



## **Changing Room Policy**

This policy is designed to safeguard both children/players and adults involved with MKJIHC. The goal is to create a safe environment while ensuring best practices for everyone, including parents and club officials.

### **General Principals**

**Access Restrictions:** Only registered players are allowed in the changing rooms. Parents, guardians, and supporters are not permitted.

**Supervision:** Two DBS checked club officials are responsible for the players at all times.

**Separate Facilities:** Club officials should not use the same changing or shower facilities as the players.

**Accompanied Return:** Injured or ejected players returning to the changing room must be accompanied by a first aider and either a parent/guardian or coach.

**Music Regulations:** Music should be age-appropriate and free from inappropriate language or themes. Offensive content (e.g., homophobic, racist or sexist language) is prohibited.

**Food Policy:** Food consumption in changing rooms is prohibited unless medically necessary.

**Conversation and Behaviour:** Language and discussions should be appropriate for all ages.

**Equipment Use:** Sticks, pucks, and balls are for on-ice use only and require proper protective gear. Their use outside the rink or in changing rooms is prohibited.

**Mobile Device Use:** Phones and recording devices are banned in changing rooms. Players must hand their phones to the manager or a parent for safekeeping. Only one monitored phone for music may be allowed.

**Safety of Kit Bags outside the changing room:** Bags should be stored safely to avoid blocking fire exits, walkways or access points. They should be neatly stacked by the ice pad.

**Respect for Property:** Players must not interfere with others' kit bags without permission. Violations will be handled as per the club's discipline policy.

Base Layer Requirement: Players must arrive and leave in appropriate base layers (e.g., cycling shorts or mid-thigh leggings and full tops). Walking outside or entering mixed-gender changing rooms in underwear or revealing clothing is not allowed.

Gender-Specific Areas: Separate changing facilities for male and female players should be provided when possible.

Cleanliness: Changing rooms must be cleared after sessions, with all rubbish disposed of properly. Disrespecting or damaging the facility will result in disciplinary action.

### **U19-Specific Guidelines**

Parental Consent: Written consent from parents/guardians, via the club's changing room policy, is required for junior players sharing changing rooms with adults (players over 18). If consent is not given, separate facilities will be provided.

Showering Protocol: No showering is allowed when adults and juniors are present together.

Clothing Rules: Adult and junior players must remain in base layers when in the changing room together.

### **Training Guidelines**

Under 10s and U12s: They are to always change in the designated changing room with parent/carer supervision. No u10s & u12s are permitted to be in the changing room without supervision.

U14 to U19: Only players are permitted in designated changing rooms. Assistance can be requested from team officials or provided by parents outside the changing area.

### **Game Day Guidelines**

Access Control: Parents and guardians are not allowed in the changing rooms. Two club officials will always be present for assistance. If only one club official is present, the changing room door should remain open, and they must remain visible.

Team Preparation: Children are encouraged to change with their teammates to foster team spirit and be available for pre-game talks. Assistance with equipment should be communicated to the coach/manager if provided by parents outside the changing area.