

The Washroom Guide

Leisure Centres | Gyms | Swimming Pools | Sport & Fitness Centres

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Changing Room & Showers Guide

Changing and shower facilities are a key factor for customer reviews for leisure centre's, gyms, swimming pools and sports facilities.

These facilities play are as important to keep clean and up to date as the pools, courts and sports apparatus themselves as most of the visitors will use these facilities at some stage of their visit. With clubs that offer membership schemes, visitors will often use the facilities more than once a week.

This shows the importance of making sure the shower and changing areas, along with toilets and general washrooms are up to date with current Sport England recommendations.

We've condensed the guidelines into a quick easy read guide for either planning new venues or refurbishing existing.



The General Planning Principles for Changing Facilities

Make sure the below planning guidelines are taken into account before going ahead with your changing facility project:



Through routes should be clearly defined and lockers positioned nearby changing benches/cubicles.



Space should be provided in the changing area for storing buggies/ prams and wheelchairs.



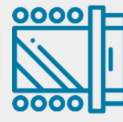
The layout should allow effective surveillance by staff.



Single-sex changing areas and toilet provision should be well screened from common areas for privacy.



Toilets should be located on the access route to the pool and pre-swim showers located immediately prior to entry in to the pool hall.



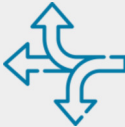
Vanity areas should be spacious enough to prevent congestion close to entrance and include provision for wheelchairs – bathers leaving and entering facilities should be taken in to account as well as those currently using the area.





Changing Facilities Design

And whether planning for a new build, or when refurbishing an existing changing room, the following points should be considered to make sure your facilities will provide users with an enjoyable and recommendable experience:

SPACE & LAYOUT:	APPEARANCE & ATMOSPHERE:	DURABILITY & HYGIENE:
 Adequate space for users to maintain a sense of personal space	 A suitable environment avoiding extremes of humidity/ draughts and temperature	 Capacity to cope with peak times without pinch points such as between cubicles and lockers and long queues.
 A flexible layout for varying ratios of male and female users	 Well designed cubicles and lockers with suitable materials and robust fixings which with good supervision helps resist vandalism	 Water resistant panels are recommended so can be easily mopped/ hosed down. Also fittings should be rust resistant and durable to withstand cleaning detergents.
 Areas that can be closed off for privacy for sensitive groups with separate access to toilets/ pre-cleanse/ pool water	 Use of bright contrasting colours to walls, cubicles, lockers, signage and graphics	 Benches cantilevered wherever possible for easy cleaning and ultimate durability. Vandal resistant coat hooks securely fixed to walls
 Simple and clear circulation routes between point of entry and pool		 Lockers tall enough to provide full height single lockers or can be split into smaller individual lockers. A proportion of them should be 400mm wide

Minimum Sanitary Provisions for Swimming Pools- Wet Area Changing Rooms

Sanitary Appliance	Male Pool Users	Female Pool Users
WC	2 for up to 100 males , 1 for every additional 100 males thereafter. (e.g. 400 male users = min 5 WC's)	1 per 5 females up to 50 females – 1 for every additional 10 females up to 100 female then 1 per 50 females thereafter (e.g 200 females = 17 WC's)
Ambulant WC Cubicle	At least 1 ambulant accessible WC cubicle (min 800mm wide) for ambulant disabled people to be provided in separate sex toilets	
Wider Ambulant WC Cubicle	In addition to above, where four or more WC Cubicles in a toilet, 1 wider WC cubicle 1200mm wide should be provided in separate sex toilets	
Urinal	1 per 20 males up to 100 and 1 per 80 males or part thereafter (e.g. 180 males = min 2 Urinals)	
Washbasin	1 per WC plus 1 per 5 urinals or part thereafter	1 plus 1 per 2 WC's or part thereafter
Shower	1 per 10 males or part thereafter	1 per 10 females or part thereafter
Nappy Changing	This may be a nappy changing bench and disposal bin in an area adjacent to a WC and washbasin or in one or more dedicated parent and child toilets. Where baby changing facilities are provided the should be accessible to disabled people.	
Cleaners Sinks & Storage	1 per each 100m ²	
Vanity Places	1 per 30 lockers	1 per 20 lockers
Lockers	75% maximum pool capacity ÷ number of changing spaces	75% maximum pool capacity ÷ number of changing spaces

Minimum Sanitary Provisions for Sports Centre & Gym Changing Rooms

Sanitary Appliance	Male Users	Female Users
WC	1 per 15-20 users	1 per 7-10 users
Ambulant WC Cubicle	At least 1 ambulant accessible WC cubicle (min 800mm wide) for ambulant disabled people to be provided in separate sex toilets	
Wider Ambulant WC Cubicle	In addition to above, where four or more WC Cubicles in a toilet, 1 wider WC cubicle 1200mm wide should be provided in separate sex toilets	
Urinal	1 per 15-20 users	
Washbasin	1 per 15-20 users	1 per 15 users
Shower	1 to every 6 changing spaces	1 to every 6 changing spaces
Changing Areas		
Cleaners Sinks & Storage	1 per each 100m ²	
Lockers	Allow for 1.5 lockers for each person using the facilities over a one hour period	

Benches & Locker Facilities

Benches:

Cantilevered benches are the best choice to reduce the risk of corrosion and to keep the facilities easy to clean.

Vandal resistant clothes hooks should be securely fixed to the walls.

Lockers:

The standard locker sizes is 1.8m high by 0.3m wide and 0.5-0.6 m deep.

A proportion of the lockers should be 400mm wide to allow for sports bags

10% of the lockers should be full height (not split into individual compartments) to accommodate mobility aids & children's buggies

50-70% of the total locker provision should be half height

Quarter and third height lockers are an option if required

Swimming Pools:

75% of the any one time pool capacity should be allowed for – e.g. pool facilities with capacity for 100 bathers should allow for a minimum of 75 lockers.

To be safe its recommended the max number of people in the changing facilities is also allowed for and plus an extra 10% for lockers that maybe out of use.

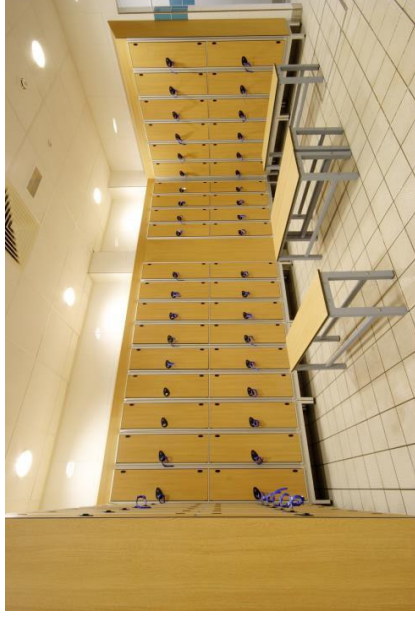
Gyms:

1.5 lockers for each person using the facilities over a 1 hour period

Additional smaller lockers for valuables are often provided in the circulation areas adjacent to the gym/ studio facilities

Sports Halls:

2.5 x the assessed occupancy levels for the changing area/s



Accessible Sport Facilities

All changing areas must also be designed so disabled people can use them – this doesn't mean expensive design features but it more requires attention to detail and layout.

All sports facilities, except those only serving grass pitches must provide at least one individual unisex accessible changing room complete with shower and toilet – which also enables assistance to be given by someone of either sex.

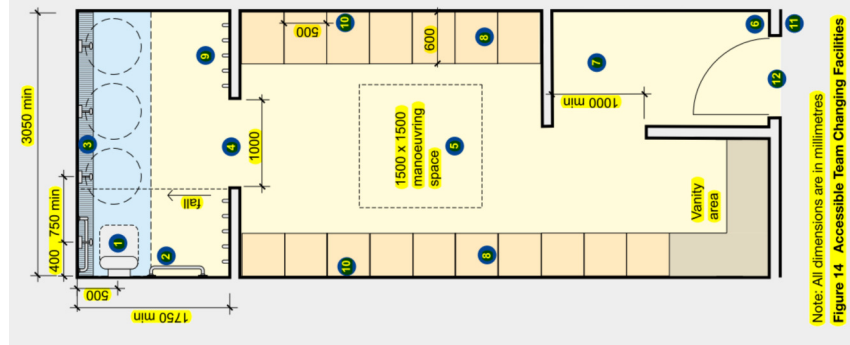
Read on to find the key requirements for disabled sports facilities in separate accessible changing rooms and in the main changing room area.



Accessible Sport Facilities: what to allow for in separate accessible changing areas

Key Design Requirements for Separate Accessible Changing Rooms:

- A robust 500x50mm drop-down shower seat with horizontal and vertical grabrails to give extra support to users
- Horizontal grabrail in drying area to give extra support and can also be used as a towel rail
- Level threshold between changing and shower areas
- A minimum of 1500mm manoeuvring space in the changing area
- Entrance at a minimum width of 1000mm
- Benches to be 500mm deep and set at height 480mm with a smooth finish to surfaces and edges.
Also provide run of 600 mm deep benches in some areas
- Towel hooks located at 1400mm and Coat Hooks above benches at 1400mm and 1050mm
- Locate signs on wall adjacent to door edge to allow easy identification of the changing facilities
- Dedicated lockers located just outside the changing room/ cubicle with allowance for more than one person to access
- The design and quality of the changing room should be similar to other changing facilities - fittings should clearly contrast with background (e.g. cubicle locks and grabrails against cubicle doors/ walls)

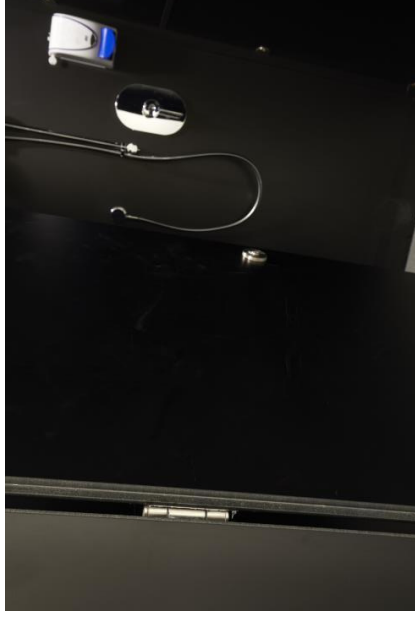


Accessible Sport Facilities – what to allow for with accessible facilities in main changing areas

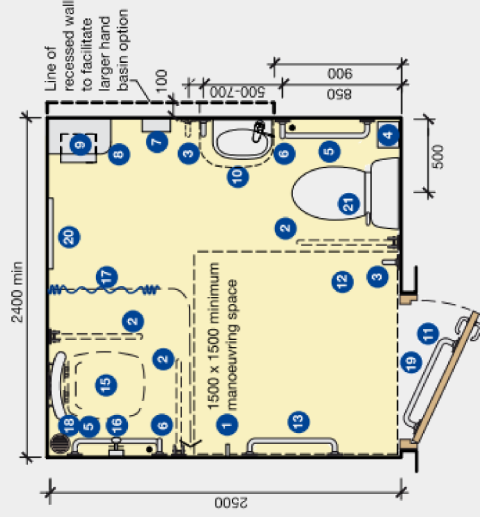
- Sufficient space for wheelchair users to manoeuvre and allowance for them to change without obstructing other users
- Direct access provided to the shower area from the changing room
- Toilet provision to be close to the changing area
- Where changing cubicles are provided an accessible cubicle should be provided

Benches & Lockers provision in main changing areas:

- Accessible benches to be 500mm deep and set at height 480mm with a smooth finish to surfaces and edges.
Also provide run of 600 mm deep benches in some areas
- Accessible Towel hooks located at 1400mm and Coat Hooks above benches at 1400mm and 1050mm
- Accessible Locker height between 450mm and 900mm and should be at least 300mm wide
- 10% of lockers should be full height – at least 1.8m high to accommodate mobility aids etc
- Locks to be easy to operate and have clearly visible, embossed numbers so can be read by sight or touch
- All shower areas must be usable by everyone and should meet the needs of disabled and non disabled users.
- With exception of small pavilions with just one grass pitch, all shower areas should be fitted with at least one drop down seat and appropriate grabrails.

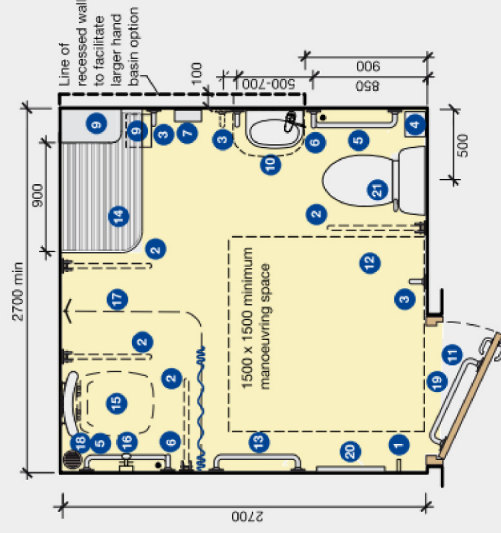


Accessible Shower Cubicle Size Guidelines



Note: All dimensions are in millimetres

Figure 16 Unisex Accessible Changing Room



Note: All dimensions are in millimetres

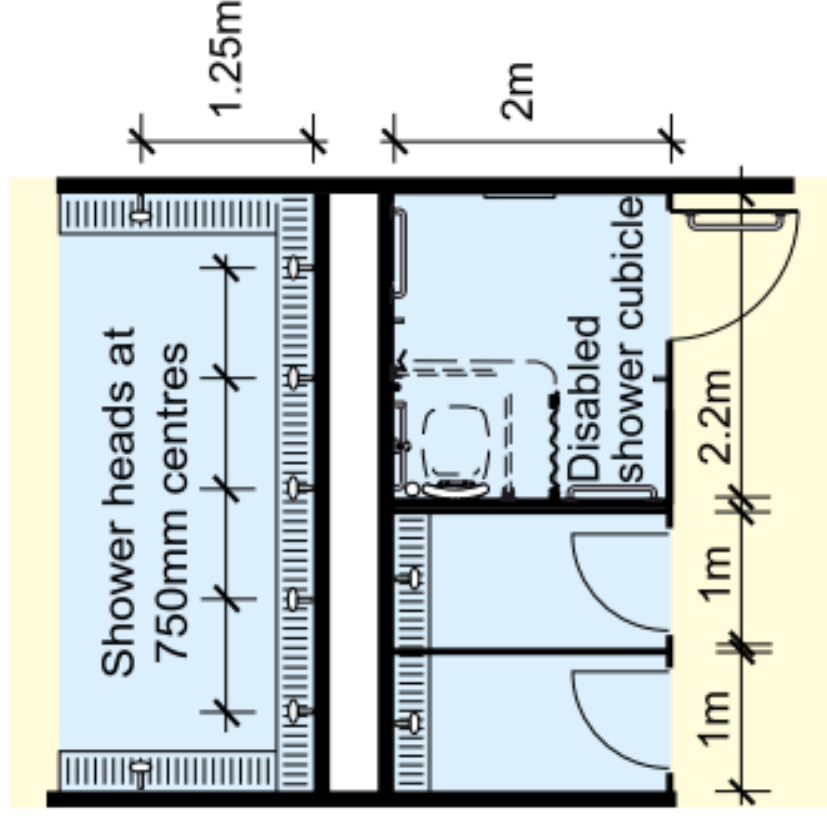
Figure 17 Unisex accessible changing room with fixed changing bench seat



Note: All dimensions are in millimetres

Figure 18 Unisex accessible changing room with shower, WC and fixed bench seat

Shower Cubicle Size Guidelines



Key points to remember:

Standard shower cubicle:

Minimum size of 1metres x 2 metres

Swimming Pools Shower Cubicle Qty:

Minimum quantity of 1 per 10 males or part thereafter
1 per 10 females or part thereafter

Sports Halls/Gyms Shower Cubicle Qty :

Allow for a minimum of 1 shower for every 6 changing cubicles

Disabled shower cubicles:

Minimum size of 2.2 metres x 2 metres

At least one accessible shower cubicle within the main changing area.

Pre-swim & Post-swim showers at Swimming Pools:

Shower heads with 750mm in between

Also allow for disabled users with extra features such as dropdown seat/ appropriate grab rails.

For further guidance & layout options:

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/swimming-pools-design-2011-rev3.pdf>

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/sports-halls-design-and-layouts-2012.pdf>

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/fitness-and-exercise-spaces.pdf?VersionId=BitV0h3FgG.lmxmuPWLc3iSKiCsosrDc>

Changing Cubicle Size Guidelines

Key points to remember:

Single Person Cubicles:

Minimum size of 1 metre x 1.1 metre

Two Person Cubicles:

Minimum size of 1.1 metre x 1.5 metre

Family/ Accessible sized cubicles:

Minimum size of 2 metre x 2.2 metre – preferably 2 metre x 2.6 metre

Changing Cubicle Quantities:

The number of changing spaces required is based on:

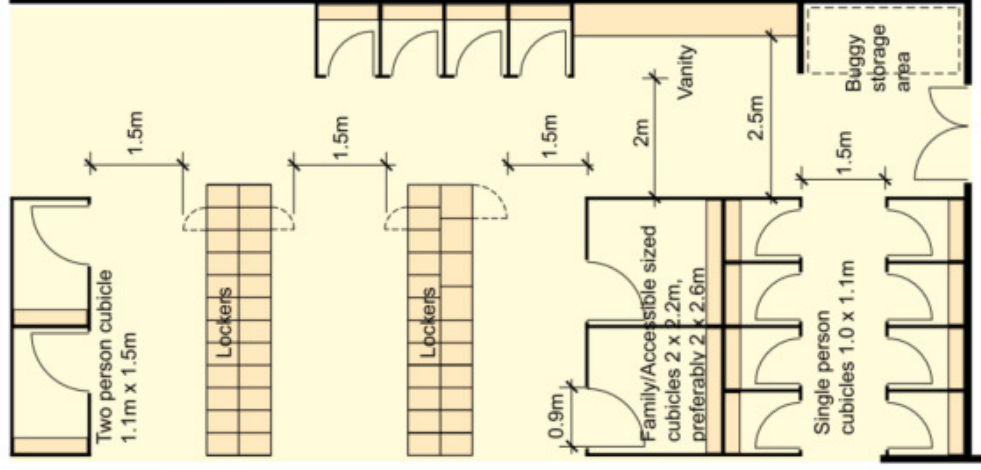
- The number for spaces required when there is a steady flow of bathers in and out of pool or the normal maximum occupancy in sports hall and gym facilities – avoiding any queues or overcrowded changing areas.
- Additional spaces allowed for to accommodate session groups (in peak times when the time on leisure facilities may be limited to sessions)
- An extra 10% allowance for changing spaces that maybe temporarily out of use (e.g for cleaning or maintenance)
- There should also be a fair proportion of single/ double/ family/ disabled changing cubicles and separate single-sex areas and additional buffer areas for schools/ clubs if necessary.

For further guidance & layout options:

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/swimming-pools-design-2011-rev3.pdf>

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/sports-halls-design-and-layouts-2012.pdf>

<https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/fitness-and-exercise-spaces.pdf?VersionId=BitV0h3FgG.lmxmuPWLc3iSKiCsosrDc>



Swimming Pool Baby Changing Facilities

Baby changing facilities should be easily accessible and well ventilated.

They should be equipped with at least:

- **Adjustable changing shelf**
- **Large purpose made nappy disposal bin**
- **Adjacent washbasin**

The provision can be made within the male and female toilets and/or with one or more unisex accessible rooms with enough space for a parent, 2 children and a pushchair.

This can be included in a unisex accessible changing room or through providing a dedicated unisex accessible parent and child toilet.



Swimming Pool Staff Changing Facilities

Staff accommodation is to be independent from public facilities and away from the main activity areas but it should be easily accessible so that staff can respond quickly if there is an emergency.

Smaller Facilities (e.g. a local neighbourhood pool) should have at least a small restroom and allow for individual lockers for the staff.

Larger leisure and sports centres should allow for individual male and female changing rooms including benching, lockers and staff shower cubicles and toilet cubicles. Accessible changing and toilet provision should also be allowed for.



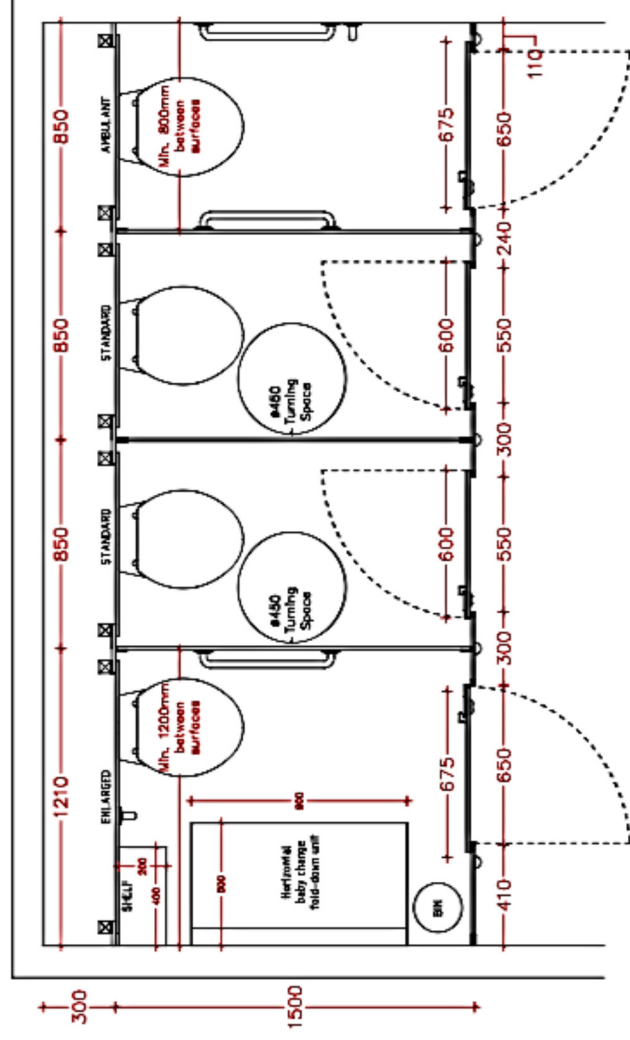
Toilet Cubicle Size Guidelines

Toilet facilities should be provided for as per the table on page 5/6

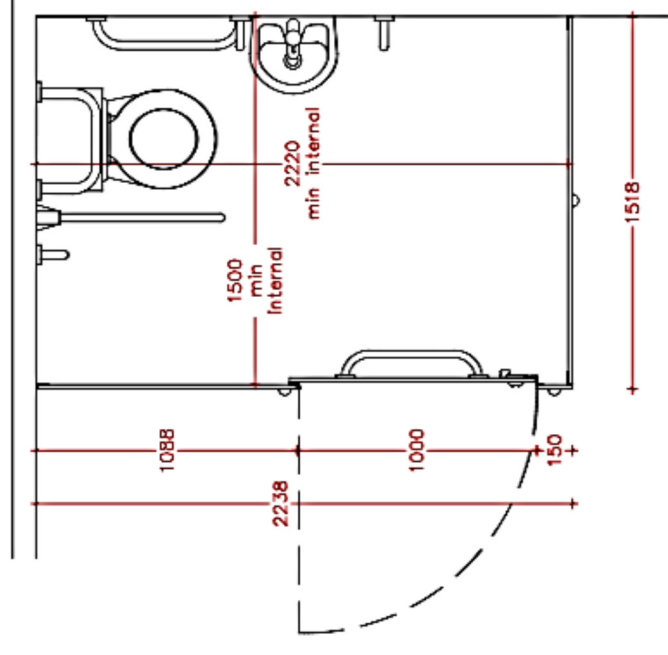
In swimming pools they should be situated on the route from the changing area to the swimming pool & before any pre-swim shower provision.

In sports halls and gyms they are often situated with or nearby the changing rooms and share a common access lobby.

For further information on toilet cubicle sizes - <https://www.dunhamswashrooms.com/standard-toilet-cubicle-sizes-guide/>



TOILET CUBICLE SIZES



WHEELCHAIR ACCESSIBLE CUBICLES

Recommended Ranges - Challenger



Economical



Suitable for High Traffic



Waterproof



Vandal Resistant



Polished Aluminium Anti-Rust Fittings



Suitable for Toilet, Shower & Changing Cubicles



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Recommended Ranges - Altitude



Floor to ceiling height – complete privacy



Suitable for High Traffic



Waterproof



Vandal Resistant



Polished Aluminium Anti-Rust Fittings



Suitable for Toilet, Shower & Changing Cubicles

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[Request a quote](#)



Recommended Ranges – Aspect SGL



Option of Standard Height or Full Height



Suitable for High Traffic



Waterproof



Vandal Resistant



Sturdy Aluminium Pilasters



Suitable for Toilet, Shower & Changing Cubicles

[Find out more](#)

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Recommended Ranges – Vista SGL



Minimal floor clearance



Suitable for High Traffic



Waterproof



Full Height



Flush Façade



Suitable for Toilet, Shower & Changing Cubicles



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Recommended Ranges – Challenger+ Lockers



Suitable for wet area & high traffic areas



Different height options and combinations



A range of lock options



Available with door numbering



Durable SGL locker doors and semi concealed hinges



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Recommended Ranges – Bench Systems



Suitable for wet area & high traffic areas



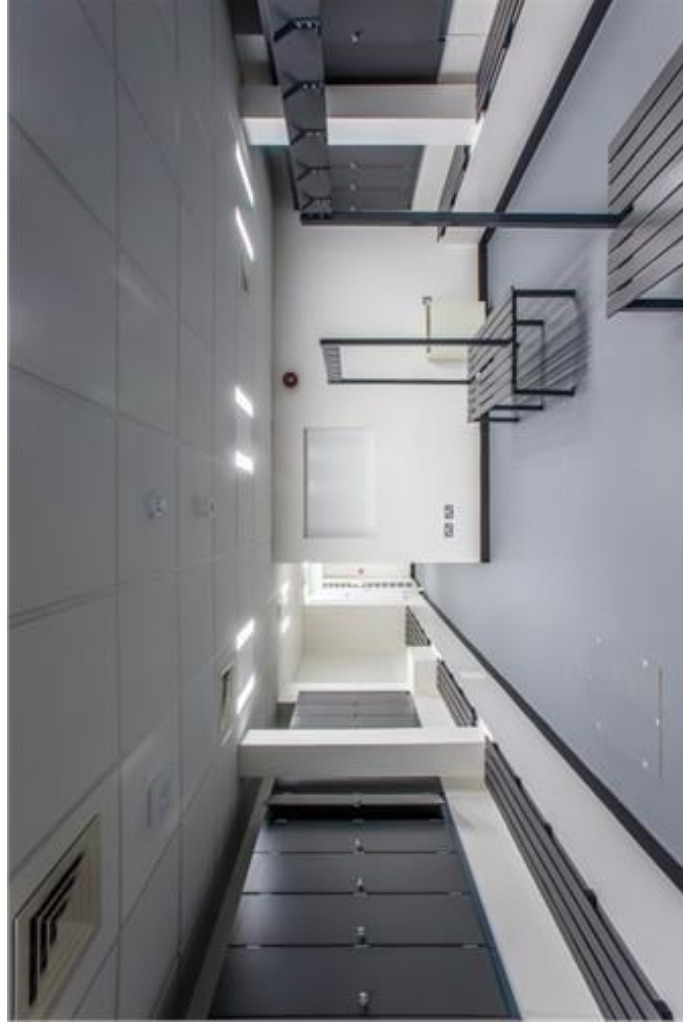
Option of SGL or heavy duty hardwood ash bench slats



A range of layout options – Island/ Free Standing/ Wall to Floor & Cantilever



Matching hook board, backrests, shoe trays & shelving available as an extra



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Recommended Ranges – SGL Vanity Units



Suitable for wet area & high traffic areas



Budget Friendly



Hard wearing & durable



Supplied with a complimentary access panel and subframe system for simple installation.



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Recommended Ranges – Solid Surface Vanity Units



Luxurious vanity tops for upmarket and high traffic washrooms.



Available in various designs, either wall-mounted or with sub-frame and access panels.



Seamless moulded bowls available in solid surface options.



Manufactured from stone, quartz or solid surface materials to client specification.



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Recommended Ranges – Sanivé Washtrough Vanity Units



Stylish, hygienic and versatile handwash solutions for busy washroom areas.



Manufactured from solid surface material – a non-porous blend of natural minerals and acrylic polymers such as Avonite®.



Available in various designs, either wall-mounted or with sub-frame and access panels.



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Changing Room & Showers Guide

Recommended Ranges – Resilic Washtrough Vanity Units



A streamlined wash trough – manufactured from a lightweight FRP Material and features all-important Microban® antimicrobial protection.



Lightweight, hygienic and versatile.



Ideal for high traffic and hygiene conscious washroom areas.



Suitable for internal and external use.



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Case Study – NCFC Training Ground



Part of the £5 million renovation project to develop state-of-the-art Academy facilities at the NCFC Colney Training Centre, NCFC Colney Training Centre

As the training ground is used all day every day, the washrooms and changing rooms needed to cope with a high usage at peak times as players swarm the facilities before and after training sessions and matches.

[Find out more](#)

