

Changing room / showers / first aid policy

The following guidance is provided to ensure that all coaches, officials and other volunteers manage their safeguarding responsibilities effectively.

This changing room and showers policy relates to all age groups which include U18 players. The first aid policy relates to all teams.

The following guidelines should be followed for age groups where young people and adults are not mixed i.e. for the U18 teams and below

- Coaches should not be alone in the changing room with a young person
- Coaches should not be in the changing room while young people are getting changed
- Coaches should not be in the changing room while young people are showering

The following additional guidelines should be followed for teams which include both U18s and adults i.e. 16 or 17 year olds are playing with players aged 18 and above

- A 16/17 year old should not change in front of an adult
- A 16/17 year old should change before the adults before a match and after the adults at the end of a match
- Adults may change in front of 16/17 year olds but should be mindful that a 16/17 year old is present
- A 16/17 year old should not shower with an adult or with an adult in the room
- A 16/17 year old may change /shower with another player from his/her own school year (i.e. an 18 year old who is still in the final school year)

Where a team is mixed, then separate changing rooms should be made available. If that is not possible then females should be given priority to use the changing room first.

Where first aid or treatment is needed, medical treatment will not be carried out unless life is threatened (e.g. CPR is needed if the player has stopped breathing). For example, massage will not be given. The player will be expected to administer any treatment themselves under the direction of the designated team first aider for minor injuries. In the case of major injuries, the ambulance will be called.