New Lambton Football Club - NEW LAMBTON FC JUNIORS

Our Change Room Policy

Change Room Monitoring

- **Change Room:** Players should be supervised at all times. A lone personnel member should never be in the dressing room with players at any time, and especially when they are showering or changing: two (2) adults should be present together; which is called the “Rule of Two” policy. Should separate dressing rooms be required, both dressing rooms require the appropriate adult supervision.
- **Injury Treatment:** The safety person should avoid treating injuries out of sight of others. Use the “Rule of Two” (two adults) supervision system.
- **Female Teams:** Recommend that when using the “Rule of Two” policy with female teams, there shall be 2 female supervisors with the players where possible. If not possible there may be one (1) male and one (1) female supervisor. The male supervisor however, would not enter the dressing room but would be within hearing distance to protect supervisors or players.
- **Physical Contact:** Team personnel should avoid touching a player. Use the “Rule of Two” policy (two personnel, or two players) supervision system. The comfort level and dignity of the player should always be the priority. Limit touching to “safe areas” such as hand to shoulder.
- **Isolated Spaces:** Parents / guardians should never leave their child unsupervised in a facility, nor should they leave their child alone with a single personnel member (use the “Rule of Two” supervision system).
- **Sport and Training Facilities:** Participants who are minors should never be left waiting in a facility without the supervision of their parent / guardian or personnel member (use the “Rule of Two” policy).
- **Parents in Change Rooms:** Except for players at the younger age groups [specific age groups may be included here], we discourage parents from entering change rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player’s disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player.

  Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the change room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players.

As players get older, the coach may in his or her discretion prohibit parents from a change room. In general, parents should not enter the dressing room if the players undress to less than shorts and t-shirts.

Mixed Gender Dressing Room Policy

1. In all cases where members of a team include both male and female players, the following dress code will apply in the team dressing room:
    a. Male players will not undress to less than a minimum of shorts while females are present.
    b. Female players will not undress to less than a minimum of shorts and a t-shirt while males are present.
2. When separate facilities exist for both male and female participants, males and females shall make use of these separate facilities in order to change to the point that they can adhere to the mixed gender dress code noted above.
3. When separate facilities do not exist for both male and female participants:
    a. Players shall dress, undress and shower in shifts while maintaining the minimum dress code noted above.
    b. Players of the under-represented gender shall be granted access to the shower facilities prior to the balance of the team.
4. It is the responsibility of the team to ensure that these guidelines are followed.

Smart Phones and Other Mobile Recording Devices

Smart phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the change rooms. If phones or other mobile devices must be used, they should be taken outside of the change room.

General Rules

1. Do not leave valuables unattended in the change rooms
2. Do not leave your belongings laying around - keep the change room tidy
3. Be respectful of fellow change room users - clean up any mess you make
4. Place all litter and other waste in the bin/s provided
5. If additional soap, toilet tissue, etc is needed, please let someone know ASAP
6. Report any issues (damaged equipment, etc) to a Club official ASAP
7. Sweep the floor and ensure the change room is tidy and well presented