



ASPIRE AQUATICS OF COLORADO

INSPIRING EXCELLENCE • CREATING COMMUNITY • BUILDING LEADERS

LOCKER ROOMS AND CHANGING AREAS

I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Use of Recording Devices

Use of any device (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

III. Undress

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstances. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstances.

IV. One-on-One Interactions

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

V. Monitoring

AAC must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms. The Adults that have access to the locker rooms are Coaches and volunteers that are MAAPP and SafeSport Trained and Non-Athlete Members of USA Swimming.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.

VI. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

AAC Locker Room Rules

- Honor the AAC Code of Conduct.
- Food, gum, beverages (aside from water bottles), and glass items are prohibited in the locker room.
- Cell phone usage is prohibited. This includes the use of the camera and video functions, and because of privacy concerns, swimmers who violate this rule are subject to suspension or termination from the club. Avoid standing on benches or other elevated areas, as these surfaces can be slippery.
- Avoid using the shower as a toilet.
- Horseplay of any kind will not be tolerated, including but not limited to pushing, shoving, running, jumping, chasing, boxing, hitting, or snapping of towels.
- Disrespectful language of any kind will not be tolerated, including but not limited to ethnic, racial, or sexual comments.
- Aggressive behavior of any kind will not be tolerated, including but not limited to bullying, hazing, or otherwise threatening or hurting others either physically or with language.
- Respect and help care for the property of others. If an item has been left behind by another swimmer, turn it in to your coach.
- Respect and care for your own property. Clean up after yourself and double-check to make sure you have all of your belongings before exiting. Either lock up your items in a locker or take them to the pool deck. The team and facility are not responsible for lost items.
- Respect and care for the locker rooms themselves. Throw away trash. Avoid wasting water. Leave the area cleaner than you found it.
- Avoid lingering in the locker room. It is to be used as a place to get ready before and after practice or a meet. It is not a social gathering place.
- Report any injuries or safety concerns to a coach, lifeguard, or parent immediately.
- Be aware that any damage caused within the locker room will be paid for by the person(s) responsible for the damage.

Use of the locker room is a privilege. Those who break these rules will be subject to disciplinary action, including possible suspension or termination from the club. AAC will not tolerate behavior problems in the locker room. Misconduct will be handled via the Swimmer Code of Conduct:

- First Violation: The swimmer will receive a written warning from the coaches' requiring signatures from the swimmer and his/her parent.
- Second Violation: The swimmer will undergo one week's suspension from the club. The swimmer will not be allowed to go on deck during practice or attend any meets during this time with no refund of dues or fees.
- Third Violation: The swimmer's case will be presented to the AAC ownership team with the recommendation of immediate dismissal from the Club and no refund of dues or fees.