



## Dressing Room Policy

*Updated: April 2025*

**PURPOSE:** ES Breakers firmly believes all participants (athletes, officials, coaches, team staff, etc.) have a right to access safe, inclusive, and equitable dressing spaces. In this regard, all participants have the right to utilize the dressing room or appropriate and equivalent dressing environment based on their gender identity, religious beliefs, body image concerns and/or other reasons related to their individual needs.

**The Minimum Attire Rule:** To best promote inclusion and to respect the privacy of all participants on a team, ES Breakers requires all participants to wear 'minimum attire' at all times in a dressing room or in dressing environments where more than one participant is present. This means that participants should arrive at the rink wearing a base layer (e.g., shorts and t-shirt, compression shorts and shirt or sports bra). A participant not arriving at the rink wearing their base layer can use an appropriate private space (e.g., private restroom stalls or empty/unused dressing rooms) to change into the base layer and then enter the team dressing room with the other participants.

**Use of Showers:** The following guidance around the use of showers, is an additional step in creating environments within which athletes feel safe and secure. It is recommended that when showers are not private stalls, that these be used in a manner that respects the privacy of all participants. When in open concept showers, it is encouraged that all athletes wear certain "minimum attire" at all times, including swimwear.

**Rule of Two:** To best ensure safety for all participants, all minor lacrosse programs sanctioned by LNS and its Members are required to implement the 'Rule of Two' for all dressing rooms. The 'Rule of Two' requires two trained and screened adults to be present in the dressing room or immediately outside the dressing room with the door propped open to monitor the environment and ensure it is free of any discrimination, harassment, bullying, or other forms of maltreatment.

**Prohibition on Violent Activities in Dressing Rooms** To ensure the safety of all participants in the dressing room, no type of violent conduct of any kind (including locker room boxing) bullying, or hazing is permitted. It is the responsibility of coaches and

team staff to ensure that no such violent behaviour is taking place in dressing rooms or dressing environments.

**No Cell Phone Use in Dressing Rooms:** To respect the privacy of all coaches and participants, no videos, still photos, or voice recordings of any kind may be taken using any device with recording capabilities in a dressing room. Cell phones are only permitted to be used in a dressing room or dressing environment for the purposes of controlling music played in those spaces.

**Parents in Dressing Room:** Unless a parent is part of team staff (with proper screening), they should not be in the dressing room. If the child requires help with their equipment, it should be done at home or outside of the dressing room.

**Team Talks:** All participants are treated as valued members of a team. Therefore, coaches and team staff should only engage in pre- and post-game talks when all athletes are present in the dressing room.

*If any athlete, parent, coach or team staff do not comply with this policy, disciplinary action can be taken.*