



LOCKER ROOM POLICY

Purpose:

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

Applicability:

This policy applies to:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes. Collectively "Applicable Adult(s)"

Facilities:

The following is a description of our practice facilities to allow athletes and their families to plan their use. We practice at the following facilities:

YMCA of Frederick
County
1000 N. Market St.
Frederick, MD 21701

Middletown High School
200 Schoolhouse Dr.
Middletown, MD 21769

Walkersville High
School
81 W Frederick St.
Walkersville, MD 21793

Each location has separate, gender-specific locker room facilities. Each locker room has a separate shower/locker room/changing area/restroom that is shared with swim team members, their families, and other YMCA members. At our primary practice location (the YMCA), we also have 5 private rooms each with a toilet, sink, and shower.

The requirement to use designated locker room or changing area: The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

Adult entrance into locker rooms and changing areas:

We discourage adults from entering locker rooms and changing areas at the same time as athletes unless they must assist a related child. In those instances, it must only be a same-sex parent and the parent should notify a coach in advance. If an opposite-gender parent needs to assist their child, they should utilize the private rooms.



An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin, or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin, or genitals to the unrelated Applicable Adult under any circumstance.

YMCA staff/volunteers are not permitted to be alone with unrelated minor athletes in any private areas (bathroom, locker room, changing area, shower area) or enter opposite gender areas except in cases of immediate emergencies.

Monitoring:

Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and, if they do not return in a timely fashion, we will check on the athlete's whereabouts.

The Y Tidal Force swim team has predictable and limited use of locker rooms and changing areas (e.g. immediately before and following practices). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make swimmers uncomfortable and may even place our staff at risk for unwarranted suspicion.

Locker rooms and changing areas may be monitored by the use of some or all of the following methods:

- Conducting a sweep of the locker room or changing area before athletes arrive
- Posting staff directly outside the locker room or changing area during periods of use
- Leaving the doors open when adequate privacy is still possible
- Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Parents should make note of how long their child spends in the locker area before and after practice, visits of over 15 minutes should be discouraged.

Use of cell phones and other mobile recording devices:

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras, and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies and the YMCA of Frederick County prohibit the use of such devices in the locker room or other changing area: 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.