



Bicester and North Oxford CC

Dressing room guidelines

Best practice principles to be adopted wherever possible, are as follows:

- Wherever possible, adults and juniors (players under 18 years of age) must use separate changing and shower facilities.
- Where this is not possible and a changing room is to be shared, adults and juniors must change and shower at separate times.
- Where a changing room is to be shared by adults and juniors, adults must not use the facilities at the same time as juniors. The first player(s) must vacate the facility before the second player(s) enter.
- If adults and juniors need to share a changing facility, the club must have consent from parents that their child(ren) can share a changing room with adults in the club
- If juniors play for adult teams, they, and their parents, must be informed of the club's policy on changing arrangements
- Mixed gender teams must also have access to separate male and female changing rooms.
- Mobile phones must not be used in changing rooms
- If juniors are uncomfortable changing or showering at the club, no pressure should be placed on them to do so. Instead suggest they change and shower at home.

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