Changing Room Policy



Wells RFC

Changing Rooms Policy

At Wells RFC we can have separate facilities for male and female players, family members, guests and staff. We acknowledge and respect that adults may feel uncomfortable sharing changing rooms with young children and that young children may be inhibited and uncomfortable changing in front of adults. As per the NSPCC the term “children” relates to any person under the age of 18. The Changing Room Policy will be available in the changing rooms and behind the bar. Parents/guardians of under 18’s will be aware of the policy and adhere to the guidelines, as will children of an appropriate understanding age.

Supervision in the changing rooms

If possible, groups of children and adults should not use the changing rooms at the same time. If this is unavoidable then 2 members of staff (of the same sex) should supervise the group. Staff and volunteers must balance the need for adult supervision with the rights of children to privacy. Where possible single adults should not be in the changing rooms when children are present and one single child should not share a changing room with more than 1 adult (unless one adult is a parent of the child). Under no circumstances will adult staff, coaches or volunteers change or shower at the same time as children. A consensus is that any child under 8 years of age requires supervision in a changing room. Disabled children may require additional support and assistance with changing after prior agreement from a parent or carer. Children of any age should be supervised if there are concerns about bullying, fighting or other harmful behaviours taking place.

Any member of staff supervising eg. a coach or volunteer will have a current DBS (disclosure and barring service) and have the appropriate level of training commensurate with their role. Parents may sometimes be involved with supervision of children but only with the permission of the coach or volunteer (and other parents if relevant). Parents/guardians/carers will be informed about the club’s expectations about supervision of their children including the use of changing rooms and showers. We accept that not everyone (adult or child) is comfortable using group changing facilities so alternative arrangements will be made if at all possible.

Transgender and transitioning children

If we are aware that a child or adult self-identifies as a gender different to that assigned at birth, we will liaise with them and their parents to accommodate any reasonable adjustments to suit their needs. We will respect the child’s feelings and preferences as to which gendered changing room they feel comfortable using. We will consider the privacy of the child but also the feelings and privacy of other children in the changing room. We will be alert to the possibility of an unsupervised child being exposed to bullying or any other unwanted behaviour.

Disabled access

Unfortunately, currently we are unable to provide unhindered disabled access to the changing room due to the current layout. There is a single step into the changing room and from then on, is one flat level.

Filming and photography

Film, camera equipment and mobile phones are strictly prohibited in the changing rooms and shower areas. Signs to this effect are displayed in the relevant areas. Anyone, be it an adult or child observed taking photos or videos in the changing areas will be reported to the police without delay.

The Changing Room Policy is to be used in conjunction with Wells RFC Safeguarding Children and Vulnerable Adults Policy.

Reviewed September 2025