Locker Room and Changing Area Protocol

Suggested rules for locker rooms, changing areas, and showers so every student has privacy and protection.

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Academy name: _____

Academy address: _____

Effective date: _____

Last reviewed: _____

General Rules

- No phones, cameras, or recording devices may be used in locker rooms, changing areas, or restrooms. This applies to everyone.
- Adults do not change clothes, undress, or shower at the same time as minors in shared spaces.
- No adult is alone with an unrelated minor in a locker room or changing area.
- Provide private or semi-private changing options, such as a stall or curtain, for any student who wants one.

Monitoring

- Staff check locker rooms regularly by announcing themselves and checking from the doorway.
- When minors are present, staff monitor from the entrance rather than staying inside.
- When a check inside is needed, two adults go together, or one adult with the door propped open.
- Set clear times for changing before and after class so students are not left unsupervised.

If the Academy Has No Locker Room

- Ask students to arrive dressed for class when possible.
- Designate a restroom or private room for changing, one person at a time.
- Never let students change in a shared open area in front of others.

Student Behavior

- No horseplay, teasing, or comments about another person's body.
- Students report anything that makes them uncomfortable to a coach, parent, or [designated safety contact].

Posting This Protocol

Post a short version of these rules at the entrance to each locker room or changing area.

Signatures

Owner or director name: _____

Signature: _____

Date: _____

Notice

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