



Good Practice Guidance Getting Changed for PE & Sport

The Green Room Foundation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Safeguarding the rights of others is the most noble and beautiful end of a human being - Gibran

Various relevant documents were taken into consideration during the drafting of this guidance: 'Education Act' (2002), 'Working Together to Safeguard Children' (2006 & 2010 & 2015 & 2018), 'Children Act' (1989) and 'Safeguarding Children and Safer Recruitment in Education' (2012). Keeping Children Safe in Education September (2020)

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Rationale

1.1 Being in a state of undress can cause some children to feel vulnerable, particularly those who have experienced abuse, and cause them to misunderstand or misinterpret the actions of an adult.

1.2 Changing for PE can cause anxiety for some pupils, can influence their perception of the subject and determine whether it is an enjoyable and positive experience. The concern caused by changing can influence a pupil's participation and lead to a variety of avoidance strategies.

1.3 For staff there can be confusion and/or worry about supervision and how it accords with safer working practice. There can be a tension between the need to ensure that bullying or teasing does not occur and the risk of being accused of acting inappropriately or even being perceived as someone who might pose a sexual risk to children.

Principles

2.1 Adults must always change or shower privately; never in the same space as children.

2.2 It is recommended practice that pupils should change for PE, particularly when the exertion rate will necessitate a change of clothing for reasons of hygiene.

2.3 Schools should make adequate and sensitive arrangements for changing which take into account the needs of pupils from different religions, beliefs and cultural backgrounds.

2.4 Particular consideration might need to be given to, and alternative arrangements made (where possible) for, the requirements of individual pupils with needs relating to sexuality or sexual orientation.

2.5 All pupils should be treated fairly and with respect for their privacy and dignity.

2.6 Designated single sex changing rooms or areas should be used.

2.7 Pupils who express disquiet or concern about the behaviour of a member of staff should be listened to and appropriate enquiries conducted by the Head of School

2.8 Allegations about a member of staff, from any source, must be reported promptly to the Head, who will act in accordance with the school's procedures. (See Complaints Procedure)

Should the member of staff remain in the changing room?

3.1 This judgement will be based on the age and developmental needs of the pupils but there should not be an assumption that adults need to remain in the room in order to maintain good behaviour. This can also be achieved by being in close proximity and pupils being aware of it. They should also know that adults will enter the room if necessary - in response to a disturbance, for example.

3.2 It is often possible to leave the door of designated changing rooms slightly ajar; their layout makes it unlikely that the occupants can be seen in this way.

3.3 If there is a need for adults to enter the room it is recommended they should alert pupils to this by announcing it to give them the opportunity to cover up.

3.4 All adults, but particularly those of the opposite sex, should avoid just standing in the changing room watching pupils, or repeatedly going in and out without good reason.

3.5 A code of behaviour should be established with all pupils so they are clear about expectations about their conduct whilst they are unsupervised.

What if pupils need assistance with getting changed

4.1 Pupils of all ages should be encouraged to be as independent as possible; adults should consider prompting and giving verbal help/encouragement before they offer assistance.

What about when off-site changing rooms are used, such as at a public swimming pool or Leisure Centre.

5.1 The principles detailed above still apply.

5.2 It is not appropriate for school swimmers to share changing facilities with members of the public. For instance, individual cubicles are acceptable, but the member of staff should know where the pupils are, ideally all blocked together.

5.3 Members of staff should supervise or assist pupils of the same sex.

Measures implemented in response to COVID 19

6.1 During periods of pandemic activity, pupils may not have access to leisure centre facilities or other changing facilities to get changed as part of it's site policy.

6.2 Pupils and staff need to adhere to government guidance in terms of face coverings, social distancing and hand sanitising; and must follow the guidelines set by the leisure centre or other facilities used by the school including one-way systems.

6.3 The school will provide track and trace details to the leisure centre or other facilities used and manage communication with pupils and parents in the event that we are contacted via the track and trace system.

6.4 Both pupils and staff should maintain social distancing when not participating in physical activity.

6.5 Equipment and surfaces will be regularly sanitized by the lead member of staff at regular intervals during the session and when possession of the equipment changes.

6.6 Along with the sanitization of equipment pupils and staff are encouraged to sanitize hands inline with equipment sanitization intervals.

This policy is approved by the Co-CEO of The Green Room Foundation

Date

Co-CEO
