



COUGAR AQUATICS LOCKER ROOM POLICY

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

FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use:

We practice at: Gibb Pool, Smith Pool, & Various locations of the WSU campus for dryland. This location has a changing area that is shared with the general public. As such, there are likely to be people who are not associated with Cougar Aquatics in the changing area around the time of practice. Coaches will perform walk-throughs 15 minutes before and after practice and will leave all locker room doors propped open (due to privacy remaining when open).

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

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

***305.3** Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.*

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's (including a cell phone) 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 circumstance. 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 circumstance.

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

The club 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.

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

COUGAR AQUATICS SOCIAL MEDIA/ELECTRONIC COMMUNICATION/LOCKER ROOM

The purpose of this Social Media/Electronic Device & Locker Room Agreement is to ensure safety for all Cougar Aquatics members and to create and foster a positive learning environment for our team. It is also to ensure a positive image of Cougar Aquatics within the local swimming area and within USA Swimming as a whole.

- ☐ At all times, adhere to USA Swimming's Rules and Code of Conduct.
- ☐ Refrain from foul language or derogatory comments in the locker rooms
- ☐ Refrain from talking negatively, gossiping, or otherwise commenting on fellow teammates, coaches, or others within the locker room, on social media and elsewhere
- ☐ Understand that electronic recording devices of any kind are prohibited in the locker rooms, showers, or changing areas of Gibb pool. Failure to comply with this rule will result in immediate disciplinary action determined by the coaching staff and board of directors.
- ☐ Understand that I may not text coaches unless a parent/guardian is attached to the text message
- ☐ Understand that all phone calls with coaches must be interruptible by a parent/guardian
- ☐ Understand that all communications with coaching staff will occur in an area that is public, viewable, and interruptible at all times.
- ☐ Understand that all athletes are representatives of Cougar Aquatics. Any social media post that is made that can be determined as racist, sexist, homophobic, obscene, or profane material of any kind will not be tolerated. Failure to comply with this will result in immediate disciplinary action determined by the coaching staff and board of directors.
- ☐ Understand that I may not "friend" or "follow" a coach on social media or send them personal messages via any social media platform.
- ☐ Understand that I may only communicate with coaches during the hours listed within this handbook
- ☐ Understand that I may be contacted outside of the designated hours listed in this handbook by coaches if there is an emergency.
- ☐ Understand that coaches will perform random sweeps of the locker room before and after practice to ensure safety and to monitor behavior.
- ☐ Understand that I am to respect all equipment owned by Cougar Aquatics and Washington State University and to treat all facilities with respect.