

Ball Hockey Dressing Room Policy

Purpose

Ball Hockey Manitoba believes all participants (athletes, officials, coaches, team staff) have the right to access safe, inclusive, and equitable dressing spaces. Participants have the right to use the dressing room or an appropriate and equivalent dressing environment based on gender identity, religious beliefs, body image concerns, or other personal needs.

We aim to balance safety, privacy, modesty, and the social aspects of team sports. This policy creates safe, respectful spaces without losing the camaraderie of a team environment.

Scope

This policy applies to all minor ball hockey teams sanctioned by Ball Hockey Manitoba and its Members.

Definitions

- **Dressing rooms:** Official spaces for changing in and out of gear. These are usually men's, women's, or all-gender multi-stall spaces.
- **Dressing environments:** Other spaces near dressing rooms that can be temporarily used for changing (e.g., official's rooms, meeting rooms, single-unit washrooms).
- **Policy:** This Ball Hockey Dressing Room Policy.

Procedure

Minimum Attire Rule

All participants must wear "minimum attire" at all times in dressing rooms or dressing environments when others are present. Minimum attire means a base layer (e.g., shorts and t-shirt, compression shorts and shirt, or sports bra).

Participants should arrive already wearing their base layer. If not, they must use a private space (e.g., private restroom stall or empty dressing room) to change before entering the team dressing room.

Coaches and team staff must explain this rule to players and make sure it is followed.

We recognize that not all facilities are ideal. Associations should work with facility management to find athlete-centered, ethical solutions that provide appropriate dressing environments when needed.

Team Talks

Team talks should happen when all players are present in the dressing room, before and after games.

Use of Showers (Recommended Best Practice)

Some athletes may need extra privacy (due to religious reasons, health conditions, body image concerns, or gender identity).

If showers are not private stalls, it is recommended that athletes wear minimum attire (like swimwear) when showering. Participants can change into swimwear in a private restroom stall before using the showers, and change back into their base layer afterward.

Officials Dressing Rooms

Officials' dressing rooms must also follow the minimum attire rule and shower recommendations. Safety and privacy are especially important, as these rooms may serve officials of different ages and genders, and sometimes multiple sports.

Rule of Two

Minor ball hockey programs must follow the Rule of Two. Two trained and screened adults must be present in the dressing room or just outside with the door propped open to monitor the environment. This rule stays in place when showers are in use.

Prohibition on Violent Activities

No violent behavior (including locker room boxing), bullying, or hazing is allowed in dressing rooms or dressing environments. Coaches and staff must stop any such behavior. Participants can report maltreatment through Ball Hockey Manitoba's Independent Third Party.

Prohibition on Recording

No videos, photos, or voice recordings are allowed in dressing rooms or dressing environments. Phones can only be used to control music in these spaces.