



Grangemouth Triathlon Club

Guidance on Changing Room Management

An area where children could be vulnerable is in a shared changing room. There can be a number of challenges in this area from limited changing facilities, single room changing/no privacy cubicles, mixed changing, changing used by club and non-club members. Grangemouth Triathlon club use various venues with differing changing facilities and this guidance is to ensure safeguarding of all members.

Private facilities where adults and children must use the same changing area.

- Wherever possible, adults should avoid changing or showering at the same time as children.
- If privacy cubicles are present, doors must be closed and locked while changing is in progress.
- In facilities where no privacy cubicles are present, no adults should be using the changing room at the same time as children. When this is the case, times will be allocated for separate junior and adult changing times.
- Where Grangemouth Triathlon Club is the sole user of private facilities, any unknown adult seen to enter changing areas should be challenged by coaches/club members.

Public facilities where adults and children must use the same changing area.

- Any specific changing area concerns should be discussed with the centre management.
- Wherever possible, adults should avoid changing or showering at the same time as children.
- If privacy cubicles are present, doors must be closed and locked while changing is in progress.

Any concerns regarding the safeguarding of children in the changing rooms should be immediately raised with coaches and/or the club welfare officer.