

Changeroom Policy - effective Feb 27, 2025

All changerooms are mixed gender (and mixed ages) and a base layer is always required (see below). Each change room has a stall for changing clothes. The urinal should never be used. There are also quite spacious bathrooms throughout the Community Centre.

Parents of younger skaters: please supervise your skater in the changerooms and help them get on the ice if they need assistance. You know best if your skater needs help.

That said, SSO requires that we comply with the Rule of Two - a minimum of "two responsible adults (a coach, staff, parent, or screened volunteer) are present with a participant" [coach.ca]. As such, adults, please do not stay in a changeroom as the sole adult with youth who are not under your care.

Changerooms for the 7:30PM session will be informally separated into Advanced and Masters but note that there are some adults who skate with the Advanced, some parents might need to access their youth skaters in the Advanced room, and some youth might want to access the Masters changeroom. Note also that in accordance with SSC Safe Sport policy 4.10b, a coach or volunteer may need to enter any changeroom. Parents, let your youth know that if they want an adult's assistance, they can come out and ask for it. Adults, please make sure to comply with the Rule of Two.

(Taken from Hockey Canada) A base layer is intended to cover an individual's pelvic region and torso, and includes items such as shorts, compression shorts, a t-shirt or sports bra, similar to the type of coverage on a body that would be acceptable for the participant at a fitness centre/gym. There is no requirement that an individual must show up fully dressed in their equipment. Additionally, there is no need for an individual to be covered under their equipment from wrist to ankle. The baseline level of attire in the common area of dressing rooms should be similar to the minimum standard of what would be acceptable in a public area of the arena.