



## **THE USE OF CHANGING AND SHOWERING FACILITIES**

### **Introduction**

- i) TTFC recognises the additional heightened safeguarding risks that comes with children potentially sharing changing rooms and showering facilities with adults.
- ii) This policy has been drawn up in consultation with the LTA Safeguarding Team and follows the guidance issued by the NSPCC 'Child Protection in Sport Unit'. This policy has been drawn up with the LTA policy on changing and showering in mind (August 2025).
- iii) This policy should be read in conjunction with TTFC's Safeguarding Policy, available on the Club website.

### **Section A: Club Rules on the use of changing rooms and showering facilities.**

- i) Please be aware that both adults and children have full use of the changing rooms, therefore recommend where possible that children get changed /showered at home. The Club is unable to provide separate changing and showering facilities for children under the age of 18.**
- ii) Any child aged 8 and under must be accompanied into the changing rooms by a parent / carer of the same gender. Where this is not possible, the Disabled Toilet should be used for changing.
- iii) Any child aged 8 or under must be accompanied by a parent / carer if taking a shower.
- iv) Any child between the age of 9 and 18 needing to change must be made aware by the parent / carer that adults also use the changing rooms at all times. The parent / carer of a child between the age of 9 and 18 may request at Reception that their child be allowed to change in the Disabled toilet.
- v) Any child between the age of 9 and 18 wishing to shower should be made aware by the parent / carer that adults may also be using the showers at all times.
- vi) Mobile phones and other electronic devices must not be used in the changing rooms. Appropriate signage will be posted in the changing rooms.

## **Section B: Gender**

i) If we are made aware that a child or adult self-identifies as a gender that differs from the gender they were assigned at birth, we will work with them and their parent / carers (where it relates to a child) to make reasonable adjustments to changing arrangements to suit their needs.

## **Section C: Further measures taken by the Club to minimise risk.**

i) The Club recognises that the vast majority of children arrive at the Club having already changed for their activity and then leave the site the same way.  
ii) However, the Club has identified early mornings before school and 3.30 – 4.30pm as busier times when the risks may be greater. The Club will therefore contact the parents / carers of these children to point out the potential difficulties and ask them to try to ensure, wherever possible, that their child arrives changed. It is hoped that these measures will minimise the vulnerability of children visiting our site.

ii) All staff have appropriate safeguarding training and will regularly be made aware of the heightened risk to children in the changing rooms.

iii) The Club will, at appropriate times, and in an age- appropriate manner, talk to the children in their coaching groups around the issue of safeguarding in the Club generally and, more specifically, talk about the additional risk the changing rooms can pose. Coaches working 1:1 with children will be provided with a 'script' which helps to raise awareness in the children of the Club's role in keeping them safe.

iv) The Club, through the Welfare Officers, will review the efficacy of the arrangements contained in this policy at regular intervals and report findings to the Board.

POLICY REVIEWED: 09/02/26. (A. CHRISTIE)

NEXT REVIEW: FEBRUARY 2027.