

# Loughborough Boat Club

## Changing Room Policy

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**Loughborough Boat Club is committed to providing a caring, friendly and safe environment for all of our members so they can train in a relaxed and secure atmosphere.**

Separate male and female changing rooms must be provided. No staff or volunteers, medical or otherwise should be present when rowers of the opposite sex are showering or changing.

Adults must not change, or shower, at the same time using the same facility as children (under 18) - if the same changing room is used, then they must have different times.

If adults and children need to share a changing facility, they must do so at different times.

If a child is uncomfortable showering or changing in public no pressure should be put on them to do so, they should be encouraged to change and shower at home.

Where practical, young children (under 12) should be supervised in changing rooms by two adults.

If the club has children with disabilities, they and their carers should be involved in deciding how best they can be assisted.

The needs of transgender or transitioning children and changing facilities would need to be considered; for guidance, see <https://thecpsu.org.uk/help-advice/topics/lgbt-young-people-and-sport/>.

Always ensure the children consent to the assistance that is offered.

No photographic equipment should be used in the changing room environment.

This policy is based on ARA's "Safeguarding and Protecting Children (2007)", ECB's "Guidelines on Changing Rooms and Showering Facilities" (2017) and NSPCC's "Safe Use of Changing Facilities Briefing Paper" (2018).

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Loughborough Boat Club