



Addlestone Canoe Club

Changing Room Policy



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This Policy takes account of PaddleUK Guidance up to May 2018 and some 35 years Accumulated Experience of our own Club Environment, facilities and general Equality and Safeguarding Responsibilities in Practice.

We currently have one Male Changing Room, one Female Changing Room, and one small Coach Changing Room.

The Male changing room has 3 showers within a single semi-enclosed area.

The Female changing room has 2 shower cubicles with curtains.

The Coach changing room has a toilet and single shower cubicle with a curtain.

Policy

The Club is a family club especially aimed at supporting Young People.

It is strongly recommended all paddlers, who have been on or in the water, should have a shower or bath. You should always wash your hands or use a disinfectant before eating.

There are several options available.

- The Club has facilities as indicated above.
- Everyone is free to choose to stay covered or not in the changing room or shower.
- No-one should feel nor make anyone else feel any pressure to be undressed in the presence of others when changing or showering.
- Parents can care for their children of their own sex or up to the age of 5 of the opposite sex in their changing room, but should ask others using the changing area first.

Any issues of uncertainty raise this with the Club Welfare Officer.

When our coaches or helpers are coaching or training or supporting Scouting, Guiding, Youth or School Groups, members should comply with the visiting group's rules regarding changing. Those coaches and club members can make use of the Coach changing room, or can, if necessary, wait and allow the visitors to change first and only enter the changing room when the visiting group has finished and exited the changing room.



Essential rules

All behaviour in the changing room and showers should comply with Club Rules, Club, Parent and Junior Codes of Conduct, and be reasonable, responsible and respectful of the rights and views of others using the facilities.

There should be no roughhousing or messing around in the changing rooms.

No photography nor use of mobile phones in the changing area.

General Points

As a club most of our paddling groups go out in mixed age groups and arrive back at the same time, all age groups generally need to change at the same time.

In the nature of the club generally we find this arrangement works from a safeguarding position as opposed to expecting all young people to change unsupervised by the presence of responsible adults.

Guidance and Recommendations

All adults should be aware of and abide by the Club's Safeguarding Policy. All paddlers should feel comfortable and free to raise any concerns with (their parent in the case of a Junior), any other adult, Coach or Committee member, club Welfare Officer, or club Chair. These concerns may not be full safeguarding issues requiring full formal investigation but need a brief discussion with anyone causing others to feel uncomfortable or between parties to avoid further discomfort to others.

It will not always be practical but it is suggested to avoid any possible concerns of abuse or allegations being made, adults should be aware that:

- unless a relative or guardian of the children showering or changing, one adult should avoid being alone in the same changing room with one child; and
- any unrelated adult ideally should wait and avoid entering the shower with an unrelated child or can ask the child to wait.

It is the responsibility of the last person out (including juniors) to wash and mop the floors and leave them reasonably clean and tidy.