
Safe changing rooms

This guide explains how to keep children, young people and adults at risk safer when they are using bathrooms and changing rooms. It keeps staff, parents and volunteers safer too.

Ensure you follow your club or organisation's policy for appropriate and safe behaviour in changing rooms and facilities. Ask the person who is responsible for safeguarding or policies if you're not sure where to find the documents or information.

How to safely supervise children

Strike a balance between keeping children, young people and adults at risk safer, while also respecting their privacy.

- Stay close by to supervise them, while staying outside the changing area.
- Never be alone with a child or young person who isn't your own, or adult at risk you are responsible for. Do not isolate yourself with a child in a changing room. If it's unavoidable, always have another adult present.
- If you must enter a changing area, knock and announce your presence loudly, wait for permission, and ensure children have time to cover themselves. Avoid entering areas used by children of the opposite gender.
- Address any inappropriate behaviour, such as bullying or rough play, immediately.

Some situations may require supervision inside changing rooms. For example, for very young children, children who need assistance, or concerns about bullying. Ensure there are at least two adults present who are safety checked and are the same gender as the children.

Avoid using changing rooms at the same time as children. If there are no alternative spaces, wait until they have finished.



Provide separate changing times for mixed-gender activities and consider accessibility for children with disabilities. When possible, offer private changing options for those who may feel uncomfortable in shared spaces.

If members of the public are using toilets and changing rooms, make sure there are approved adults available to supervise children.

Talk about what is acceptable behaviour

Everyone, including visitors, understands acceptable behaviour when children, young people and adults at risk are using changing rooms, including:

- respectful conduct towards others
- understanding and calling out inappropriate behaviour from adults, and the children, young people or adults at risk.

Ban the use of phones, tablets, and cameras in changing areas to prevent inappropriate photography or filming.

Encourage everyone to report concerning behaviour

Create an environment where everyone feels comfortable voicing concerns. Let them know:

- who they should contact and that their concerns will be listened to and acted upon
- for children, young people and adults at risk – they should approach an adult they trust if something makes them feel unsafe or concerned.

More information

Safer changing rooms – sportintegrity.nz

Contact us

Email: info@sportintegrity.nz

Phone: 0800 378 437

Website: sportintegrity.nz