

# ELWOOD SAILING CLUB

## USE OF COMMUNAL CHANGING ROOMS AND SHOWERS

**Written By:** David Wilkinson  
**Approved By:** General Committee on March 16, 2017  
**Date for Review:** March 16, 2018

To reduce risk and vulnerability best practice is that adults do not change or shower in communal changing rooms at the same time as children under the age of 17. This generally is not practical at ESC and the following guidelines therefore apply:

- Children should be accompanied by an adult carer when using the changing rooms with adults. If this is not possible the club must have consent from parents or guardian that their child/children can share the changing room with adults without supervision.
- Children not supervised by an adult carer are encouraged to shower at home and only change at the club.
- Children under the age of 8 must be supervised at all times by an adult carer or by 2 members of the Training staff
- If children are uncomfortable changing or showering at the club no pressure should be put on them to do so. Instead it is suggested they change and shower at home.
- Males are not permitted in the female changing rooms and females are not permitted in the male changing rooms regardless of age
- The use of mobile phones or cameras is strictly prohibited in the changing rooms