

Locker Room and Locker Room Monitoring Guidelines

The Coho Parent Board and the Deerfield Park District have adopted guidelines concerning locker rooms and locker room monitoring procedures. Locker room policies are NOT required by USA Swimming, but we have determined a need to implement guidelines derived from resources provided by USA Swimming. These guidelines are intended to be proactive and must be reviewed by swimmers, coaches, parents, volunteers and other adults affiliated with the club.

PURPOSE: To maintain personal privacy as well as to reduce the risk of misconduct of the Coho Swim Club, its swimmers, coaches, parents and volunteers in locker rooms and changing areas.

FACILITIES: The following is a list of our current practice and home competition facilities.

- Deerfield High School
- Deerspring Pool
- Sachs Recreation Center Pool

Note: When we travel to other facilities where different locker room policies or guidelines are in effect, our members are expected to follow them.

Deerfield High School has public restrooms down the upstairs hall adjacent to the pool. The use of these public restrooms is intended for parents, volunteers, students, etc. Swimmers are not to use the public restrooms except in the event of an emergency. Since these restrooms are public, they are likely to be utilized by people who are not associated with Coho Swim Club around practice times. Families should consider this aspect since we know that siblings (often younger) may accompany a parent to practice.

While we understand that with younger swimmers there may need for assistance in the locker rooms, we discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent. This is to protect the athletes and parents from potential uncomfortable situations. In addition, we ask that parents use discretion since other children may be present, and that the following facility specific guidelines be followed:

Deerfield High School: Parents that need to assist their child in the locker rooms at Deerfield High School should use the right, or West side of the locker room only. That is the right-side door from the hallway, or the left side door from the pool deck.

Sachs Recreation Center, Deerspring Pool: The pool locker rooms at Sachs and Deerspring are open to members and the public. As such, be aware that there are possibly individuals not affiliated with COHO Swim Club using the locker rooms at the same time. Parents that need to assist their child in the locker rooms are welcome to, but we ask that they use discretion since other children may be present. At Sachs, there are also two family bathrooms located near the Bulls court available. All of these locker rooms are regularly monitored by facility staff.

Swimmers' use of locker rooms is intended to be swift: get in and get on deck, or get in and get out to travel home. Swimmers lingering in the locker rooms will be encouraged to speed things along.

MONITORING: Coho Swim Club does not provide locks for locker rooms. Swimmers are highly encouraged not to leave their personal belongings in the locker rooms during practice, but instead to bring their belongings onto the pool deck. We do not promise or warrant that the locker rooms are secure from theft or that articles will not be lost.

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

COHO Swim Club has overlapping practices, with different groups arriving and departing throughout the day. While we do not post coaches inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. Coaches conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then we ask that parents let the coach or an administrator know beforehand that he or she will be helping the athlete. Again, this assistance should be provided by the same sex parent.

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 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, rest rooms or locker rooms.

Coho Swim Club prohibits the use of mobile devices with recording capability in locker rooms. This absolutely applies to cell phones even if the person is not using the photo, video or other recording device. Please understand that the actual use of a photo, video, or other recording device can violate state law and lead to serious consequences. Your child should be specifically advised that cell phones are not things that they require at practice. Further, if they bring a cell phone to a practice or meet, it should be locked in a locker or must remain in a gym bag or pocket the entire time until that swimmer leaves the locker room. Please ensure that all swimmers are aware NOT to use any function on any mobile or recording device whatsoever while in a locker room.