

Considerate Changing!

Please consider others while changing or moving around the changing rooms



Please change in/out of clothes discreetly/quickly.

Please be mindful that there are children/young people around, or about to walk into the changing rooms at any moment.

We kindly ask that you wear swimwear or underwear while using the showers or changing rooms. Please only remove your clothes when you are actively changing or using a shower cubicle.

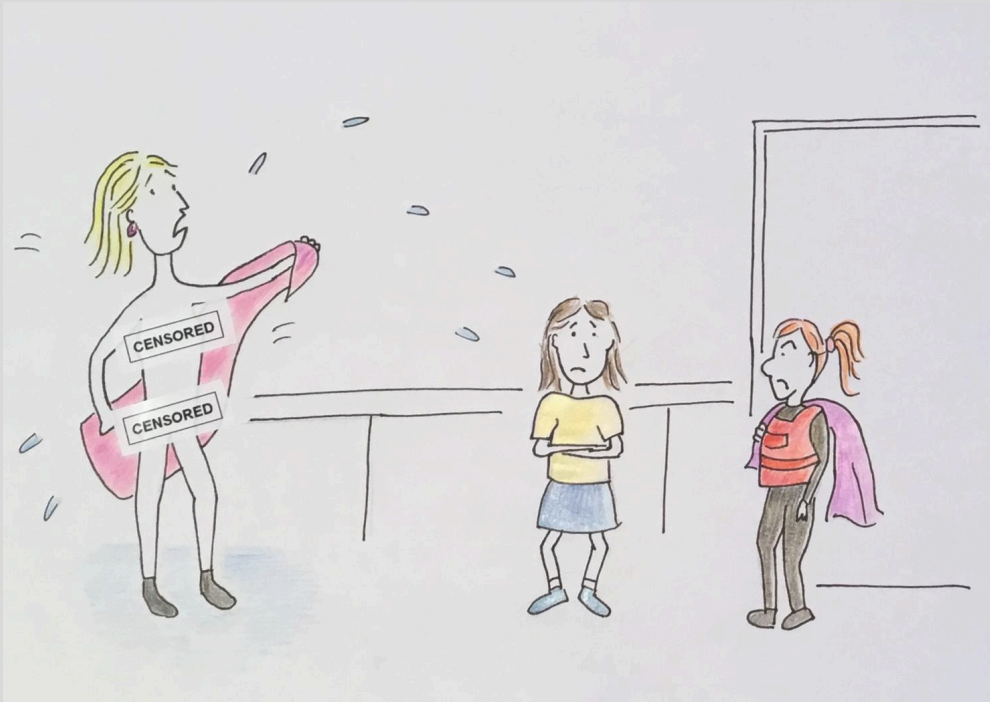
Don't use phones or other devices to take photos or videos.

If you encounter any issues or concerns, please report them promptly to HISC Staff or the Club Welfare Officer.

Thank you - HISC Team

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Thank you - HISC Team

Changing Room Code of Conduct

This is a friendly reminder to ensure a pleasant experience for everyone in our changing rooms:

- Parents or responsible adults are responsible for any under 18s using these facilities.
- Use of phones or cameras is not permitted in the changing rooms to respect privacy.
- Please treat this space with care and cleanliness.
- Showers should be used for the shortest time possible, ideally for no more than 3 minutes.
- Wetsuits should not be worn in the showers.
- Wash sandy feet in the showers provided outside to keep the showers clean.
- Avoid leaving any sailing equipment in the changing rooms overnight.
- If you encounter any issues or concerns, please report them promptly to HISC Staff or the Club Welfare Officer.
- We kindly ask that you wear swimwear or underwear while using the showers or changing rooms. Please only remove your clothes when you are actively changing or using a shower cubicle. This request is aimed at ensuring everyone feels comfortable and at ease when using our changing facilities.

Thank you for your cooperation in maintaining a safe, welcoming and tidy environment for everyone at Hayling Island SC!

Thank you - HISC Team

Sailing, windsurfing and powerboating should be

SAFE & FUN

The RYA is committed to the safeguarding of children and young people.

You have the right to feel safe and be treated with respect and should show respect to others.



If you're feeling unhappy, worried, unsafe or concerned about the way another young person or an adult is treating you or someone else, there are people you can contact who offer FREE confidential advice to you or your parents/carers, and websites to look at for information and advice:

childline

ONLINE, ON THE PHONE, ANYTIME



0800 1111



[childline.org.uk](https://www.childline.org.uk)

NSPCC



0808 800 5000



[nspcc.org.uk](https://www.nspcc.org.uk)



08000 28 22 33



[children1st.org.uk](https://www.children1st.org.uk)

RYA



02380 604226



safeguarding@rya.org.uk
[rya.org.uk/go/safeguarding](https://www.rya.org.uk/go/safeguarding)

Dealing with bullying: [kidscape.org.uk](https://www.kidscape.org.uk)

Mental health and wellbeing: [youngminds.org.uk](https://www.youngminds.org.uk)

Health concerns: [healthtalk.org/young-people-experiences](https://www.healthtalk.org/young-people-experiences)



Child Welfare Contact

Club/Centre/Event: *Hayling Island Sailing Club*

Name: *Henry Message*

e-Mail: *general.manager@hisc.co.uk*

Phone: *02392463768*

Sailing, windsurfing and power boating should be:

SAFE & FUN

The RYA is committed to the safeguarding of adults and adults at risk. You have the right to feel safe and be treated with respect and should show respect to others.



If you're feeling unhappy, worried, unsafe or concerned about the way another person is treating you or someone else, there are people you can contact who offer FREE confidential advice and websites to look at for information and advice:



Your local authority adult safeguarding team contact details are:
Havant Borough Council

Welfare Officer Contact

Name: *Henry Message*

e-Mail: *general.manager@hisc.co.uk*

Phone: *02392463768*



023 8060 4104
rya.org.uk/go/safeguarding
safeguarding@rya.org.uk

ann craft trust
acting against abuse

0115 951 5400
anncrafttrust.org

SUPPORTLINE
CONFIDENTIAL EMOTIONAL SUPPORT

01708 765200
supportline.org.uk

Police non emergency number: 101

Mind: 0300 123 3393 Text: 86463 Web: mind.org.uk

Samaritans: 116123 email: jo@samaritans.org (24hr response time)