

# Leisure Centre - Changing Room Guide

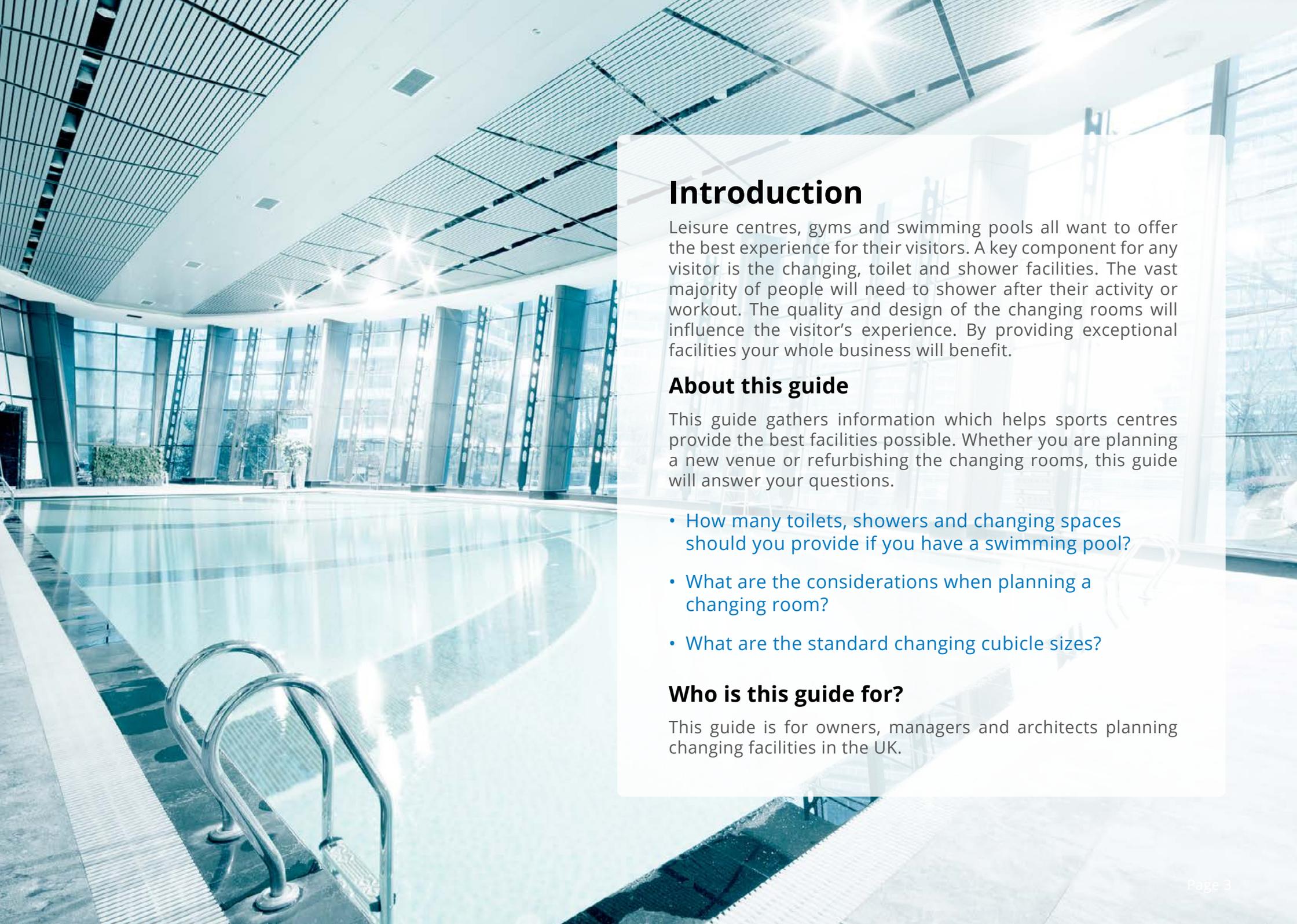
Gyms | Swimming Pools | Sports / Fitness Centres

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# Leisure Centre - Changing room guide

Page 3	Introduction
Page 4	Case study - Spectrum Leisure Centre
Page 5	Changing room design considerations
Page 6	General planning principles for swimming pool changing areas
Page 7	Wet area changing provision for swimming pools
Page 8	General planning principles for bench seating and lockers
Page 9	Locker layouts and sizes
Page 10	General planning for accessible sports facilities
Page 11	General planning for fitness gyms and studio changing rooms
Page 12	Recommended product range for changing rooms
Page 13	Recommended product for private changing cubicles
Page 14	Accessible changing room sizes
Page 15	Changing room sizes
Page 16	Shower area sizes
Page 17	Shower sizes
Page 18	Shower cubicle sizes
Page 19	Toilet cubicle sizes - Universal access guidelines
Page 20	Toilet cubicle sizes explained
Page 21	Toilet cubicle sizes - Wheelchair accessible cubicles
Page 22	Approved document M
Page 23	Sanitary ware for your leisure centre
Page 24	Sources of information





## Introduction

Leisure centres, gyms and swimming pools all want to offer the best experience for their visitors. A key component for any visitor is the changing, toilet and shower facilities. The vast majority of people will need to shower after their activity or workout. The quality and design of the changing rooms will influence the visitor's experience. By providing exceptional facilities your whole business will benefit.

### About this guide

This guide gathers information which helps sports centres provide the best facilities possible. Whether you are planning a new venue or refurbishing the changing rooms, this guide will answer your questions.

- How many toilets, showers and changing spaces should you provide if you have a swimming pool?
- What are the considerations when planning a changing room?
- What are the standard changing cubicle sizes?

### Who is this guide for?

This guide is for owners, managers and architects planning changing facilities in the UK.



“We have had some great feedback from our members about the new changing rooms and toilets. Here at Spectrum we pride ourselves on providing the best facilities and environment for the local community and the new washrooms now meet this standard.”

Dan Boulton, Centre Manager

## Case study

### Spectrum Leisure & Community Centre

Spectrum Leisure & Community Centre is run by the charity SLAM CDT. Since taking over the centre in 2007 they have been dedicated to improving the services and facilities for the local community.

These improvements include three new gyms, the reception area, a BMX track, function room, cafe and most recently the changing rooms.

Cubicle Centre washroom panel products were chosen for the refurbishment project. The woman’s changing room included three shower cubicles and four toilet cubicles (with baby changing area), and the men’s area had two toilet cubicles.



# Changing room design considerations

When planning changing rooms for your leisure centre there are important aspects to consider.



## Layout

Careful consideration needs to be made on the location of the changing rooms. 'Wet' changing rooms must be located directly next to the swimming pools. 'Dry' changing areas for gyms and studios should be separate or segregated from the wet areas.

There should be a circulation spaces of 1500mm for wheel chair users. Changing benches or individual changing cubicles can be used.



## Durability

Compact Grade Laminate (CGL) cubicle panels are recommended. These are tough enough to withstand continual use without damage or breaking.

Cubicle locks, legs and hinges should all be sturdy. This will reduce "out-of-order" time and expensive replacements.

[View our panel test video.](#)



## Hygiene

Cleaning is especially important due to the high traffic use of the changing rooms. These must be cleaned regularly. Water and detergent resistant panels are recommended so they can be moped or hosed down when during the cleaning process.

The cubicle panels and legs should be durable enough to withstand constant cleaning with detergents.



## Appearance

A well presented and clean changing room will give a good impression to members.

Colourful cubicles, clean sanitary ware, a well ventilated and lit space, all help to create a comfortable environment.

[Sanitary ware products on page 23.](#)

# General planning principles for swimming pool changing areas



Through routes should be clearly defined and lockers should be positioned in close proximity to changing benches or cubicles.



For reasons of swimming water hygiene, pre-swim showers should be positioned to encourage their use prior to pool entry. Therefore, they should be positioned close to the pool.



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



Well-designed cubicles and lockers with suitable materials and robust fittings which, together with good supervision, help to resist vandalism.



Pool changing should not be combined with dry changing. Pool changing areas generally have higher temperatures and humidity, and are more difficult to keep clean.



Showers are planned without stepped thresholds and use appropriate falls and floor drainage channels or gullies to remove water.



Vanity areas should be spacious enough to prevent congestion close to the entrance and include provision for wheelchairs.



Post-swim shower cubicles should be positioned as close as possible to the lockers in a mixed-sex village changing area or within individual male and female changing areas so that swimmers can conveniently retrieve their soap and towels.



The toilets should be sited in a prominent position on the route from the changing area to the pool hall, before any pre-swim shower provision.



To avoid cleaning problems, minimise repetitive circulation where users from the wet side use the same routes as those from the dry side.

For more information view the document  
[Sports England - Design Guidance Swimming Pools - 2013](#)

# Wet area changing provision for swimming pools

Sanitary appliance	For male pool users	For female pool users
Changing Spaces	Total pool size (m <sup>2</sup> ) ÷ 6	Total pool size (m <sup>2</sup> ) ÷ 6
WCs	2 for up to 100 males; plus 1 for every additional 100 males or part thereof  (e.g. 200 males = 3 WCs)	1 per 5 females up to 50; plus 1 for every additional 10 females or part thereof up to 100 females; plus 1 per 50 females or part thereof thereafter  (e.g. 200 females = 17 WCs)
Urinals	1 per 20 males up to 100; and 1 per 80 males or part thereof	N/A
Washbasins	1 per WC, plus 1 per 5 urinals or part thereof	1, plus 1 per 2 WCs or part thereof
Showers	1 per 10 males or part thereof	1 per 10 females or part thereof
Lockers	75% of maximum capacity + existing changing spaces	75% of maximum capacity + existing changing spaces
Vanity Station (inc worktop, mirror and hairdryer)	1 vanity station space per 30 lockers	1 vanity station space per 20 lockers
Unisex Accessible Changing Room	At least one individual unisex accessible changing room complete with shower and toilet.	



# General planning principles for bench seating and lockers



Benches should be cantilevered wherever possible as it is difficult to clean floor areas around bench feet and reduces risk of corrosion to frame connections to floor.



Each open-plan area will need sufficient lockers to accommodate the maximum possible number of users in the pool and gym.



Vandal-resistant clothes hooks with short projections should be selected and securely fixed to the walls.



Lockers units can be provided at full-height single or be split by intermediate dividers into smaller, individual lockers: half, third or quarter heights.



Some lockers should be large enough to store a collapsed pushchair or for people with disabilities wishing to store artificial limbs or walking aids.



In order to accommodate sports bags, a proportion of the lockers should be at least 400mm wide.



The dispersal of lockers is the preferred option, located close to where people change. However, concentration allows staff supervision and better security.



Lockers are generally manufactured in columns of approximately 1800mm high x 300mm wide x 450 - 600mm deep.



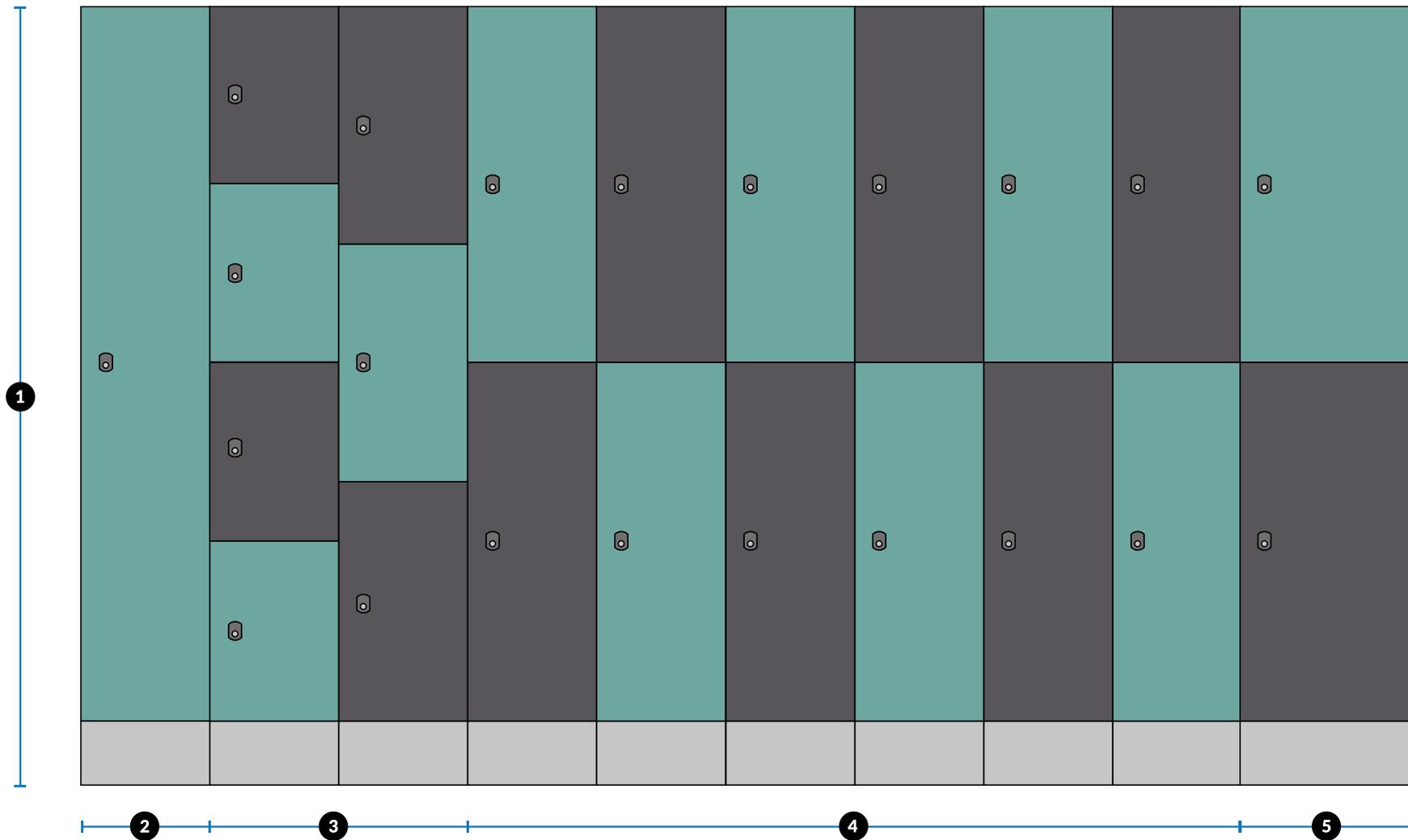
Concentrating lockers in a mixed-sex locker area provides the required flexibility.



A general rule is to provide half-height units for 50-70% of the total locker provision with the balance split equally between quarter and full height units.

For more information view the document  
[Sports England - Design Guidance Swimming Pools - 2013](#)

# Locker layouts and sizes



**1** Lockers are generally 1800mm high x 300mm wide and 450-600mm deep.

**2** 10% of lockers should be 'full-height' to accommodate mobility aids

**3** Quarter-height and third-height are an option if required

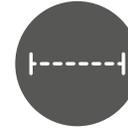
**4** 50-70% of the total locker provision should be half-height

**5** A proportion of lockers should be 400mm wide for sports bags.

# General planning for accessible sports facilities



Sports facilities must provide at least one individual unisex accessible changing room complete with shower and toilet. This enables assistance to be given by someone of either sex. [See diagram on page 14.](#)



A clear manoeuvring space of 1500 x 1500mm in the changing areas in front of benches and fittings.



A robust 500 x 500mm shower drop-down seat with grab rails should be provided in the shower areas.



Horizontal grab rail in drying areas gives extra support and can be used as a towel rail.



Some users prefer the privacy of an individual cubicle and these should be provided when possible.



Locks and lockers should have clearly visible and embossed numbers that can be read by sight or touch.



For assisted changing for an adult, a length of bench at least 600mm deep by 2000mm long should be provided within the main changing areas.

## Accessible changing room essentials:

It is important there is sufficient space provided for wheelchair users to manoeuvre

Allowance should be made for a wheelchair user to change without obstructing other users

Direct access should be provided to the shower area from the changing room

Toilet provision should be in very close proximity to the changing area

For more information view the document  
[Sports England - Accessible Sports Facilities - 2010](#)

# General planning for fitness gyms and studio changing rooms



Peak time usage of the gyms should be considered when planning changing provision. Research into the amount of users who arrive changed can vary the amount of changing spaces required.



Changing rooms will also need to cater for the demand of the participants of studio classes, particularly at peak periods as classes start and end.



Changing facilities should be planned as single sex facilities incorporating buffer changing areas for peak demand or certain large groups.



It is essential to provide individual unisex accessible changing rooms in addition to providing full access to the larger single sex changing rooms.



Fitness gym changing areas have traditionally consisted of open bench seating. However, it is increasingly common to provide a range of individual changing cubicles in addition to bench seating.



Panels and fittings must be robust and practical to reduce the risk of damage occurring via heavy use or vandalism.

Sanitary appliance	Provision
Changing Spaces for Fitness Gyms	<p><b>Small fitness area:</b> 1 changing space per piece of equipment</p> <p><b>Larger fitness areas:</b> 3 changing spaces for every 4 pieces of equipment</p>
Changing Spaces for Studios and Classes	1 changing space for each 5m <sup>2</sup> of floor space or calculate maximum class size
Lockers	Allow 1.5 lockers for each person using the studio(s) and gym over a one hour period
Showers	1 shower for every 6 changing spaces
Vanity Station (inc worktop, mirror and hairdryer)	1 vanity station space per 30 lockers
Unisex Accessible Changing Room	At least one which must include shower and toilet

For more information view the document  
[Sports England - Fitness and Exercise Spaces - 2008](#)

# Recommended product range for changing rooms

## Cairngorm® Anti-Vandal Cubicles

*Cairngorm* is made-to-measure to optimise the space you have available. The durability of this range means it can be thoroughly cleaned regularly without any deterioration to the fittings or panels.



### Why are these cubicles great for your members?

- ✓ Kick-proof panels – sold for over 10 years
- ✓ Anti-vandal fittings to keep your washrooms in working order
- ✓ Resistant to most detergents for easy cleaning and hygiene
- ✓ Anti-rust fittings and waterproof panels to prevent mildew and bacteria growth
- ✓ Disabled friendly door latches

We know it can be frustrating to have cubicles that are out-of-order. That's why these panels are so strong and sturdy that even a sledgehammer can't break them. We call them vandal-proof.

These cubicles are manufactured to order so you can adjust dimensions to suit your space. Nationwide dispatch is usually within 10 to 15 working days.

I'D LIKE A QUOTE

# Recommended product for private changing cubicles

## Privacy™ Full Height Toilet Cubicles

Durability combined with a functional, clean design make this full height WC cubicle system a winning formula for modern changing rooms. Panels are secured with full length aluminium wall and floor channels and no fixings are visible from the exterior of the cubicles.

### Why these cubicles are perfect for your leisure centre?

- ✓ Full height system for complete user privacy
- ✓ Kick-proof panels – sold for over 10 years
- ✓ Anti-vandal fittings to keep your washrooms in working order
- ✓ Resistant to most detergents for easy cleaning and hygiene – you can even wash off graffiti
- ✓ Anti-rust fittings and waterproof panels to prevent mildew and bacteria growth

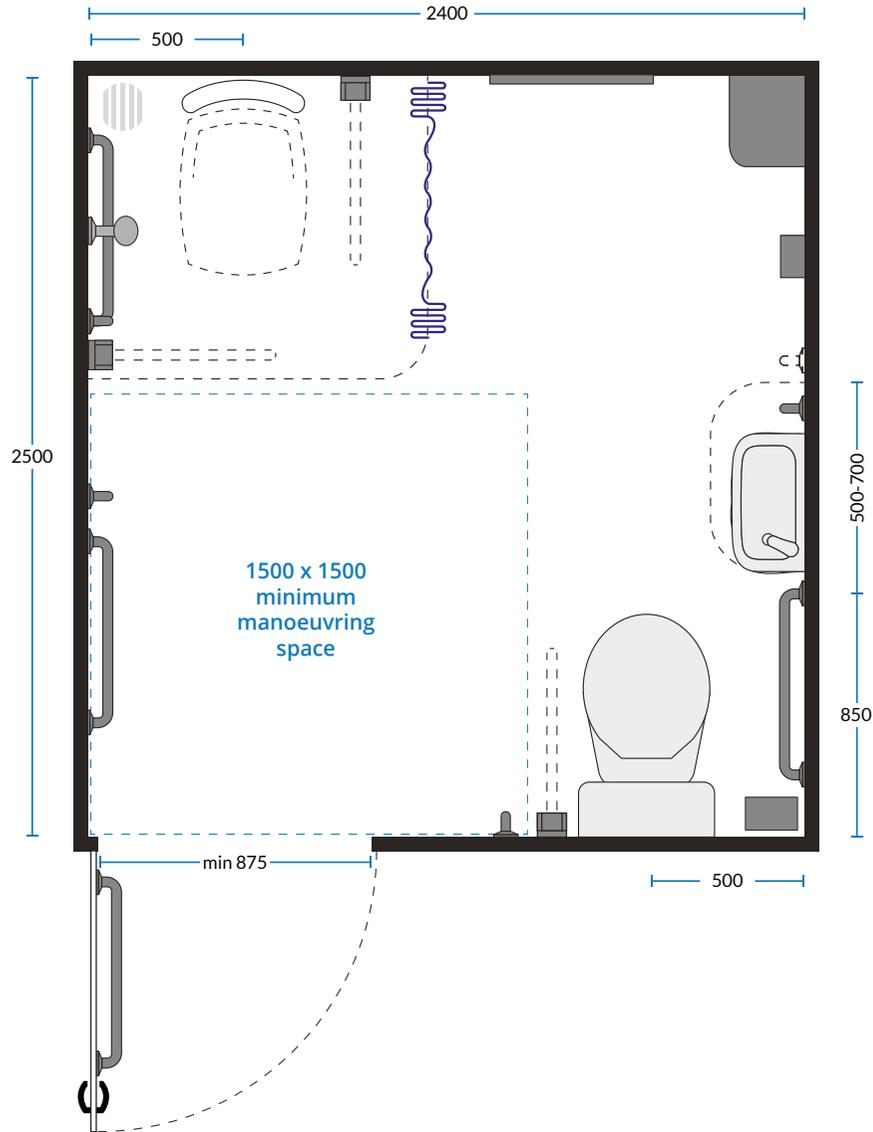


I'D LIKE A QUOTE

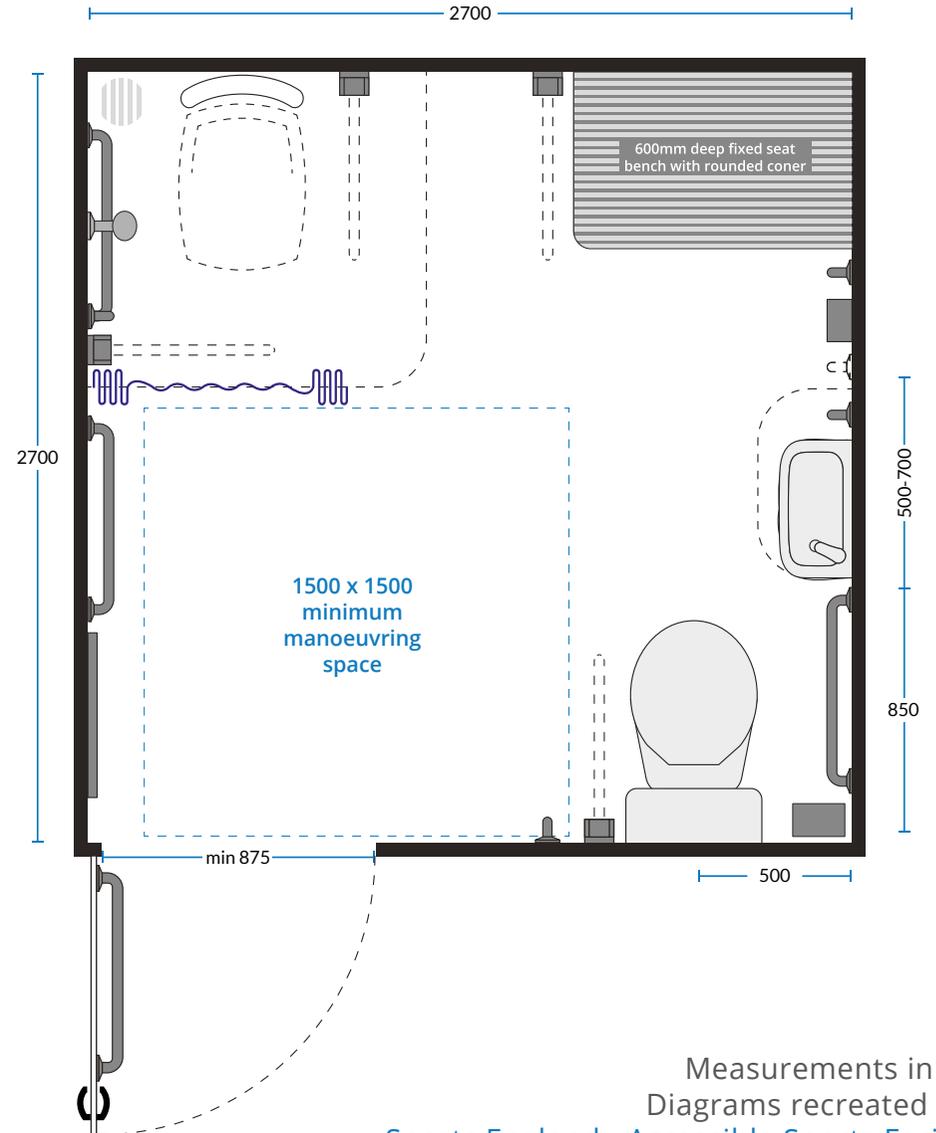
These cubicles are manufactured to order so you can adjust dimensions to suit your space. Nationwide despatch is usually within 15 to 20 working days.

# Accessible changing room sizes

## Unisex Accessible Changing Room



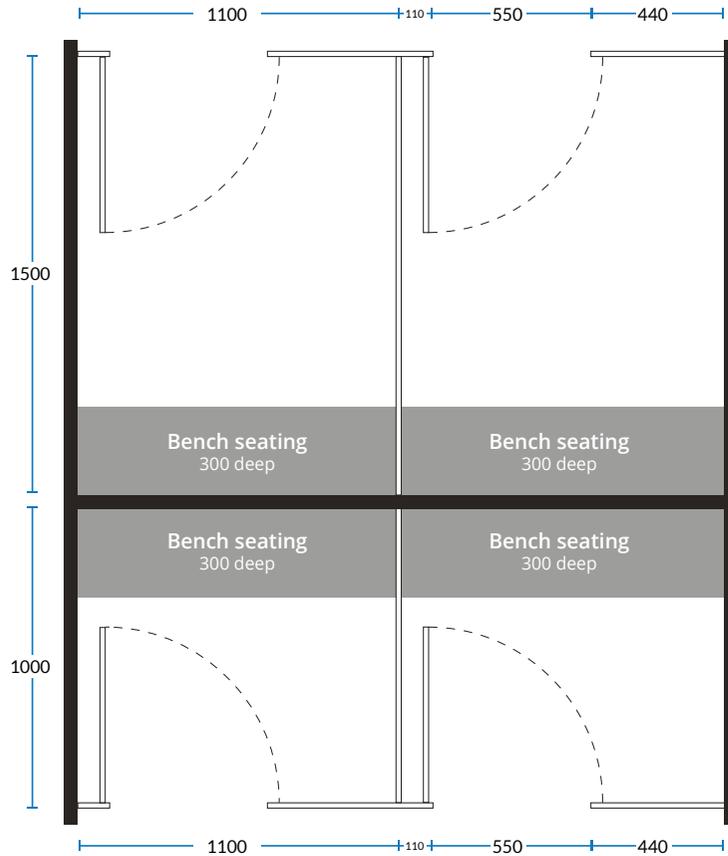
## Unisex Accessible Changing Room with fixed changing bench seat



Measurements in mm.  
Diagrams recreated from  
Sports England - Accessible Sports Facilities

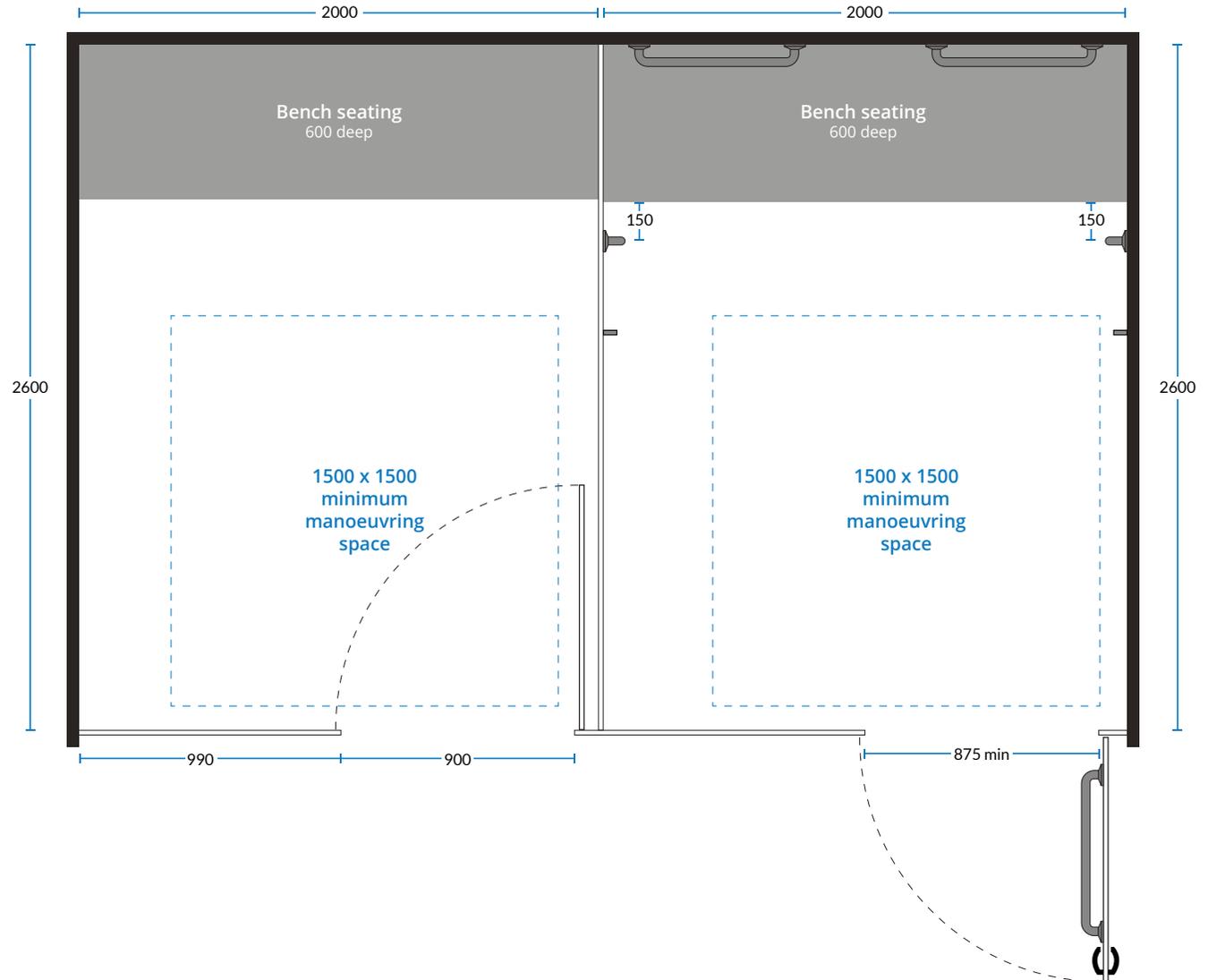
# Changing room sizes

Two person changing cubicles



Single person changing cubicles

Family sized changing cubicle

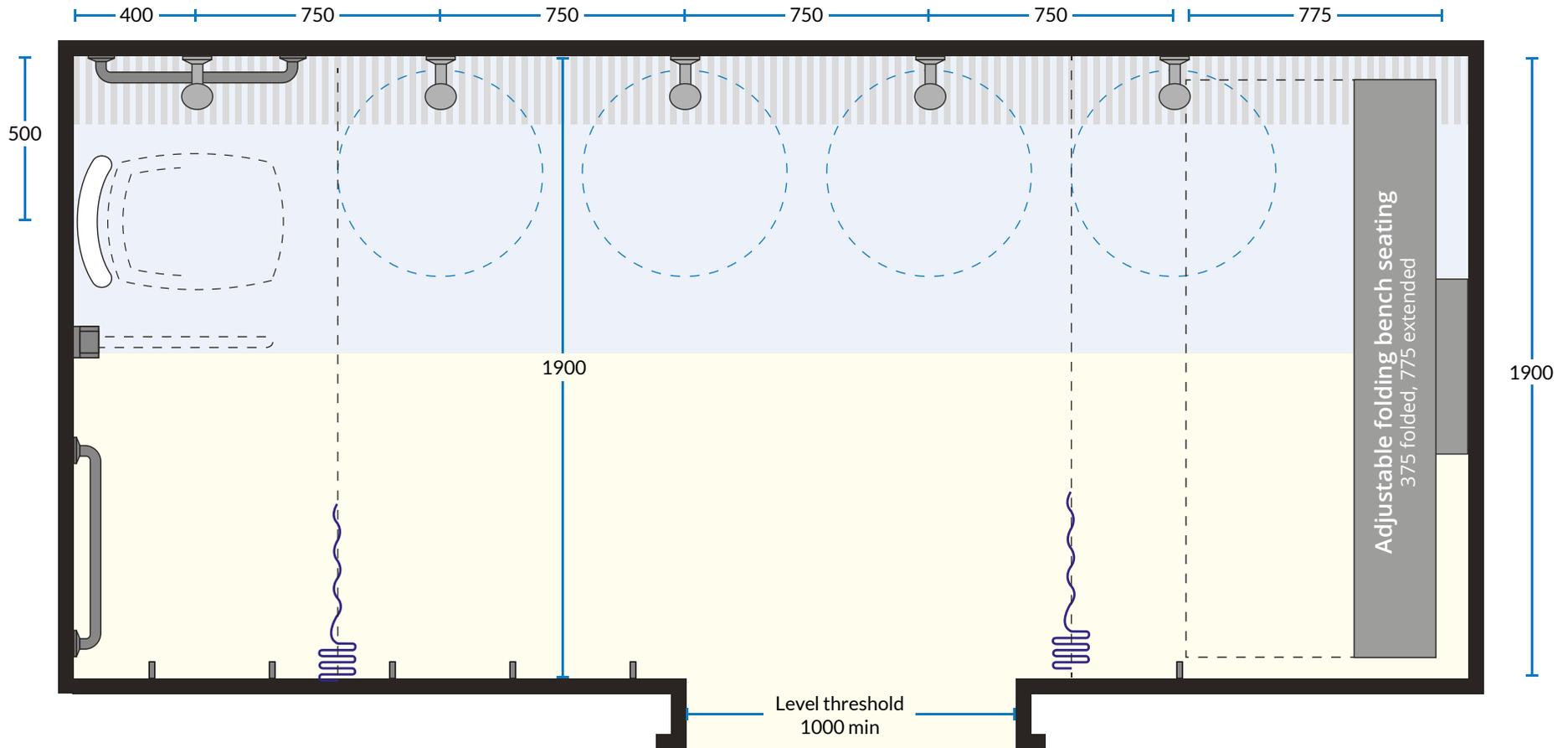


Accessible changing cubicle

Measurements in mm.  
Diagrams recreated from [Sports England - Swimming Pools](#)

# Shower area sizes

## Shower area for general use incorporating changing bench

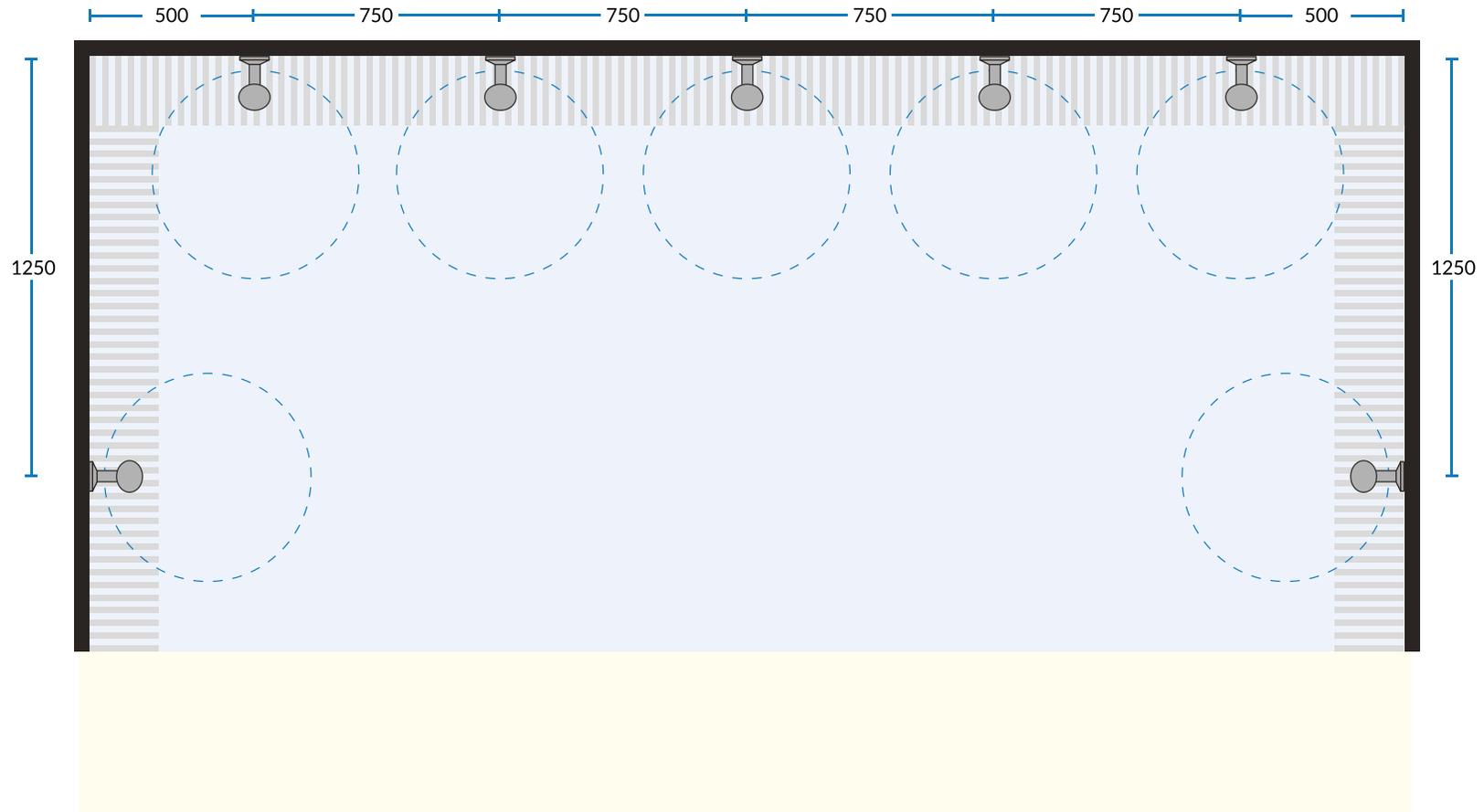


Measurements in mm.

Diagrams recreated from [Sports England - Accessible Sports Facilities](#)

# Shower sizes

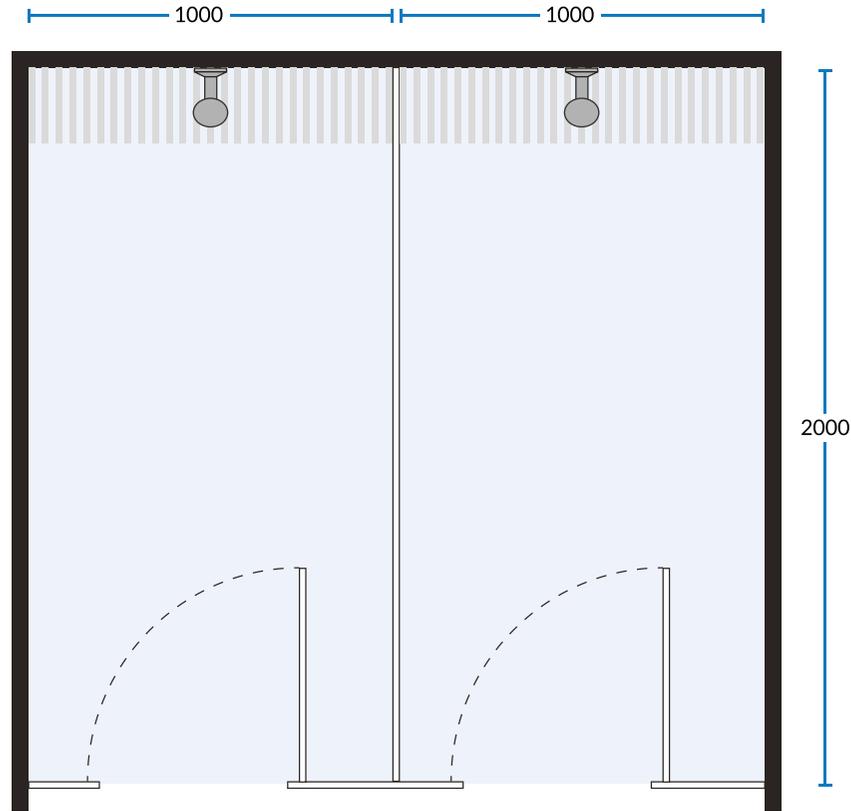
## Communal shower area



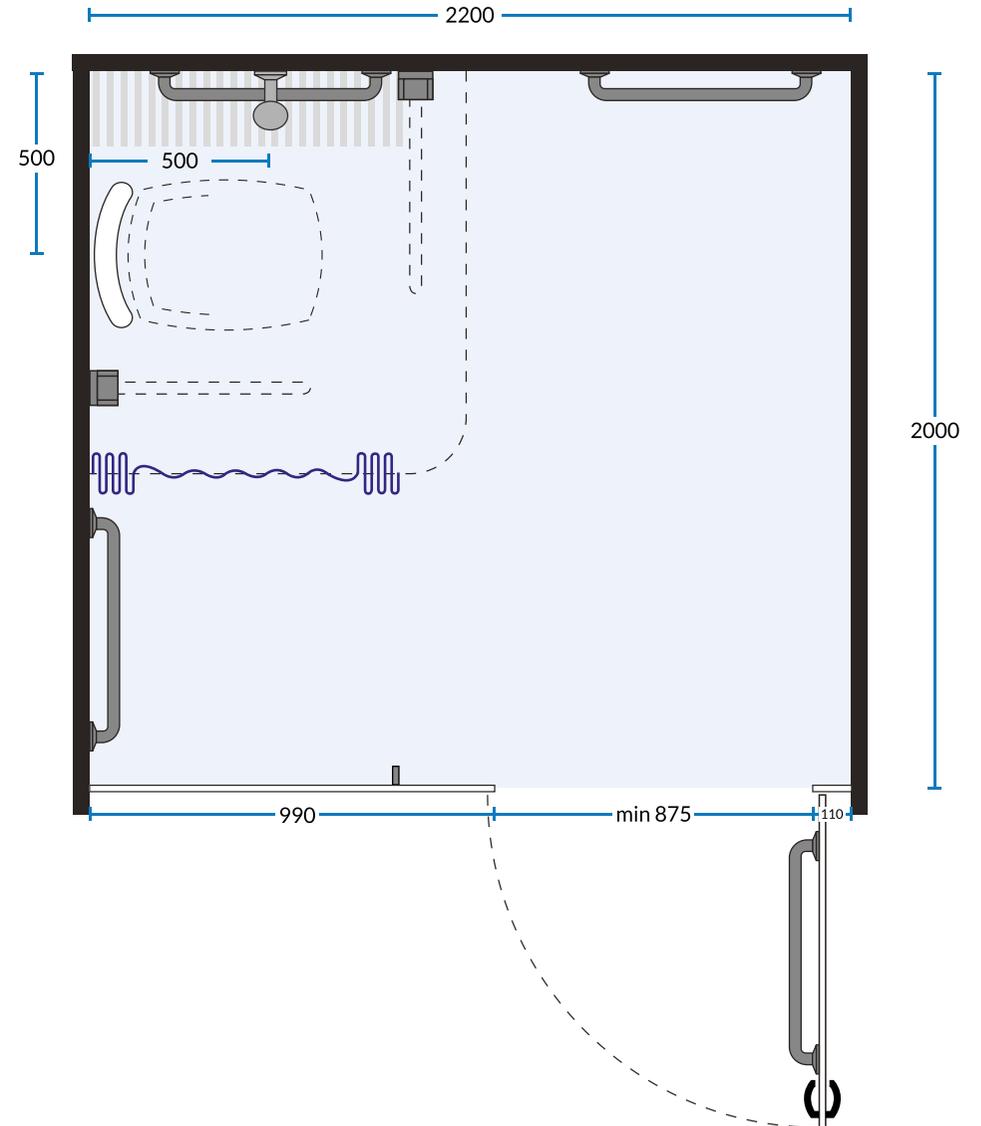
Measurements in mm.  
Diagrams recreated from [Sports England - Swimming Pools](#)

# Shower sizes

## Single person shower cubicles

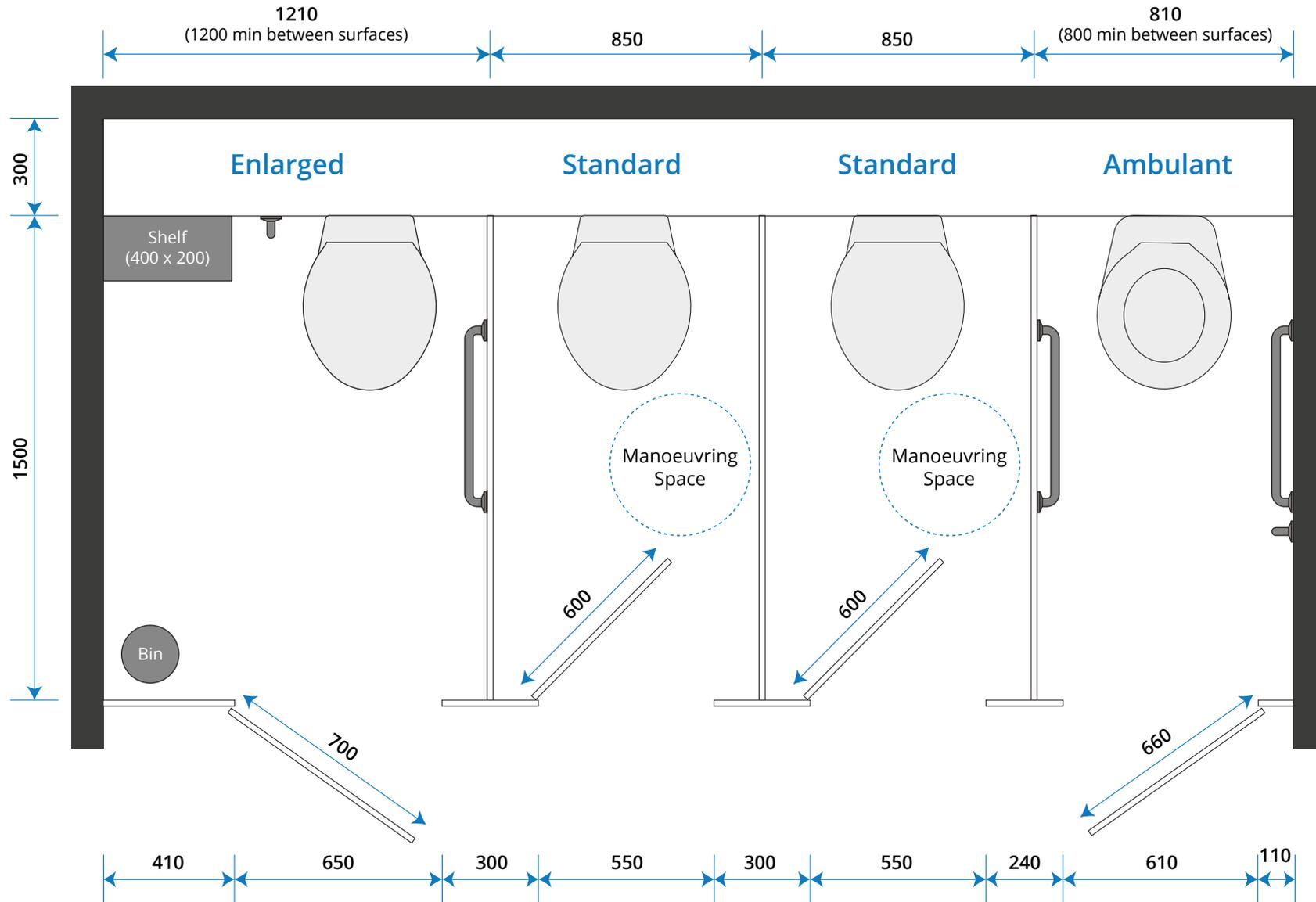


## Disabled shower cubicle



Measurements in mm.  
Diagrams recreated from [Sports England - Swimming Pools](#)

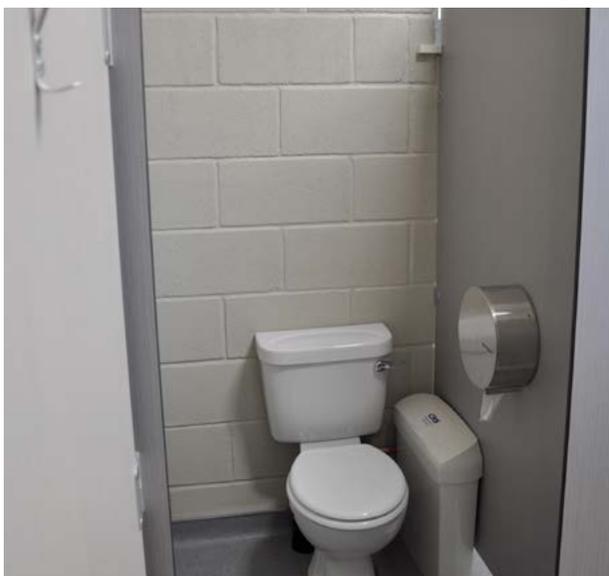
# Toilet cubicle sizes - Universal access guidelines



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## Toilet cubicle sizes explained

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### Enlarged WC Cubicles:

Where there are 4 or more cubicles in a washroom, one of these must be an enlarged cubicle.

Enlarged cubicles must be a minimum width of 1200mm and include an outward opening door.

A horizontal and vertical grab rail set is required around the WC.



### Standard Toilet Cubicles:

All standard cubicles must now have a minimum of 450mm diameter manoeuvring space within the cubicle.

Indicator-bolts must be capable of being operated with a closed fist (single action) - and doors must allow for emergency access should the user collapse and become trapped in the cubicle.



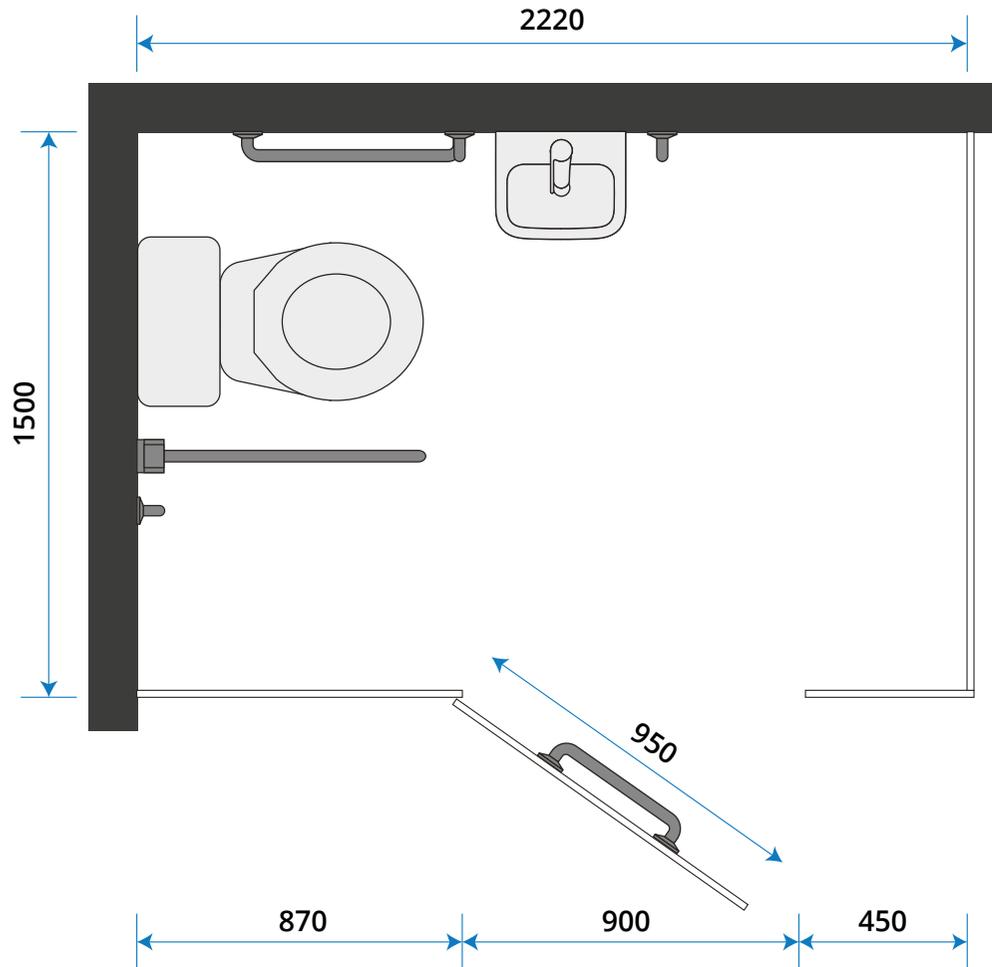
### Ambulant Disabled Cubicles:

Every same-sex washroom must have at least one wc cubicle that is suitable for the ambulant disabled.

If there is only one cubicle in the washroom this must be suitable for an ambulant disabled person.

The ambulant disabled cubicle must include an outward opening door.

# Wheelchair accessible toilet cubicles



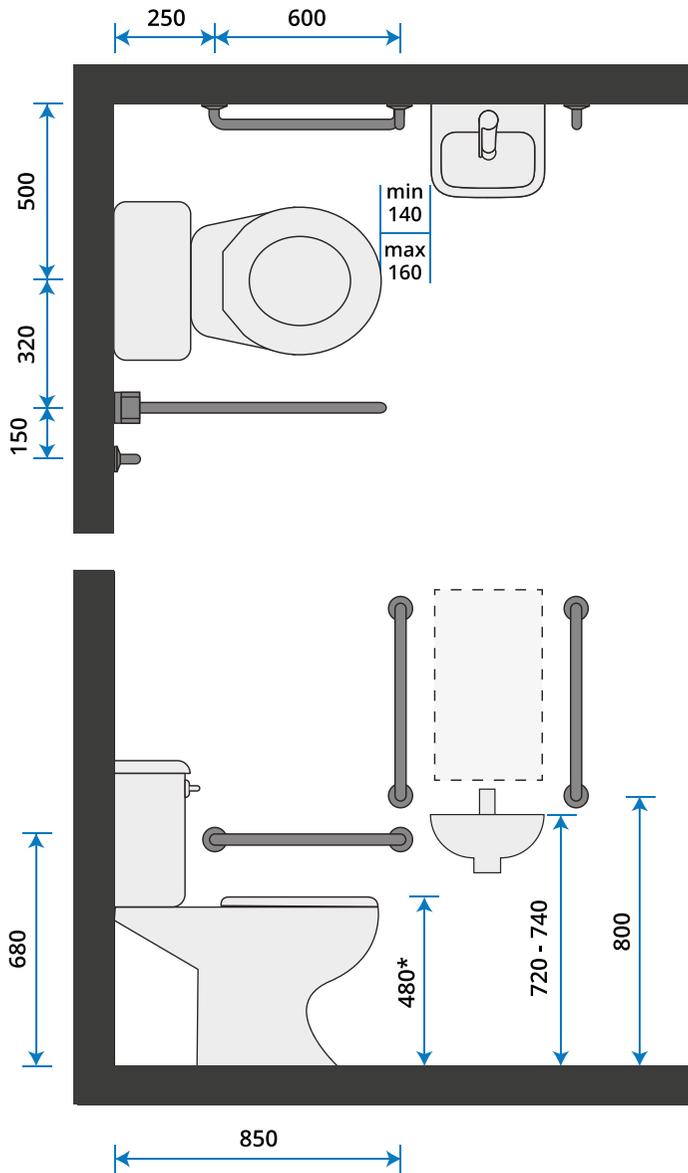
## Wheelchair Accessible Cubicles:

The wheelchair accessible layout has been modified to accommodate an overall toilet cubicle length of 2220mm (previously 2000mm).

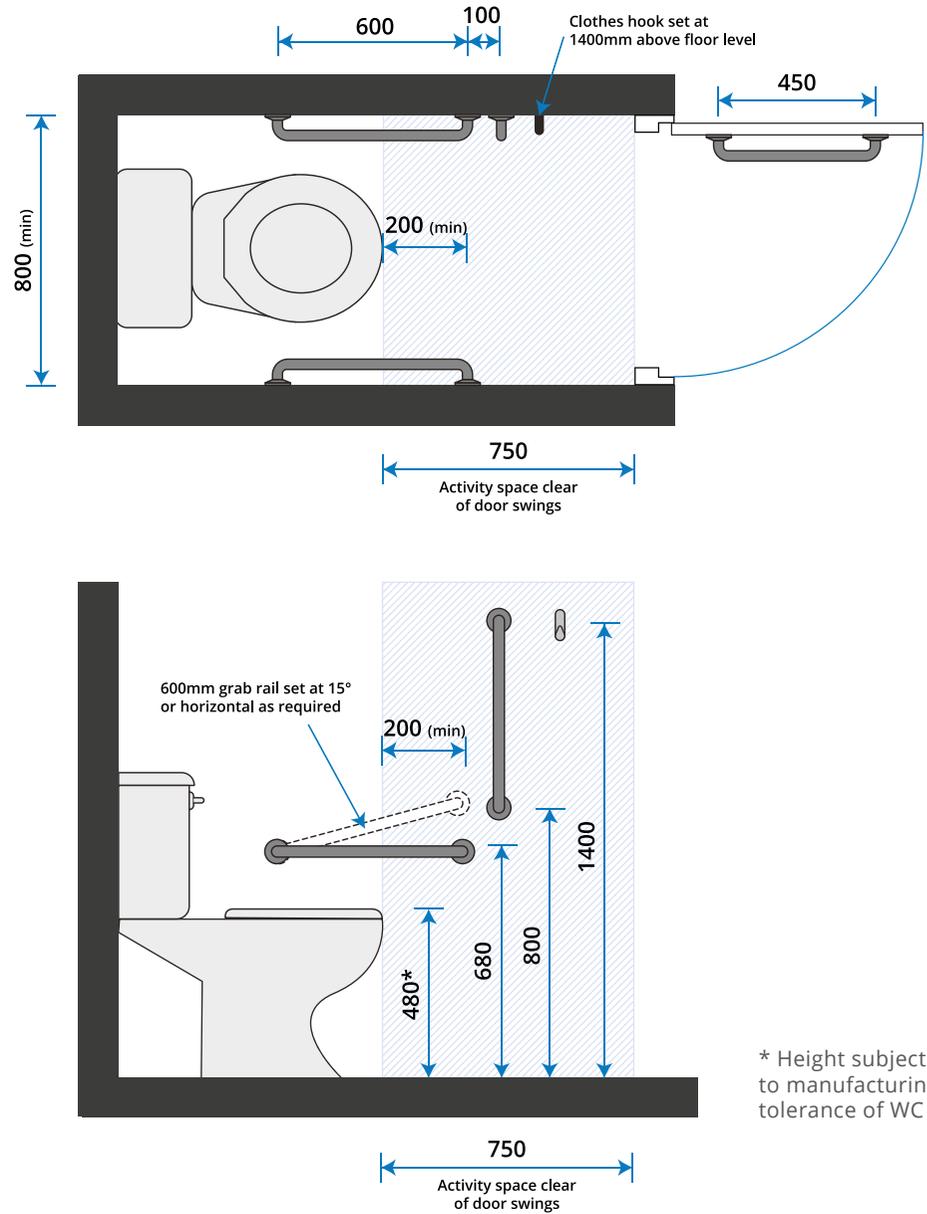
The door opening needs to be 900mm with a 950mm (wide) outward opening door.

# Approved document M

## Wheelchair Accessible Toilet



## Ambulant Disabled Cubicles



\* Height subject to manufacturing tolerance of WC pan

Buy Doc M Packs Online

# Sanitary ware for your leisure centre



## Toilet Pans

A range of toilet pans are available in either back-to-wall or close coupled. Various pan heights also include junior, infant and low-level sizes.

[BUY ONLINE](#)



## Hand Dryers

A full range of air hand dryers and disposable towel dispensers to fit any budget are available.

[BUY ONLINE](#)



## Urinals

A full range of ceramic urinal bowls are available including waterless urinals and infrared flush urinals. This will keep them clean during the day.

[BUY ONLINE](#)



## Washroom Accessories

All the accessories you will need for your facilities. Hooks, soap dispensers, hand dryers and toilet roll holders.

[BUY ONLINE](#)



## Vanity Wash Basins Packs

Supplied with your choice of INSET or SEMI-RECESSED type wash basins and also includes Taps, Basin Waste, and Bottle Trap.

[BUY ONLINE](#)



## Doc M Packs

In commercial washrooms, at least one WC cubicle in a range of separate sex WC's should be provided for use by the ambulant disabled.

[BUY ONLINE](#)

[plumbware.co.uk](http://plumbware.co.uk)

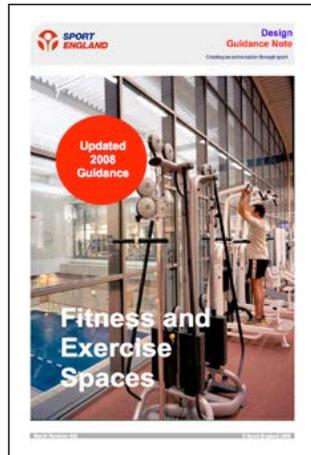
# Sources of information

## Sports England Swimming pools



[Click here to view document](#)

## Sports England Fitness and Exercise Spaces



[Click here to view document](#)

## Sports England Affordable Sports Centres



[Click here to view document](#)

## Sports England Accessible Sports Facilities



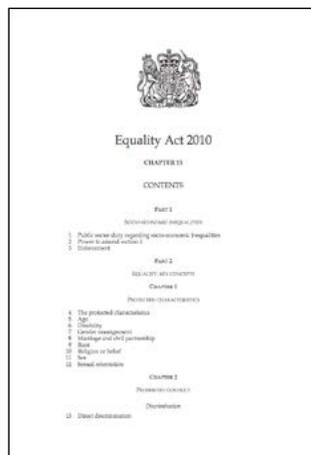
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## Sports England Sports Halls Design & Layouts



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## Equality Act 2010



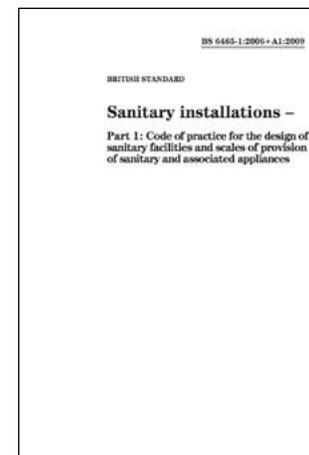
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## Access to and use of buildings- Approved document M

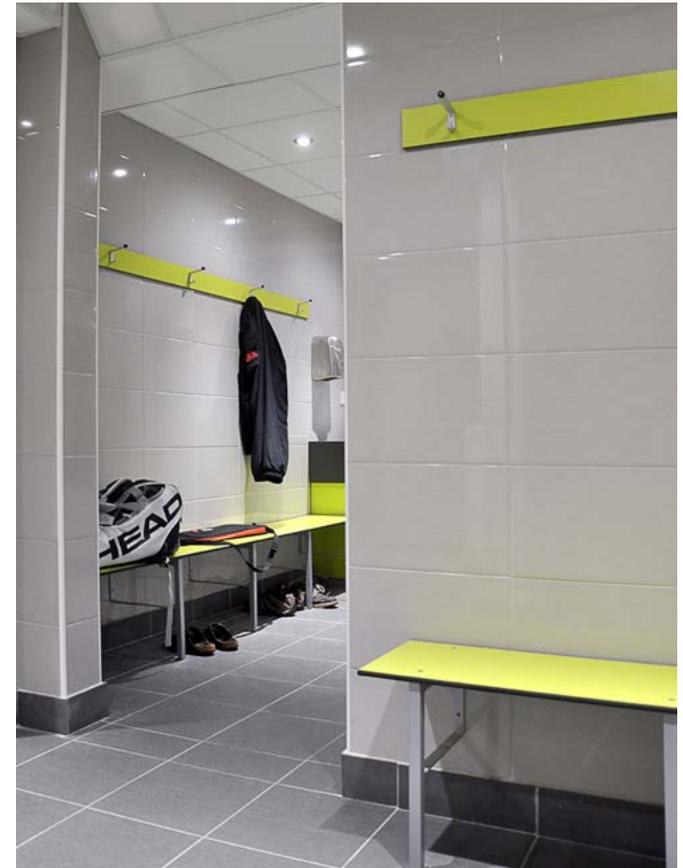


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## Sanitary installations BS 6465-1



[Purchase document](#)



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