



Why Mobile Phones Should Never Be Used in Changing Rooms

The use of mobile phones or any digital devices in changing rooms poses serious safeguarding, privacy, and wellbeing risks—particularly for children and young people.

1. Protecting Privacy and Preventing Abuse



Changing rooms are private spaces where individuals, especially children, are vulnerable. Mobile phones can easily be used to take or share indecent or intrusive images without consent. According to Swim England's safeguarding policy, **Wavepower**, the organisation has a **zero-tolerance stance** on mobile phone use in changing rooms during regulated activity because images taken in these settings can cause lasting emotional, psychological, and social harm.

2. Reducing the Risk of Criminal Behaviour



It is a **criminal offence** to **take, make, or share** indecent images of a child - whether these are taken by a child or an adult. Within the UK, children from 10 years old can obtain a criminal record, therefore it is imperative that all swimmers and parents understand the potential consequences. Even accidental use of a phone in these spaces can raise suspicion or create opportunities for misuse. The presence of phones increases the risk of "upskirting," voyeurism, or the capturing of images over or under cubicles—actions that can lead to **police involvement** and **lifelong consequences**.

3. Safeguarding Children and Building Trust



Clear rules banning phone use help children feel safe and respected. It also supports a **culture of safeguarding** where everyone understands that privacy is prioritised. Enforcing these policies prevents misunderstandings, protects bystanders, and reduces opportunities for bullying, image sharing, or coercion.

4. Supporting Clubs and Facilities



Swim England has high expectations on this matter and advises clubs and venues to display clear, high impact signage and demonstrate high standards to ensure that changing rooms remain and are recognised as a place of safety for children and young people. Education is a critical factor to ensure that strong policy and rules are understood but more importantly that clubs regularly encourage and actively role model standards so that any swimmer and their peers have the confidence to report something that feels uncomfortable or raises concern. In some instances, this can result initially in more reports of these instances happening but allows clubs to respond accordingly.

Useful Links – QR code to "Wavepower" on Swim England's website:

- Swim England Safeguarding – How to Report a Concern:

<https://www.swimming.org/swimengland/how-raise-concern-complaint>

- NSPCC – Online Safety and Image Sharing:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

- UK Policing Guidance on Harassment and Voyeurism: <https://www.police.uk/advice/advice-and-information/sh/stalking-harassment/what-is-stalking-harassment/>



**** Key Message ****

No mobile phone use in changing rooms—unless there's a medical emergency. This protects privacy, prevents harm, and ensures a safe environment for all.