

INDIANA SWIM CLUB – LOCKER ROOM POLICY

Purpose

The following guidelines are designed to maintain personal privacy and reduce the risk of misconduct in locker rooms and changing areas.

General Policy Considerations

Private or secluded interaction between an adult and a minor is strongly discouraged unless it is a necessary program function. Whenever possible, follow the “Rule of Three”: this means having three individuals present (for example, two adults and one minor is preferred; however, two minors and one adult is acceptable). This reduces risk and supports a safe environment.

Facilities

Indiana Swim Club (ISC) practices and hosts meets at Bloomington High School South, Bloomington High School North, Martinsville High School, and Indiana University pool facilities.

These locations have locker rooms available. For practices, locker rooms should not be used for changing, except for senior swimmers at their respective high school venues. In most cases, swimmers are expected to come dressed for practice and to shower and change at home afterward.

If swimmers need a bathroom break during practice, they should preferably use a deck-accessible bathroom if one is available. If not, they may use the bathrooms located within the pool locker rooms.

Indiana University facilities have locker rooms with changing areas, showers, and bathrooms that are shared with university students, staff, and, for the outdoor pool, sometimes the general public. There may be individuals in the locker room who are not affiliated with ISC. ISC swimmers will follow the restroom and locker room procedures outlined by each IU facility. If no specific facility guidelines exist, ISC will follow standard USA Swimming Safe Sport protocols. Minor swimmers are encouraged to go to the restroom and return in pairs whenever possible to increase safety and accountability.

Monitoring

If there is a concern about the amount of time a swimmer is spending in the locker room, this should first be reported to the coach. The coach will designate an appropriate individual—such as a staff member or peer swimmer—to discreetly check on the swimmer to ensure safety while respecting privacy.

Parents are discouraged from entering locker rooms and changing areas unless absolutely necessary. If a swimmer does not return in a timely fashion, then an adult—such as a parent chaperone or an additional coach (if two or more coaches are present)—should check on the swimmer’s whereabouts. Only a same-sex adult should perform this check. The adult chaperone should inform the coach or administrator in advance if this is necessary.

Updated 06/10/2025

Coaches must not neglect their responsibilities supervising swimmers in the pool in order to monitor locker rooms during practice.

Meets

During ISC-hosted meets, it is not practical to constantly monitor locker rooms. Meet volunteers are encouraged to perform random sweeps of locker room areas. Sweeps should be done in pairs, with women checking female locker rooms and men checking male locker rooms.

These adults should meet one of the following requirements:

- Both adults are USA Swimming members, or
- At least one adult is a USA Swimming member, or
- If neither is a USA Swimming member, both should be affiliated with the team or facility (particularly if the facility performs background checks on employees), or
- In the worst case, if only one adult per gender is available, that adult should be a USA Swimming member (meet directors, chaperones, coaches, officials).

Under no circumstances should routine sweeps be conducted by adults of the opposite sex unless an emergency situation requires it.

The goals of locker room monitoring are to:

- Ensure no inappropriate or unsafe behavior is occurring.
- Confirm that only authorized individuals are present.
- Prevent the use of cameras or other recording devices.
- Discourage swimmers from lingering or “hanging out” in the locker room.

Limiting Access

Whenever possible, access to locker rooms should be restricted to swimmers only. If a swimmer has a documented medical or physical condition that requires special assistance, parents should contact the coach to arrange appropriate accommodations that protect the safety and privacy of all swimmers.

When the only available bathrooms are located within the locker rooms, locker rooms should be monitored more frequently to ensure that no adults or athletes are loitering or behaving inappropriately.

Use of Cell Phones and Other Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recorders, still cameras, and video cameras, increase the risk of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies strictly prohibit the use of such devices in locker rooms or changing areas.