



Dressing Room Policy

Metcalfe and District Ringette Association

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Dressing Room

The dressing room is a great place for building team spirit and camaraderie. However, players need to make sure they are being respectful to their teammates, parents, opposing players and each other.

Dressing rooms are a restricted area for exclusive use of players to change into their equipment and uniforms and share the team experience within a safe and private environment.

The dressing room is also an area for the players to physically and mentally prepare for a game or practice, and to receive instructions and direction from the Team Staff. Parents, siblings, friends and other persons should not infringe upon the dressing room privacy of players as they dress and prepare for a game or after a game.

The following rules will govern conduct in the dressing room:

Access

- a) Access to the dressing room is limited to Metcalfe and District Ringette Association (MDRA) criminal record checked Team Staff (Head Coach, Assistant Coaches, Trainer and Manager) and MDRA Board of Directors.
- b) Adults in the change room must comply with Ringette Ontario's Rule of Two Guidelines; therefore, there shall always be **two** team staff members in the room.
- c) Without exception, at least one member of the Team Staff present in the dressing room must be a Team Designated Female, as per Ringette Ontario's Female on the Bench requirement. Additional female team volunteers are permitted in the change room with prior approval from the Team Staff.
- d) Many of the arena dressing rooms are not overly large and with skates, bulky equipment and bags in these areas, there is no room for visitors in the dressing room facilities. In addition to privacy issues, traffic through these areas presents a safety hazard.

Attire

- a) All athletes are to wear certain "minimum attire" at all times in the change room. This means that athletes should arrive at the rink wearing a base layer (e.g., shorts and t-shirt, compression shorts and shirt or sports bra). An athlete not arriving at the rink wearing their base layer can use an appropriate space (e.g., restroom or empty/unused change room) to change into the base layer and then enter the team change room with the other athletes.
- b) For open concept showers, all athletes are to wear certain "minimum attire" at all times when in open concept showers, including bathing suits and/or trunks.
- c) If private changing stalls are available, athletes will take turns using private stalls to change in and out of athletic gear. If private stalls for showering are available, athletes will take turns using private stalls to shower after athletic activity. Athletes should not be in a state of undress in the common areas of the change room.

Accommodations

Athletes can ask for accommodations in dressing rooms based on individual circumstances. Accommodation requests can be submitted in writing by an athlete and/or parent/guardian to their team manager, head coach or the appropriate age- level convenor for MDRA (a list of

convenors can be found at www.mdra.ca).

Parental Entry

Parental entry to a dressing room should be a rare occurrence. In exceptional cases where a parent/guardian must enter the dressing room, it should be in the presence of the Team Designated Female, and such entry must be announced to the players in advance and fall within the following guidelines:

- a) FUN1 & FUN2 parents and guardians will have full access to the dressing room.
- b) FUN3, U12 and older, no males are permitted in the dressing room. If players require assistance with their skates or other equipment, this should be done in the common areas of the arena or at home prior to entering the dressing room.
- c) Coaches may wish to encourage player independence by asking players to dress into their own equipment and lace their own skates or to seek assistance from other Team Staff (rather than parents), provided this can be accomplished in a manner that ensures protective equipment is properly and safely secured.

Male Team Staff Access

Male Team Staff will follow these guidelines:

- a) Male Team Staff are permitted into the dressing room prior to and immediately following a game and/or practice, but must be accompanied by a Team Designated Female. Prior to entry, a Team Designated Female must first ensure that all players are completely dressed and must announce the Coaches entering in advance.
- b) To safeguard the interests of both players and Team Staff, under no circumstances should a player and male Team Staff, be alone in a dressing room facility without a female parent, guardian or Team Designated Female being present.

Exception

An exception to dressing room access could occur in the event of an injury to a player who requires the assistance of the parent, rink attendant, trainer or qualified medical personnel to render treatment on an urgent basis. However, if possible, there should still be an adult female present.

Electronic Devices

Technology advancements have allowed cell phones, PDA's, etc to carry new functions such as cameras. The potential exists for inappropriate behaviour of camera phone users photographing others undressing and/or showering in the dressing rooms.

An individual's privacy, and the potential danger of violating it, is something that the MDRA takes very seriously. Therefore, the following rules apply to electronic devices in the dressing room:

- a) Players shall leave any such devices with a family member/guardian or coach until the player has left the room after a game or practice.
- b) In the event that a coach, family member/guardian should need their device to take a phone call, such phone call must take place outside the dressing room.
- c) One designated device can be used to play music, but must not be accessed except to start and stop music play.

Additional Dressing Room Rules

- a) All dressing room facilities should be locked and secured when teams are on the ice.
- b) No graffiti or vandalism of any sort to dressing rooms will be tolerated.
- c) Swearing or rude language of any kind is not acceptable in the dressing room.
- d) Fighting, badmouthing, abuse, harassment and/or bullying will not be tolerated and will be dealt with under the Ringette Ontario Discipline and Complaints Policy.
- e) There will be no alcohol, drugs or tobacco in the dressing rooms.
- f) The dressing room must be left in a clean and tidy state. It is the responsibility of the Coach to ensure this is done
- g) The Head Coach and Team Staff should discuss and communicate expectations of the dressing room to both parents and players in advance of the season.

All members of the Metcalfe and District Ringette Association are expected to adhere to this policy at all times.