



Changing room guidelines for clubs

Ghana Badminton provides the following advice to clubs around changing and changing room practices.

The type and location of changing facilities vary greatly in any sporting venue or club, but the main advice around changing room policy is as follows:

- Adults and young people (under 19 years) should not change or shower at the same time.
- Separate changing facilities must be provided for males and females – the exception can be that females, adults and young people change at different times.
- If adults and young people do change and/or shower together, parental consent must be obtained and, parents should be allowed to supervise such changing arrangements.
- Changing and shower areas are provided for just that. All members of clubs should be encouraged to shower and change in a timely way and quit the changing area upon completion.
- If a young person does not wish to shower or change at the club they must not be forced to do so. In these circumstances issue should not be made regarding this.
- The practice of unauthorised entry into changing room areas should not be permitted. Examples are at gymnasiums and/or tournaments where visitors gather to support an athlete. Club officials and/or the tournament Supervisor should ensure that such practices do not take place.
- The use of photography of any type is strictly forbidden in changing rooms. This practice may well lead to disciplinary action.
- The practice of children and/or young people changing in public areas will not be tolerated. For example; where tournaments held in licensed premises and a bar area is used for changing while members of the public are present or even consuming alcohol.
- At tournaments, the practice of weighing-in both children and adults in changing rooms is not permitted. Weigh-ins may take place in a separate area, but when children are being weighed the room must be cleared of anyone not authorised to be present.
- Allowing coaches, competition secretaries and spectators to attend throughout will not be permitted. In brief terms, tournament Supervisors must ensure that only those who expressly need to be present are present.
- Parents of children who weigh-in may be permitted to be present during the weigh-in of their child only.

This list is not exhaustive and coaches and officials in charge must adopt common sense and proportionality when dealing with concerns around changing areas for children and young people.