



WINNIPEG BOX LACROSSE COMMISSION DRESSING ROOM POLICY

A. PURPOSE

The Winnipeg Box Lacrosse Commission (WBLC) recognizes the importance of accommodating both genders in our game. The WBLC believes that part of this support is to provide a safe, private, and non-judgmental changing room environment without compromising the social integration and bonding that it takes to make a great team.

B. DEFINITIONS

Co-Ed – Defined as rosters made up of all genders.

Lesser-Represented Gender – refers to the gender that has a minority of players on the team.

GWLL – Greater Winnipeg Lacrosse League – Presiding league, governed by the Winnipeg Box Lacrosse Commission.

Change Room Parent Representative – a parent of any of the players who has been appointed or volunteered to represent the lesser represented gender of players, this parent shall be the same gender of the lesser represented group.

Under Dressed – Refers to a player who has undressed to the point of under garments being visible, or less than a full undershirt (no tanktops) and playing shorts. See Minimum Attire Rule.

Dressing Room Environment – Includes attached showers, bathrooms, hallways and any area designated as players only.

C. POLICY

No players are allowed to undress further than an undershirt and playing shorts while in a co-ed dressing room. Should players need to undress past that point in a co-ed dressing room, the genders must have separate dressing rooms for the duration of being 'under dressed'.

D. THE MINIMUM ATTIRE RULE

To best promote inclusion and to respect the privacy of all participants on a team, the WBLC requires all participants to wear 'minimum attire' at all times in a dressing room or in dressing environments where more than one participant is present. This means that participants should arrive at the rink wearing a base layer (e.g., shorts and t-shirt, compression shorts and shirt or sports bra). A participant not arriving at the rink wearing their base layer can use an appropriate private space (e.g., private restroom stalls or empty/unused dressing rooms) to change into the base layer and then enter the team dressing room with the other participants.

E. USE OF SHOWERS – RECOMMENDED BEST PRACTICE

As outlined in the purpose section, there are many reasons why athletes may require privacy (religious reasons, chronic conditions, body image, gender). The following guidance around the use of showers, is an additional step in creating environments within which athletes feel safe and secure. It is recommended that when showers are not private stalls, that these be used in a manner that respects the privacy of all participants. When in open concept showers, it is encouraged that all athletes wear certain “minimum attire” at all times, including swimwear. In order to facilitate this, participants could use a private restroom stall to change out of their base layer and into their swimwear prior to using the shower.

Similarly, they could dress in a private restroom stall after they have completed their shower. Coaches and/or team staff should ensure they are able to supervise the dressing room while participants are showering, following ‘Rule of Two’ guidelines below.

F. OFFICIALS DRESSING ROOM

Given that dressing room spaces for officials and officiating teams are often shared by officials of a wide variety of ages and genders and may be used by different sports at the same time, safety and privacy are of the utmost importance. To create a safe and welcoming environment for everyone who uses an officials dressing room space, the minimum attire rule and shower recommendations described should be applied.

G. RULE OF TWO

WBLC requires that the ‘Rule of Two’ be followed for all Persons in Authority who interact with Athletes, to the maximum extent possible in the circumstances. The ‘Rule of Two’ is a directive that says that an Athlete must never be alone one-on-one with an unrelated Person in Authority.

WBLC recognizes that fully implementing the ‘Rule of Two’ may not always be possible in some instances. Consequently, at a minimum, interactions between Persons in Authority and Athletes must respect the following:

1. To the maximum extent possible, the training environment should be visible and accessible so that all interactions between Persons in Authority and Athletes are observable.
2. Private and one-on-one situations that are not observable by another adult or Athlete should be avoided to the maximum extent possible.
3. A Vulnerable Registered Player may not be alone under the supervision of a Person in Authority unless prior written permission is obtained from the Vulnerable Registered Player’s parent or guardian.
4. Persons in Authority may not invite or host Vulnerable Registered Players in their home without the written permission from parents or guardians or without parents or guardians having contemporaneous knowledge of the visit.

H. PROHIBITION ON VIOLENT ACTIVITIES IN DRESSING ROOMS

To ensure the safety of all participants in the dressing room, any type of violent conduct - including locker room boxing; rough housing; bullying; or hazing is strictly prohibited. It is the responsibility of coaches and team staff to ensure that no such violent behaviour is taking place in dressing rooms or dressing environments. Should anyone experience maltreatment in violation of this section of the Policy, a complaint may be submitted to the WBLC.

I. PROHIBITION ON RECORDING IN DRESSING ROOMS OR DRESSING ENVIRONMENTS

To respect the privacy of participants, no videos, photos, or voice recordings of any kind may be taken using any device with recording capabilities in a dressing room or dressing environment. Only one (1) cell phone is permitted to be used in a dressing room or dressing environment for the purpose of controlling music played in those spaces.

J. PROCEDURE

1. The GWLL stresses the importance of coaches ensuring all players have equal access to pre and post-team sessions and all team-related activities.
2. The GWLL recognizes the physical limitations of some facilities and encourages the Clubs to work with their local facilities to ensure that appropriate changing facilities are available to everyone.
3. The GWLL will support co-ed dressing room situations to exist at the U7, U9 and U11 levels. This is dependent on the fact that all players arrive either in their equipment or in shorts and a T-shirt with no need to change, only to add their equipment on top of what they are already wearing.
4. At the U13, U15, and U17 levels the following conditions will apply in all co-ed team environments:
 - i. Genders will change in separate rooms
 - ii. All genders will congregate in one dressing room fully prepared to participate in the game/practice not less than 15 minutes before the scheduled floor time unless otherwise indicated by the coaching staff.
 - iii. The lesser represented gender will depart the change room once the post-game discussion has taken place.
 - iv. The gender in the majority will not begin changing (except helmets and gloves) until the lesser represented gender has left.
 - v. It is also recommended that a parent representative of the lesser represented gender of the same gender be allowed in the dressing room during all times that both genders are together. Unless the parents of the lesser represented gender have agreed otherwise.

5. The GWLL takes the stance that at no time after the U11 age level will a parent of any player enter the change room while players are changing. Should a parent need to speak to/assist a child during this time they can address the coaching staff and have their child come out of the changing room.
6. The GWLL takes the stance that at no time will an adult of the opposite sex (unless they are medical staff) enter the changing room while players are changing.

REFERENCES

1. Hockey Canada Co-Ed Dressing Room Policy
2. Hockey Canada Dressing Room Policy
3. Lacrosse Canada Athlete Protection Policy, as part of Sport Integrity Policy Suite

WBLC Approved: January 28, 2026