

WSRC Changing Room Guidance- Adults and Juniors

DO

- Respect all members and their families - consider their privacy at all times
- Instruct a junior or ask their coach to instruct them to leave the changing room if you need privacy to get changed
- Remember that anyone under the age of 18 is still a child. Please also consider this when talking with others in the changing rooms
- If you are showering, please ensure that you are covered when going to and from the shower
- Report any worries or concerns to your coach, teacher, parent/ carer, the club welfare officer (juliasaunders34@gmail.com) or a member of the WSRC staff
- Consider the safety and wellbeing of all juniors and the importance of safeguarding all members

DON'T

- Linger in the changing rooms any longer than necessary
- Be alone with a junior in the changing rooms if possible
- If you are under the age of 16, don't leave any possessions in the changing rooms after 17:15. Please use the bag shelves at the top of the stairs instead

This guidance is for staff, club members, schools and other users of WSRC changing facilities. It is based on advice from the NSPCC Child Protection in Sport Unit (<https://thecpsu.org.uk/resource-library/best-practice/safe-use-of-changing-facilities/>) and designed to meet the specific requirements of the club. It aims to clarify supervision and other issues relating to junior members and schools sharing changing rooms with adult members. It also addresses the concerns raised by adult members who feel uncomfortable sharing changing rooms with children.

WSRC Changing Facilities

The club has separate male and female changing rooms. The male changing room consists of 3 individual spaces; an open plan changing and shower area, and toilets across a small corridor in a separate area. The female changing room also consists of 3 similar spaces; an open plan changing area, enclosed shower cubicles and 2 toilets. At the current time, resources are not available to create a separate changing/toilet facility which could be used by individuals who are uncomfortable sharing with others.

School and Junior Coaching Sessions

The regular use of WSRC by local schools and for junior coaching and tournaments is promoted and valued by the club. The inclusion and development of young players is vital for the future of WSRC and the sport, as well as, promoting their health and wellbeing. However, it does create some challenges ensuring that children are adequately protected from harm and adults are not put in uncomfortable or vulnerable positions. This is particularly so in the men's changing area, where

there are currently no separate changing cubicles. In order to address these concerns, the following advice and procedures are provided;

- A list of the times when school and junior coaching sessions are taking place are displayed in the changing areas, so members are aware when young people are using the facilities.
- Junior players are encouraged to change quickly and not loiter or socialise in the changing areas to minimise the time they are there. Most juniors rarely use the shower and are only in the changing areas for a short time. The toilets are in a separate area and do not present any issues.
- Equally, adult members are requested to be discreet and not loiter or socialise in the changing rooms when juniors are present. Any concerns of a safeguarding nature should be reported immediately to the Welfare Officer or Club Manager.
- It is never appropriate for teachers or coaches to use the changing facilities at the same time as the juniors in their session.
- It is never appropriate for photographs to be taken of children either by adults or other children in changing areas.
- Parents are responsible for deciding when it is safe and appropriate for their children to be left unsupervised in changing areas. The CPSU advises that generally children under the age of 8 should be supervised, although factors such as the child's maturity, capability or level of disability need to be taken into consideration.
- If children are uncomfortable about changing in a space shared with adults or they are too young to change themselves, they should be encouraged to change before they arrive or be supervised by their parents, as WSRC does not have adequate staff/volunteer resources to do so.
- Children should use gender specific changing rooms unless they are transgender or transitioning. In this case, sensitive discussions and arrangements should be made on an individual basis with the Welfare Officer to agree how this will be managed.

WSRC is committed to addressing safeguarding issues as part of its ongoing development plan in relation to renovations or additions to the structure of the building. Should the opportunity arise in the future to provide separate changing rooms, this will be given full consideration. In the meantime, a commitment by staff, coaches and members to good safeguarding practice will help deliver WSRC's duty of care to children.

Julia Saunders, WSRC Welfare Officer, February 2024