



Approval & Version Control	
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ST. THOMAS RINGETTE ASSOCIATION

CHANGEROOM POLICY

1. Definitions

1.1. The following terms have these meanings in these Guidelines:

“Change Room”: A space that is open concept and/or has private booths for changing in and out of athletic gear.

“Shower”: A space available within most change rooms that is either open concept and/or has private booths to allow for showering after athletic activity.

“Screened Volunteer”: A volunteer who has been selected by the bench staff and has completed the requirements as per the STRA and Ringette Ontario policies and approved by the board.

2. Purpose

2.1. This policy sets out general standards and guidance to members to ensure that all change rooms used by St. Thomas Ringette Association are safe, inclusive and equitable environments for all ringette athletes. Change rooms are team spaces, and all members of each team should feel comfortable and be able to use the team spaces.

2.2. It is STRA policy that there shall be no bullying, harassment or abuse permitted whether physical, emotional or sexual of any participants in any of the STRA programs. STRA expects that every parent, coach, volunteer and staff member to



safeguard the welfare of all ringette athletes.

3. DRESSING ROOM RESTRICTIONS

- 3.1. As a general principle, access to dressing rooms is limited to athletes, bench staff and designated staff members. Dressing rooms are for the exclusive use of ringette athletes to change their equipment and uniforms, share the team experience and receive before and after game/practice briefings.

Female Coach Access

- 3.2. It is mandatory that STRA teams consisting of female athletes have a certified female coach and/or screened volunteer available to participate and attend every interaction in the Dressing Room.

Male Coach/Athlete Access

- 3.3. No male coaches are permitted in female dressing rooms while athletes are dressing or undressing, and no male athletes are permitted in the female dressing rooms during this time. Alternative changerooms will be provided. Male coaches and athletes may enter the dressing room for pre-game and post-game routines after being given the all-clear by the female bench/screened volunteer.
- 3.4. Parent entry to a dressing room is not permitted. In exceptional cases where parent/guardian must enter the dressing room, it must be in the presence of the female bench/screened volunteer. Such entry must be announced to the athletes in advance. Excepting emergencies, parental access must fall within the following guidelines:
- Fun1 and FUN2 age group parents and guardians have full access to the dressing room.
 - For Fun3(U10) athletes and older, no males or parents are permitted in the dressing room. If an athlete requires 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.

4. Rule of Two



4.1. The Organization will strongly recommend the 'Rule of Two' for all Persons in Authority who interact with athletes. The Coaching Association of Canada defines the 'Rule of Two' as:

- i. The 'Rule of Two' means that the coach is never alone or out of sight with a minor athlete. Two NCCP trained or certified coaches should always be present with an athlete, especially a minor athlete, when in a potentially vulnerable situation such as in a locker room or meeting room. All one-on-one interactions between a coach and an athlete must take place within earshot and in view of the second coach except for medical emergencies. One of the coaches must also be of the same gender identify as the athlete. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited to act as a substitute.

4.2. To ensure adherence to the 'Rule of Two', the Organization will ensure:

- i. Teams or groups of athletes will always have at least two Persons in Authority with them.
- ii. Screened parents or other volunteers will be available in situations when two Persons in Authority cannot be present.
- iii. For teams consisting of athletes of just one gender identify, a Person in Authority of the same gender identify should be available to participate or attend every interaction and for teams consisting of athletes of more than one gender identity (e.g., co-ed teams), a Person of Authority of each gender identity should be available to participate or attend every interaction.

5. Supervision of Minors (under 18)

5.1. If Persons in Authority are not present inside the locker room or changing area, or if they are not permitted to be present, they should still be available in a reasonable proximity to the locker room or changing area and be able to enter the room or arena in the event of an emergency.

6. Minimum Levels of Attire

6.1. It is strongly recommended that all athletes wear "minimum attire" at all times in the change room. This means that:

- i. Athletes should arrive at the rink wearing a base layer (eg. Shorts and t-shirt, compression shorts and shirt or sports bra).



- ii. An athlete not arriving at the rink wearing their base layer can use an appropriate space (eg. Restroom or empty/unused change room) to change into their base layer and then enter the team change room with the other athletes.

7. Use Of Recording Devices

- 7.1. The use of camera, video camera, phone camera or other recording devices of any kind, in changing room, or any facility in an arena where there is an expectation of privacy is strictly prohibited.
- 7.2. All cell phones are to be put away at all times while in the change rooms.
- 7.3. STRA has a zero tolerance policy for the use of recording devices in the change rooms (this includes cell phones). It is considered a major infraction under the STRA discipline and complaints policy STP-002.

8. Additional Change Room Requests

- 8.1. If an athlete identifies a need for accommodation (such as requesting a separate changing facility), then every reasonable attempt will be made to accommodate this request. A request for alternative accommodation may be made at any time and should be dealt with by the Team Manager in consultation with the athlete, coach, arena management and following guidance set out in [Ringette Canada's Change room guidelines & Implementation Steps](#).

9. Athlete Behaviour

- 9.1. The following Rules apply to STRA athletes while in attendance at home games and away games:
 - Athletes must comply with all aspects of Ringette Ontario Hazing, Harassment and Bullying Policy as well as follow the STRA Rules of Conduct;
 - Voices and music will be kept at a reasonable level
 - No graffiti or vandalism of any sort to walls, benches, bathrooms or showers;
 - Fighting and verbal abuse of fellow athletes and bench staff will not be tolerated.
 - No alcohol, tobacco or vaping will be tolerated
 - All dressing rooms will be left as clean as when occupied.

10. Security of Valuables



- 10.1. Where possible dressing rooms will be locked when the athletes are on the ice. No valuables should be left in the dressing rooms. Athletes are to ensure that valuable items are given to parents/guardians before going on the ice.