



## **Lancaster and District Canoe Club - Changing Room Guidance**

**LDCC use a number of different paddling locations with different options for getting changed. These include**

- The Scout hut - (small male and female changing rooms and toilets)
- Halton Rapids - Small Male and Female changing rooms in Halton Mill, showers and toilets, changing at the riverside or in vehicles.
- Swimming Pools - Usually male and Female changing rooms and toilets.
- Various Riverside locations - Changing at the riverside, in vehicles, in the car park.

### **Guidance for all members:**

- Use of dry robes (or large towels) is encouraged - these enable people to remain covered and warm while providing flexibility to change in any location. They can reduce the need for changing rooms to be crowded, enabling individuals or groups to change in different areas.
- Use of vehicles to get changed is encouraged, enabling a level of warmth and privacy.
- Male and Female paddlers getting changed in separate areas is encouraged.
- coaches changing at a different time or in a different area to the group they are coaching is encouraged.
- Responsible adults supporting children - should provide guidance around when and where to get changed.
- Parents of U18s are allowed to supervise their child (of the same gender) whilst in the changing room.
- Children under the age of 8 can change, when accompanied by a parent or guardian, in the changing room of the opposite gender.
- Mobile phones, cameras or any other recording devices must not be used in changing rooms at any time.