



ELMHURST SWIM TEAM LOCKER ROOM & LOCKER ROOM MONITORING POLICY

The Board of Directors has adopted this policy concerning locker rooms and locker room monitoring procedure. Locker room policies are not required by the USA Swimming's Safe Sport Program, but Elmhurst Swim Team has determined to implement one derived from resources provided by USA Swimming. The policy must be reviewed with and agreed to by all athletes, parents, coaches and other adults affiliated with the club. Elmhurst Swim Team has not encountered locker room problems in the past, but this policy is intended to be proactive and to avoid a reactive situation, and parents should understand that Elmhurst Swim Team's locker room availability.

PURPOSE

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct or poor perceptions of Elmhurst Swim Team, its swimmers, coaches and volunteers in locker rooms and changing areas.

FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use:

We practice at York Township High School Aquatic Center, 355 West St. Charles Road, Elmhurst, Illinois. Although access may be available from other areas at the high school, our access shall be through the doors accessed from the circle drive on the north side of the high school (Elm Park Avenue). These doors provide access to the west end of the hallway adjacent to the Aquatic Center.

This location has public restrooms accessible through the hallway adjacent to the pool. The use of public restrooms is intended for parents, visitors, students and the general public. Swimmers are not to use the public restrooms except in the event of emergency. The public restrooms are shared with the general public. As such, there are likely to be people who are not associated with Elmhurst Swim Team in these restrooms around the time of practice. Families should consider this aspect at all times since we know that siblings (often times younger ones) will accompany a parent to practice.

The Aquatics Facility also has a coaches' office that has two restroom/changing areas for coaches and officials and, occasionally, team volunteers. The coaches' office is off-limits to



swimmers and to volunteers who are not tasked with responsibilities in the coaches' office. Swimmers may be in the coaches' office only when there is a two-deep policy (meaning that the swimmer is in the office with a coach and another adult). No swimmer is allowed to utilize the restroom/changing area in the coaches' office for any reason unless in the event of an emergency and the adults, again, follow the two-deep policy with only members of the same sex in the restroom/changing area.

Only swimmers should utilize the locker rooms for changing. The locker rooms are situated on each side of the hallway into the Aquatic Center, on each side of the coaches' office. The men's locker room is situated west of the office and the women's locker room is situated east of the office. Entry to the locker rooms is available from the hallway and from the pool deck. Each locker room contains stalls (and urinals for men), sink areas, showers and equipment for partially drying swimsuits. We do not provide locks, towels, soap or other bathing items. In warmer months, we prefer that swimmers arrive dressed to swim and leave to shower or clean up at home except when needed, but some swimmers arrive from other locations and must change. During the colder months of the year, swimmers typically arrive dressed to swim but many need time to change into their swimwear. Regardless, our swimmers will use the locker rooms regularly.

The locker rooms are not changing areas for anyone other than swimmers and they are not to be utilized by anyone other than swimmers. 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 not only for their own benefit, but also because the compounding extended time affects the cost of the program.

MONITORING

Elmhurst Swim Team DOES NOT monitor locker rooms through the stationing of an individual in the locker rooms. Elmhurst Swim Team does not promise or warrant that the locker rooms are secure from theft or that articles will not be lost. Swimmers should only come to practice with their swim gear when possible. Locks are advisable for older swimmers who may often bring valuables and school materials to practice. Locks may only remain on a locker during the time of practice. Please insure that your child knows how to use his or her lock. Lockers must remain available for York H.S. students. York H.S. students on the team may frequently have the use of a locker on a permanent basis, but all others need to know and remember the locker that they



select on any given day of practice.

General Policy Considerations

Coaches and staff 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. A swimmer leaving the water for the locker room or changing area must ask the coach first. It is impossible to record these instances, but this request allows for a better awareness.

Parents should not enter the locker rooms unless it is truly necessary. In those instances, it should only be a same-sex parent entering from the hallway (not the pool deck) and entry should only be to the point where inquiry can be made as to the progress of the swimmer — typically a few feet inside the door. Please remain close to the door in order to respect swimmers' privacy. An opposite-sex parent needs to ask another parent to check on his/her child. If this is not an option, then the parent should let the coach know about this in advance, allow the coach to announce himself or herself and allow swimmers to gather things to maintain their privacy. Following this announcement and a brief period, the coach and opposite sex parent can enter the locker room but only for the limited, specific purpose (and time needed) for which they entered.

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 must be provided by the same sex parent.

Elmhurst Swim Team has predictable and limited use of locker rooms and changing areas (e.g., immediately before and following practices and meets). The Board of Directors believes that constant monitoring inside of locker rooms and changing areas could be the most effective way to prevent problems, but it believes more strongly that our swimmers have a track record of behaving well and that constant monitoring would make swimmers uncomfortable and may even place our staff or volunteers at risk for unwarranted suspicion.

Elmhurst Swim Team also has staggered practices, with different groups arriving and departing throughout the day. We share these locker rooms with swimming, diving and water polo athletes in the high school program and their use may precede or follow our use. Indeed, their use may even overlap. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time with varied use. While we do not post staff, coaches, parents, or other adults inside or at the doors of the locker rooms and changing areas,



we do make occasional sweeps of these areas. Staff, coaches, parents, or other adults conduct these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

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.*

Elmhurst Swim Team 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 school policies 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 one it needs to be locked in a locker and it needs to remain in a gym bag or pocket the entire time until that swimmer leaves the locker room. In order to avoid difficulty with this national policy, please insure that all swimmers are aware NOT to use any function on any mobile or recording device whatsoever while in a locker room.