Changing Room Guidance

At present there are no legal requirements regarding the use of changing rooms by adults at risk or by children. It must be recognised that changing rooms could be regarded as areas where children and adults at risk could be vulnerable. When school staff are required to supervise changing rooms, it is essential they have the appropriate Criminal Record Checks, are appropriately vetted and understand their responsibilities.

The following advice should be followed:

- Adults should not be permitted to get changed in these facilities at the same time as children. Adult staff should not change or shower at the same time using the same facility as students. Staff of the opposite gender should not be present whilst students are showering or changing.

- Where practical, young children should be supervised at all times in the changing rooms by their parents or carers rather than by instructors or other members of staff. Young people and older children may be comfortable changing without supervision, depending on their age and confidence.

- If the School has children with disabilities or children who require assistance in changing, it is advised that a family changing room is offered.

- There must be separate changing facilities or changing times for males and females.

- No-one should enter changing rooms whilst these are being used by members of the opposite sex

- All students and staff should be aware that no photographic equipment (including cameras, video cameras, mobile phones) should be used in the changing room environment.

- Children should be aware that incidents in the changing facilities should be reported without delay.

- If children need supervising in changing rooms this must involve two suitably vetted adults of the same gender as the children or adults at risk. For mixed gender activities, separate facilities should be available.

- Clubs that are unable to provide safe changing room facilities must ensure participants arrive wearing their training clothes

- Adults must only enter the changing rooms by themselves in an emergency i.e. harm to another child.

- If the same facilities are used by adults and children or adults at risk on the same day, a clear timetable should be established.

- Children should not be pressurised into showering with others if they feel uncomfortable doing so. If this is the case, they should be allowed to shower and change at home.

- Where a disability requires significant support from a parent/ guardian or carer, the person concerned, and their parent/ guardian or carer should decide how they should be assisted to change or shower, and prior consent should be agreed.