



# CHELMSFORD HOCKEY CLUB

## Changing Room Policy

The aim of this policy is to provide coaches, managers, parents, players, officials and visitors with a clear understanding of the Club's stance on changing before and after matches and training sessions.

For the avoidance of doubt it should be noted that the Club has no control over the provision of changing facilities at away games, which means that some of the measures described in this policy may not be practical or possible. In such cases all parties should use common sense to apply the policy as best they can.

This policy is informed by best practice guidance from England Hockey. This list is not exhaustive and may be subject to change to reflect changes in legislation or particular circumstances that may arise.

### GENERAL

- For senior matches, and some junior matches, at Chelmer Park changing rooms are usually allocated and displayed on a TV monitor at the entrance to the changing room corridor. The whiteboard inside the entrance may sometimes be used as an alternative to the TV monitor. Players should only use the changing room allocated to their team. In the event that all six of the club's changing rooms are occupied it is possible to use the adjoining Chelmsford City Council changing rooms, and this policy also applies to those changing rooms.
- Neither children nor adults are permitted to change in public places, such as the clubhouse.
- If players choose not to change/shower after playing/training then they are expected to wear a tracksuit over their playing kit before entering the clubhouse lounge. This is in the interests of hygiene and courtesy to other users of the clubhouse lounge.
- The use of mobile phones, cameras and video recording devices in changing areas is expressly forbidden.
- Mixed gender teams must have separate male and female changing rooms or arrange to use them at different times.
- Disabled players and/or their parents/carers will be consulted in deciding how, if applicable, they wish to be assisted to change. While Chelmsford HC welcomes disabled players, and will do what they practically can to assist, parents/carers may also be required to provide assistance in certain cases. Parents/carers will be required to provide full consent to any support or assistance required.
- Adult trans or transgender players should not use the same changing facilities as under 18s unless there are separate cubicles. If this cannot be avoided due to the nature of the facility adults should come ready changed for their hockey activity.

### YOUNG PLAYERS

- All players aged 12 and under should arrive in kit ready to play/train, and return home in their kit after training or matches.
- No pressure will be placed on young people to change or shower in public. If they are uncomfortable doing so they are encouraged to change at home.
- Adults should not offer to do tasks of a personal nature which a young person could do for themselves, unless requested to do so by a parent/guardian. Though, young people may need assistance with tying laces, fitting of goal keeping equipment/helmets, etc. In such cases adults should ensure that another adult is present.

### JUNIOR TEAMS

- Adults and young leaders (under 18) working with junior teams, including volunteers, coaches, umpires or staff, should not change or shower at the same time when using the same changing room as young players. They should change at home or at a different time from the junior team.
- If changing rooms are used as a de facto meeting room i.e. for team talks, the coach must be accompanied at all times by at least one other adult of the same gender as the team. Where practical the club will try to ensure there is a good gender balance between coaching and management staff to facilitate this policy in practice.

#### YOUNG PLAYERS IN SENIOR TEAMS

- If young players play for adult teams, they and their parents must be informed of the club's policy on changing arrangements prior to the player playing their first game.
- If adults and young people need to share a changing facility the club must have consent from the parents/guardian that their child/children can share a changing room with adults in the club.