



## **Advice on good practice on Changing Rooms**

All Scottish Rowing squads and affiliated clubs must have a Changing Policy, guidelines for which are provided here. These guidelines apply to the arrangements to be made for adults, and children, using changing facilities. Clubs should make arrangements so that children and adults do not use the same changing facilities at the same time.

### **Best practice principles to be adopted by Scottish Rowing Squads and clubs, wherever possible, are as follows:**

- Adults must not change, or shower, at the same time using the same facility as children - 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.
- Mixed gender crews/squads must have access to separate male and female changing rooms
- Due to the risks of inappropriate photography or filming, mobile phones must not be used in changing rooms

If children are uncomfortable changing or showering at the club, no pressure should be placed on them to do so. Suggest instead that they may change and shower at home.