

The [\*Suggested Best Practices for Supporting Trans\\* Students\*](#), developed by the Consortium of Higher Education LGBT Resource Professionals, suggests the following recommendations for recreational sports/athletics and locker rooms:

- Have all recreational sports staff, including student staff members, attend a trans focused ally training. (If such a training is not provided on your campus, work with trans advocates to develop one).
- Develop a policy for trans students to compete in intramurals.
- Offer lockable, single user changing and shower rooms that are readily available to trans students in campus recreational centers and athletic facilities.
- Create greater privacy in men's and women's locker rooms by constructing private shower and changing cubicles when athletic facilities are built or renovated.

In a survey of Consortium of Higher Education LGBT Resource Professionals membership about models/schematics for trans-inclusive athletic facilities, in addition to online research, the following information was shared:

- **Brown University** - New fitness center and pool includes 1 single use, wheelchair accessible, gender inclusive locker room connected to the pool. Men's and women's locker rooms have single stall showers with curtains, although single stall showers with doors was advocated for but deemed "too expensive." Trans people who use locker rooms aligned with their gender identity have privacy during showering.
- **Dartmouth College** - All fitness centers have at least one single use locker/bathroom/shower facility. Men's and women's locker rooms have curtains in their shower area that also has space for changing.
- **University of Pennsylvania** - Main athletic facility has single use shower and changing space right through the doors of the men's and women's locker spaces. Originally they were family spaces that are in the process of being made single use spaces. They are moving towards wall removal so that people do not have to work through a gendered space to get to the single use space.
- **Princeton University** - The gym has a men's and women's locker. While the women's locker room has several private shower stalls and changing areas, the men's locker room does not. There is an alternative private space with shower, bathroom, and lockers that can be accessed by students via key access and the contact information is easily accessible on multiple webpages for trans students. Described as a "not perfect" space. There are also multiple bathroom and family areas that have private changing space but not showers
- **Yale University** - Primary athletic facility has unisex bathroom and changing facilities on the fourth floor, near the fitness center. The facilities can be accessed through a code that you can easily get by asking the attendant on duty in the fitness center. The men's and women's locker room additionally features completely private showers with private changing stalls with a door.

- **Duke University** - Men's and women's locker room with private showers and changing areas. Unisex bathroom, shower and locker that is available to anyone.
- **Massachusetts Institute of Technology** - Two gyms with different features.
  - Z-Center: Men's restroom has gang-style showers and open locker room space (no privacy). The women's locker room has curtained, private showers with curtained private changing areas. Family Changing Room that offers private changing areas, lockers, and showers.
  - Dupont: Men's locker room and Women's and women's locker room has curtained, private showers with curtained private changing areas.
- **University of Chicago** - Gender-neutral, single user locker rooms are available in the gym and called "Family Locker Rooms." They are not available during family swim classes 2.5 hours 6 days a week in the evenings.
- **The Ohio State University** - Pod style locker rooms in new athletic building (i.e. a bank of sinks, and then individual pods with a toilet, changing space and shower with a lockable door). A model for these bathrooms has been designed from this similar set up in a number of residence halls that have allowed students to use any restroom. The residence hall model can be found here: [https://housing.osu.edu/posts/floorplans/park-stradley-hall\\_b41\\_t152.pdf](https://housing.osu.edu/posts/floorplans/park-stradley-hall_b41_t152.pdf)
- **SUNY Albany** - Lockers are accessible from outside for all to use. Changing areas with toilets and showers are gender separated. There is one gender inclusive single stall lockable changing room with shower and toilet.
- **University of North Florida** - Gendered locker/changing/shower facilities and a "family locker room" that serves as a gender neutral locker room. There is a small area with a wall of lockers and a couple benches with two spacious, single stall, lockable restrooms that have showers in them and are ADA accessible.
- **New York University** - Family changing room with private lockers, changing space, and restroom.
- **University of Richmond** - A few years ago the University of Richmond converted a "Family Restroom" in our Rec & Wellness Center to a "Universal Locker Room." We found that if we went in as a coalition to talk about the needs of transgender members, members with disabilities, members with children, and members providing elder care that we got a lot more traction.

The Universal Locker Room comes from the idea of Universal Design. Here is what is inside the space:

- 1 toilet (ADA accessible)
- 1 sink (ADA accessible)
- 1 shower (ADA accessible)
- 4 lockers (with locks that you can reach in a wheelchair)
- 1 diaper changing station

The space is big enough for more than one person to use it at a time, but it is designed for "single use" (single person, single family, etc.). We changed the outside official sign to read "Universal Locker Room" and then created the attached sign for the door to explain the space. (see attached).



**Signage for the University of Richmond's Universal Locker Room**

## This is a **UNIVERSAL LOCKER ROOM**

### What is a universal locker room?

A universal locker room is a single-stall, lockable room that includes a toilet, sink, shower, and lockers. It is ADA accessible and has a changing table.

It is available to **ANYONE** who prefers more privacy. But it especially serves the needs of:



People with small children



People with disabilities



People with a caregiver



Transgender people

Universal Restrooms (single-stall, lockable restrooms) also are available on the second floor.

