

Changing Room Guidelines

**Be
mindful
that
there are
children
and young
people
around!**

Keep your swimming costumes and shorts on when you shower.



PRIVACY



SAFETY

**Don't be
alone
in the
changing
rooms!**

If you are an adult, make sure you are with another adult if there are children and young people present who are not in your care

**Respect
people's
privacy**

Do not use any devices with recording or camera technology.



RESPECT



SPEAK UP

**If you have
concerns,
tell us!**

If you notice something that doesn't look right or makes you feel uncomfortable speak to a person in charge.

Club Welfare Contact :
Lyn Brocklehurst
Safeguarding@PBSC.org.uk

*Referral
form QR
code*



RYA