

# Anston Cricket Club Changing and Showering Policy

This policy outlines the changing arrangements that must be adhered to regarding the use of changing rooms and showering facilities. Team captains and coaches are responsible for ensuring all of the below points are followed:

* Adults must not change or shower at the same time suing the same facility as young people
* Adults must change at separate times to young people during matches i.e. when padding up
* If adults and young people need to share a changing facility, the Club will ask for consent from the parents/carers that their child(ren) can share a changing room with adults in the club
* Parents/carers must be informed of the Club’s policy on changing if their child(ren) are to play for adult teams
* Mixed gender teams must have access to separate male and female changing rooms
* Mobile phones must not be used in changing rooms

If a young person feels uncomfortable changing or showering, no pressure should be placed on them to do so. Changing can take place at home.