

BRITISH TAEKWONDO COUNCIL

Toilet Breaks and Changing Rooms Policy

Version	Author	Date	Review Date
1	K Beddows	November 2025	November 2028

Changing Rooms and Toilet Break Policy

Plan ahead for toilet breaks and the level of supervision that will be needed in the changing rooms. This could be included in your initial risk assessment.

Things to consider include:

whether the public will be using the same facilities

whether there are mixed gender groups

the age of the children and any additional needs

whether a sports facility, local authority or national governing body has their own policy that applies to your activity

You might decide to:

have more than one suitable adult supervising changing facilities

put a timetable in place for use of the changing rooms

ask children to let a supervising adult know they are going to the toilet and when they have come back

encourage small groups of children to take a comfort break at the same time suggest toilet breaks at regular times in the routine such as just before the session begins



safe-use-changing-
facilities-2022-1.pdf