



## 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 rooms and showers are provided for just that. All members should change and shower in a timely way and vacate the changing rooms upon completion.
- If a young person does not wish to shower or change at the gym they must not be forced to do so.
- Unauthorised entry into the changing rooms and showers is not permitted.
- The use of photography in the changing rooms and showers is strictly forbidden.
- Members must use the changing rooms to change into/out of their training gear.
- 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/guardians 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.