



# Liverpool Victoria Rowing Club

## Operational Guidance for Mixed Age Changing

### Overview

Ideally, when groups of young people (below the age of 18) are changing before or after training they should have sole use of the changing facilities. This minimises any potential vulnerability to abuse that might arise from allowing adults and young people simultaneous access to the changing facilities.

Members of whatever age may choose to change and shower at home, travelling to and from the club in their training clothes but, in the event of a capsized or similar accident, access to a hot shower may be required immediately, possibly for several persons simultaneously. Males and females will change in separate changing facilities. All members are encouraged to spend no more time than is necessary in the changing facilities.

This protocol seeks to minimise the risks that might arise from simultaneous adult and junior use of the changing facilities.

### Supervision

There may be occasions when adult supervision is required within the changing facilities. For example, if individuals have disabilities requiring help and support or if there are concerns about bullying, fighting or other troublesome behaviour requiring management. It is then important to balance the need for adult supervision against the rights of young people to privacy.

If supervision is required for any reason, the changing facility should be supervised by two adults who have each been approved by the Club Welfare Officer with recourse to guidance from the CPSU briefings. In the case of young people with disabilities, their needs should be ascertained before any offer of assistance is given; no assistance should be imposed on them.

It is essential, in the interest of both parties, that adults make every effort to avoid one-on-one situations with young people in changing rooms. If young people need to be supervised, the first consideration will be to involve the parents/carers. Adults should not change or shower at the same time as the young people they have been coaching.

No member of the opposite sex should be present in a changing facility while it is in use.

### Junior Training Sessions

During designated junior sessions junior members will have sole use of the changing facilities and adult members intending to train at those times must seek alternative arrangements. Changing at home or in the ground floor warm room are suggested options.

### Other Training Times

Juniors below J17 will not routinely have use of the changing facilities at times not designated as junior training sessions; the default position shall be that adult members will have sole use of the changing facilities. If junior members below J17 are training at the same time as adult members, an appropriate time slot at the beginning of the junior session and another at the end may be designated and reserved for the use of the changing facilities by the juniors.

In these circumstances the responsible adult will, before the first junior slot, check that the changing facilities are clear and will then post a notice at the entrance(s) to the changing room(s) specifying the time slots for that session. The notice will also identify the responsible adult for the session.

Juniors who fall into the category of J17 and J18 may be permitted to use changing facilities at the same time as adult members. Such cases should be considered on an individual basis in consultation with the Club Welfare Officer. Where possible, one adult member should not be alone with a junior member unless that adult has parental responsibility for the junior.

### **Conclusion**

This guidance has been written to enable mixed age training while minimising any risks that can reasonably be foreseen. It has been compiled with reference to British Rowing SGPC 4.3 and CPSU "Safe use of Changing Facilities" 2013 and "Involving Young People in Mixed Age Sport/Activity" 2015. For the purpose of this guidance the word "changing" should be taken to include showering. "Changing facilities" exclude toilet facilities if suitably partitioned.

Any concerns should be reported to the Club Welfare Officer or other appropriate person in line with British Rowing WG 1.11.

CWO