



Getting changed for PE and shower use

Additional safer working practice guidelines

These guidelines should be read with the school's Safeguarding Policy and Staff Code of Conduct. They have been developed for use in the context of getting changed for physical education (PE) and shower use at Emmaus School. They are not intended to be comprehensive guidelines about safer practice in PE.

1. Rationale

- 1.1 In England, the School Premises (England) Regulations 2012 state that schools must provide suitable changing accommodation and showers for children who are aged 11 or over at the start of the school year and who receive physical education.
- 1.2 All adults engaged in regulated activity at Emmaus School have been through the appropriate safer recruitment checks. However, particular care needs to be taken in the context of students getting changed for physical activity or shower use at school, and it is recommended that schools have clear additional local guidance about changing arrangements.
- 1.3 At Emmaus School, pupils come into school wearing PE kit on the days they have PE lessons and do not get changed on school premises unless they wish to take a shower after PE.
- 1.4 The current shower provision at Emmaus School is in Staverton Village Hall, in the school field, where a single shower is provided for use by students in the Senior Department, if requested, after PE lessons. The shower is only for use by students and should only be used by one person at a time. The shower has a privacy curtain and is in a lockable room with a separate toilet and sink. Students are directed to shut and lock the door when they are using the shower.
- 1.5 While getting changed for shower use at the Village Hall will be private, changing in a context away from home can still cause anxiety for some students. Being in a state of undress can cause some students to feel vulnerable, particularly those who have experienced

abuse, and cause them to misunderstand or misinterpret the actions of an adult.

- 1.6 For staff there can be confusion and worry about supervision of students in the context of getting changed for PE or shower use and how it accords with safer working practice. There can be a tension between the need to ensure that bullying or teasing does not occur and the risk of being accused of acting inappropriately or even being perceived as someone who might pose a sexual risk to students.

2. Principles

- 2.1 It is unlikely that the PE teacher will need to change or shower while on school premises. But adults must always change or shower separately and at another time from students.
- 2.2 Students in the Senior Department should be given the opportunity to shower and change after PE, particularly when the exertion rate will necessitate a change of clothing for reasons of hygiene.
- 2.3 The school has made adequate and sensitive arrangements for changing which considers the needs of students from different religions, beliefs, and cultural backgrounds. All students should be treated fairly and with respect for their privacy and dignity.
- 2.4 At the Village Hall where a shower is provided for Senior Emmaus students, only one student can use the shower at a time. Other students should respect the privacy of the person going to change and shower and be supervised by the PE teacher, in an area away from the shower room. This is easily possible at the Village Hall as that is adjacent to the playing field.
- 2.5 The Governing Body is aware of and has approved the changing and shower arrangements.
- 2.6 Parents should be made aware of the changing and shower use arrangements. This guidance document will be stored in the school website's password-protected area for current parents to access.
- 2.7 Students who express disquiet or concern about the behaviour of a member of staff in the context of students getting changed or using the shower after PE should be listened to and appropriate enquiries conducted by the Headteacher and Safeguarding team. A notice explaining safeguarding procedures for students will be placed on the inside of the shower room door.

- 2.8 Allegations about a member of staff, from any source, must be reported promptly to the Headteacher, who will act in accordance with the school's safeguarding procedures.

3. Should a member of staff remain near the changing/shower room?

- 3.1 There should not be an assumption that an adult needs to remain in close proximity to the shower room in order to maintain good behaviour. This can also be achieved by an adult being nearby and by students being aware of this. They should also know that an adult may knock on the door and ask the student for an update on progress, if the adult deems this to be appropriate (e.g. if the student is taking a long time to shower and change, or there is the sound of disturbance).
- 3.2 If there is a need for an adult to enter the room, they should alert the student to this by announcing it before entry, giving the student the opportunity to cover-up.
- 3.3 Behavioural expectations of school pupils are laid out in our Discipline Policy. This conduct is embedded in school life. Students using the changing/showering facilities are expected to act sensibly and considerately whilst they are unsupervised in the changing/shower room or while a peer is getting changed/showered.

4. What if pupils need assistance with getting changed?

- 4.1 Refer to the Intimate Care Policy for assisting students who are disabled or require additional support.
- 4.2 Most Senior Department students will be independent; adults should consider prompting and giving verbal help/encouragement before they offer assistance.
- 4.3 Assistance should take place as openly as possible, while maintaining the dignity of the student.
- 4.4 It should be undertaken to meet the student's needs, not the adult's.

5. What about when off-site changing rooms are used, such as at a public swimming pool?

- 5.1 Students in the Primary Department at Emmaus School may have swimming lessons at the local pool during the school year.
- 5.2 The principles detailed above still apply.
- 5.3 The students will be from the older classes in the Primary department and therefore most should be independent in terms of getting changed for swimming.
- 5.4 It is not appropriate for school swimmers to share changing facilities with members of the public. If school sessions precede or are followed by public sessions, enough time should be booked either side of the swimming session to allow students to get showered and changed.
- 5.5 Members of staff should supervise or assist students of the same sex.
- 5.6 If changing areas are shared with students from another school, particularly those who are older/younger, adults from both/all schools should take this into consideration and properly assess risk together.

See also:

<https://learning.nspcc.org.uk/media/2754/safeguarding-considerations-for-changing-rooms.pdf>

This policy should be read with the school's Safeguarding Policy. All our practice and activities must be consistent and in line with the policy and procedures noted above. Any deviations from these policies and procedures should be brought to the attention of the Headteacher and Safeguarding team so that the matter can be addressed.