



St Paul's Boxing Academy CIO Changing room and shower room guidelines

The following rules must be observed at all times.

- Adults and young people (under 18 years) must not shower at the same time.
- The changing and shower areas are provided for just that. All members should 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 gym they must not be forced to do so. In these circumstances issue should not be made regarding this.
- Unauthorised entry into the changing room and shower areas is not permitted.
- The use of photography of any type is strictly forbidden in the changing rooms and shower areas. This practice may well lead to disciplinary action.
- The practice of children and/or young people changing in public areas is not permitted. 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. When children are being weighed the room must be cleared of anyone not authorised to be present.
- 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.