

Changing Room Rules

CADET NIGHTS

Be mindful that there are children and young people around!

Keep your swimming costumes and shorts on when you shower.



PRIVACY



SAFETY

Don't be alone in the changing rooms!

If you are an adult, make sure you are with another adult if there are children and young people present who are not in your care.

Keep your eyes to yourself!

Do not use any devices with recording or camera technology.



RESPECT



SPEAK UP

If you have any concerns, tell us!

If you notice something that doesn't look right or makes you feel uncomfortable, speak to a person in charge today (see below).

Venue Contact

Mary Westhead
Club Welfare Officer TEL: 07775801957

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