

SOUTHERN ALBERTA LACROSSE ASSOCIATION DRESSING ROOM POLICY

VERSION 1.0

LAST MODIFIED: March 30, 2026

PURPOSE

Southern Alberta Lacrosse Association (SALA) firmly believes all participants (athletes, officials, coaches, team staff, etc.) have a right to access safe, inclusive, and equitable dressing spaces. SALA believes in balancing the safety, privacy, modesty and wishes of our participants without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. This policy attempts to meet these goals while providing a safe and respectful environment for participants.

SCOPE

The 'Dressing Room Policy' applies to all community lacrosse teams sanctioned by the ALA, SALA, and its Member Clubs.

DEFINITIONS

- "Dressing rooms" – officially designated spaces for changing in and out of gear. Mostly, these are men's and women's, multi-stall spaces and occasionally can be all-gender, multi-stall spaces.
- "Dressing environments" – spaces beyond dressing rooms (in close proximity to them) that can be temporarily repurposed to provide a space for a small number of participants to change in and out of their gear (e.g., official's room, multi-purpose room, meeting rooms, single-unit washrooms).
- "Policy" – means this Dressing Room Policy.
- "Base Layer" - any clothing that covers the 'genital/private' area including underwear, shorts, shirt etc.

PROCEDURE

MINIMUM ATTIRE RULE – with timelines

To provide choice, promote inclusion and to respect the privacy of all participants on a team, SALA requires all the participants to wear 'minimum attire' in the dressing room 30 minutes before and 15 minutes after the scheduled floor time. See details by age category below.

NOTE: Coaches can work with their individual teams to alter the times for 'Base Layer' requirements, based on age category and level of play. Any changes should be in writing and must be accepted by all players.

Category of Play (Age of Athletes)

U7 / U9 / U11

- All players will use a common dressing room before and after games as long as they are wearing a base layer.

A base layer means clothing that covers private areas, for example:

Document History:

March 30, 2026 Policy Approved

- Shorts with a jock or jill, and a t-shirt or tank top (required for female players).
- If a player arrives without a base layer on, they should use a private space (like a restroom or empty room) to change into it before joining the team.

U13 & Older

For multi-gender teams

- The gender group with more players may change normally in the team dressing room until 30 minutes before floor time.
- 30 minutes before floor time, everyone must be in their base layer (shorts with jock/jill, and t-shirt/tank top for female players).
- The gender group with fewer players should use an alternate room to change down to their base layer, then may join the team dressing room 30 minutes before floor time.
- Any player who feels uncomfortable changing in an open room may:
 - Arrive already wearing their base layer, or
 - Change into their base layer in a private space before entering the team room.
- After the game, all players meet in the team dressing room for the Team Talk.
 - After the talk, players from the lesser-represented gender have 15 minutes to leave the room.
 - No one may change below their base layer during this time.

Dressing Room Supervision

Team officials are responsible for the safety and welfare of their players at all times during any sanctioned event, this includes while players are changing in the dressing rooms both prior to, and after all on lacrosse activities. It is the responsibility of all coaches and team staff to instruct players regarding this Policy and ensure that players are complying with it.

Rule of Two

To best ensure safety for all participants, all minor lacrosse programs sanctioned by SALA and its Member Clubs 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.

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 behavior is taking place in dressing rooms or dressing environments. Prohibition on Recording in Dressing Rooms or Dressing Environments To respect the privacy of participants, no videos, still photos, or voice recordings of any kind may be taken using any device with recording capabilities in a dressing room or dressing environment. Cell phones are only

Document History:

March 30, 2026 Policy Approved

permitted to be used in a dressing room or dressing environment for the purposes of controlling music played in those spaces.

Team Talks

SALA stresses the importance that 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.

Document History:

March 30, 2026 Policy Approved