



Changing Room Rules and Policy

If you have any concerns about the changing rooms, including breaches of this policy, please contact James Freemantle (j.l.freemantle@hotmail.co.uk)

Policy

- The club has gender specific changing rooms available.
- Our changing rooms are for mixed age use.
- Where possible, there should not be a time when one adult is alone in the changing room when U18's are present and vice versa, there should not be a time where an U18 is alone in the changing room when there are adults present (unless when the U18 is accompanied by their parent).
- Where possible, coaches should change at a different time to the group they are coaching.
- Mobile phones, cameras or any other recording devices must not be used in changing rooms at any time.
- Parents of U18s are allowed to supervise their child(ren) (of the same gender) whilst in the changing room.
- Children under the age of 8 can change, when accompanied by their parent, in the changing room of the opposite gender.

Rules

Please treat the changing rooms as you would your house - leave them in the same condition as you find them or better. Below are some more specific points:

1. If your shoes are dirty, or could damage the foam floor (running spikes, orienteering boots), please take them off at the door.
2. If you make a puddle on the floor (from your clothes) please make clear it up. There are cleaning products in each changing room to do this. Please don't make any other puddles on the floor.
3. Please leave the changing rooms tidy. This will help the group cleaning them. Ideally no kit should be left in the changing rooms at the end of your session. Any kit causing a nuisance or a smell will be removed and placed in the barn in the designated lost property area.
4. Changing rooms will be cleaned **every Saturday after training**. Cleaning will be done by each training group in turn (according the separate rota). In some cases, cleaning may be done by males in the female changing room and vice versa. **Changing rooms are not to be cleaned while people are changing**. If you want to use the changing rooms while they are being cleaned, please wait.
5. Remember any equipment, kit, keys, phones, etc. is left at your own risk. As such, if you are last in the changing rooms please make sure the door is shut and locked.
6. If it's cold and you use the heater, please turn it off when you leave. We are metered and will be charged for all electricity we use.
7. When using the kitchen, please wash up your mug / cup / plate and wipe down the sink. Please don't use the furniture outside.

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<https://www.britishcanoeing.org.uk/uploads/documents/G28-Changing-Room-Guidance-270716.pdf>