

Changing and Showering

These guidelines apply to adults and children sharing changing facilities at ECRC.

If a child at ECRC is uncomfortable changing or showering with adults at the Club, no pressure will be placed on them to do so. ECRC will encourage the child to change and shower at home instead.

Guiding Principles

- Adults must not change or shower at the same time using the same facility as junior players under the age of 18.
- Adults should try to change at separate times to children during matches, such as when padding up.
- If adults and children need to share a changing facility, which is usually the case in open age group matches, the ECRC must have consent from the child's parent/guardian.
- Mobile phones must not be used in changing rooms.
- A separate shower and changing room is available for those who feel uncomfortable getting changed or showering in front of adults.