advised to make alternative arrangements and to take appropriate additional clothing e.g. tracksuits etc.

This Policy is recommended for approval by:

Signed: 

ARC Chair: Anoushka Lynd

Date: 12/04/2024

Signed: 

Club Welfare Officer: Tish Shere

Date: 12/04/2024