



Long Eaton Swimming Club

Changing Rooms Code of Conduct

Purpose

To ensure that all swimmers, staff, coaches, volunteers, and parents/carers feel safe, respected and comfortable in the changing room facilities, in line with Swim England / WavePower safeguarding policies. This code applies at both venues, taking into account their differing changing arrangements.

Facilities Context

- **West Park Leisure Centre:** offers family changing facilities.
- **Trent College:** has gender-specific changing facilities.

Rules & Expectations

1. Respect for Privacy and Decency

- Everyone must respect the privacy of others. Use cubicles or private/segregated changing areas when available (especially for washing, dressing or undressing).
- Swimwear or coverings (e.g. towels, robes) should be used in shared or open areas whenever possible.
- Avoid being nude in the presence of others if you can avoid it (e.g. walk to/from cubicle with a towel or robe).

2. Use of Mobile Phones / Devices

- No use of cameras or photographic devices in changing rooms at any time – *see also: **Social Media and Digital Policy***.
- Under WavePower (2024), during Swim England regulated activities, all mobile phones or devices are prohibited in changing areas.
- Exceptions only in emergencies.

3. Supervision & Assistance

- Children aged **8 or under**, or swimmers who require extra help, may be accompanied by a parent/carer for changing, provided the parent/carer is of the **same gender** (for gender-specific facilities).
- To be clear, at Trent College, a male parent/carer cannot take their daughter into the male or female facilities. For this example, the swimmer would need to enter the changing rooms alone or attend swim ready.

- Parents/carers should stay outside the main changing area unless helping their child and should leave once their child is changed.

4. Behaviour & Conduct

- Be considerate: no shouting, running, rough behaviour in changing rooms.
- Keep personal belongings tidy; use lockers where provided.
- Report any concerns immediately (e.g. inappropriate behaviour, distress, or misuse of mobile devices) to club welfare officer or facility staff.

5. Gender & Inclusion

- Where facilities are gender-specific (e.g. Trent College), all users are expected to use the facility matching their gender identity.
- Where family changing is provided (e.g. West Park), those who feel more comfortable may use family changing; it is intended for parents with children, carers, or those who need greater privacy.
- Treat all individuals with respect; no harassment or discriminatory comments of any kind.

6. Safety & Health

- Shower before entering the pool (if facility rules require this).
- Keep the floor dry where possible to prevent slips; wipe surfaces if water is spilled.
- Do not bring in glass items; encourage use of flip-flops / footwear in wet areas.

7. Responsibility and Accountability

- All club members, coaches, volunteers and parents must be aware of and follow this code.
- Breaches of the code may lead to action under the club's disciplinary procedures, in line with WavePower / Swim England policies.
- Any safeguarding or welfare concerns should be reported through the club's Welfare Officer or via Swim England's channels.

8. Enforcement & Review

- The club Welfare Officer is responsible for ensuring members are aware of this Code, and that changing room conduct is regularly reviewed.
- The Code will be reviewed annually (or sooner if Swim England updates WavePower or if incidents occur) to ensure compliance with current legislation and best practices.

Reporting Concerns

If you see something that concerns you—whether you're a swimmer, parent, coach, or volunteer—please speak to the Welfare Officer. We're here to help.

Contact details:

Welfare: welfare-lesc@outlook.com