

Safe Use of Changing Facilities and Toilet Guidance

Parkour UK has produced guidance for the safe use of changing facilities and/or toilets based on the CPSU guidance.

These include guidance for:

- Adults sharing changing rooms with young children/vulnerable adults.
- Activity organisers are unclear about the level of supervision they should provide.
- Unaccompanied children/vulnerable adults using facilities.
- Use of gendered changing rooms by transgender, gender-questioning or non-binary children.
- Toilets or changing rooms at a venue being used by young people/vulnerable adults for an event but which can still be accessed by members of the public (such as at a leisure centre, public park or open space).

Note: The term ‘children’ describes any person under the age of 18. The term ‘vulnerable adult’ describes an adult who, due to mental or bodily disability, cannot take care of themselves without help from others.

Clubs and other organisations, facilities and those with responsibility for children/vulnerable adults have a general duty of care towards them. However, there are no specific legal requirements regarding the use of changing facilities.

Parkour UK recognise that gym/academy facilities will differ from club to club; some will have their own dedicated facility with toilets, changing and showering facilities, some will hire third-party facilities, and some will offer outdoor sessions only. The guidance below advises clubs on best practices when using facilities shared by adults, children, vulnerable adults and young people.

Based on the facilities available to you, we recommend you convey to your participants the most effective way to meet their needs; consider the number of people wanting to access them at any given time and the activities they are taking part in. You may decide to encourage participants to come to classes already changed, wear suitable clothing and go home after class to shower. This guidance should be discussed at your club.

1. Where facilities are used by adults, vulnerable adults and children at the same time, there must be access to separate changing, showering and toilet areas.
2. Adult staff/volunteers must not change or shower at the same time as children, vulnerable adults and young people using the same facilities.
3. For mixed gender activities, separate facilities must be available for boys and girls.
4. When children/vulnerable adults use changing rooms, they should be supervised by two members of staff/volunteers. Older teenagers may not require any supervision; however,

a club may wish to have an appropriately recruited adult within the vicinity of the changing facilities to ensure their welfare is monitored.

5. If a child/vulnerable adult feels uncomfortable changing or showering in public, then no pressure should be placed on them to do so. Instead, they should be encouraged to do so at home.
6. If children/adults with disabilities use your club, make sure they and their carers are involved in deciding how they should be assisted. Make sure the child, vulnerable adult or young person is able to consent to the assistance that is offered.
7. The use of mobile phones and/or photographic equipment by club officials, members, parents and young people should be prohibited within areas where children and young people are changing/ showering.
8. Where no changing facilities are available, children, vulnerable adults, and young people, parents/carers should be made aware prior to the class and advised to make alternative arrangements and to take appropriate additional clothing if the class is being held outside, e.g. Tracksuits, etc.
9. The use of gendered changing and toilet facilities may be a source of stress for transgender and non-binary children. As a gym/club you should consider how to support these young people to use the changing rooms that they feel comfortable with. Your policies should reflect that decisions need to be made on a case-by-case basis, taking into consideration all children's safety.

Parkour UK recognises that not all clubs have their own private facilities and may use those owned by the community/local authority/schools/ private business. These facilities may already have their own policy on the use of changing and showering areas to which you may have to adhere as part of a facilities usage agreement. A copy of this policy should be made available to participants/parents/carers on request.