



# CHANONRY SAILING CLUB

## Changing Room Guidance



**Chanonry Sailing Club runs a mixture of activities through out the year for people of a wide range of ages. The club is introducing the following guidance to help ensure our young people and adults continue to have a safe and enjoyable experience at the club.**

### **General principles**

1. Single sex/gender changing facilities are provided at the club. Adults and children should only change in the changing room of their own gender.
2. Both adults and children should be able to shower and dress in reasonable privacy.
3. It is preferable for adults to stay away from the changing rooms while in use by children. If this is unavoidable, we recommend that adults avoid being alone in a changing room with children. If in doubt, knock on the door and ask if there are children using the changing room.
4. When children are changing, the accessible toilet is still available for use.
5. The accessible toilet is a unisex facility and may be used for changing by anyone who is unable or uncomfortable about using the single sex/gender changing rooms
6. Anyone in a position of authority (e.g Instructors while teaching a course) should take particular care to avoid being in changing rooms at the same time as children, unless in an emergency.
7. Supervisors may need to enter changing rooms in an emergency. If possible, supervisors are accompanied by another adult, especially if a supervisor of the same gender as the child/children requiring attention is not available. The safety of the child takes precedence.
8. Use of any devices with recording or camera technology by anyone, adult or child, in a changing room is not permitted under any circumstances.
9. If you have any questions, or if you notice something that doesn't look right, speak to the Club Welfare Officer, in confidence (**Helen Urquhart, tel 07785 110048**).



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**Note:**

- 'Children' applies to anyone under 18yrs.
- 'Position of authority' may extend to Board Members, volunteers, helpers, depending on role.

**Additional rules for our taught courses**

When youth activities (such as RYA training or informal sessions such as Dolphins) are taking place at the club:

- Instructors may stipulate separate times for children and adults to use the changing rooms. For example, during Thursday evening Dolphins sessions:
  - Adult Changing 17:45 – 18:15
  - Children Changing 18:20 – 19:00
- All adults (including other club members) on site during training activities should avoid going into changing rooms when they are in use by children, and never enter a changing room alone, unless in an emergency.

*Note: Instructors who are under 18 should not use the changing rooms at the same time as other under 18-year-olds.*

The above arrangements may also apply when other clubs are using the facilities.

**Roles**

- The event lead is responsible for communicating any changing room arrangements to all participants ahead of the event, and to any additional helpers, parents, shore crew etc.
- The event lead should use the blackboards on the changing room doors to clearly indicate the changing times for each group. Chalk is available in the race office stationery drawer.

**Chanonry Sailing Club**  
**July 2024**