



Dressing Room Policy – Updated 15 March 2024

Valley Thunder Lacrosse (VTL) firmly believes in accommodating all genders while growing the game of Lacrosse. Our goal is to balance the safety, privacy, and wishes of every individual without compromising any aspects of social interaction and bonding. This policy attempts to meet all these goals while providing a safe and respectful environment for our participants.

VTL enforces the Lacrosse NS Gender Equity and Access Policy (Section 6)

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- VTL stresses the importance to coaches of ensuring all players have equal access to pre and post team sessions and to all team related activities.
- It is imperative to remember that VTL players and members are permitted to use facilities based on their chosen gender identity.
- Individuals must be allowed to use the locker room, changing area, or restroom they choose based on their gender identity/gender expression. If a request is made for separate space, this must be accommodated as much as possible.
- VTL recognizes the limitations of some facilities and will work with local arenas and facility management to ensure that appropriate changing facilities are available to all players.
- VTL allows co-ed dressing room situations to exist at the U8/9/11 levels, 5–10 years of age, provided participants in a co-ed situation either arrive in full equipment or wear at a minimum shorts and a t-shirt. Parents are permitted to assist the players in getting ready only and should depart when their child is ready.
- At the U13 level and above, the following conditions will apply to all co-ed team environments:
 - Females and males will change in separate rooms.
 - Both genders (Male and Female) are permitted to come together in one dressing room fully prepared to participate in the pre-game/practice talk not more than

15 minutes prior to the scheduled floor time, unless otherwise indicated by the coaching staff.

- The players shall depart the dressing room within 15 minutes after the game/practice, unless otherwise indicated (to stay longer) by the coaching staff.
 - The players shall not begin changing more than helmets, gloves etc...; until indicated by the coaching staff.
- Players are not permitted in dressing rooms until 30 minutes before practice time AND 2 adults are in the room to supervise.
 - Exception #1 – Goalies can enter the room earlier without supervision in order to allow additional time to dress.
 - Exception #2 – Female athletes dressing in the Female dressing room.

Cell Phones and Other Mobile Recording Devices (Regulation 12 – Social Media)

Cell phones and other mobile devices with recording capabilities, including voice recording, digital cameras, and video cameras, are **not permitted** to be used in the dressing rooms and/or changing areas. If cell phones or other mobile devices must be used, they should be taken outside the dressing room/changing areas.

Prohibited Conduct and Reporting (Regulation 10 Discipline Policy)

VTL prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing. Participants, coaches, parents/guardians and volunteers at VTL will be subject to disciplinary action for violation of these dressing room policies or for engaging in any misconduct or abuse.

Loss of Dressing Room Privilege

Athletes engaging in inappropriate behaviour will, at a minimum, be given a verbal warning. If the behaviour continues, player(s) will lose dressing room privileges (exception is Coach pre- / post-floor chat) and reported to VTL Risk Management. Loss of dressing room privileges means that the athlete must arrive at the rink fully dressed or dress in the stands. They are not permitted to change in another room or the bathroom.

Reports of any suspect or actual misconduct shall be reported to VTL.

Valley Thunder Lacrosse

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