

The Health & Safety Manager's Guide to Safer Changing Rooms

Improve safety, reduce congestion and create a better changing room experience with smart leisure lockers.

Changing rooms are among the busiest spaces in any leisure facility. High footfall, wet environments and peak-time demand all contribute to increased safety risks.

This guide explores practical ways to create safer, better organised changing rooms while improving operational efficiency.



Inside this guide

- ✓ Improve changing room safety
- ✓ Reduce slips, trips and congestion
- ✓ Create better member flow
- ✓ Improve hygiene and organisation
- ✓ Support safer daily operations



Why Changing Rooms Present Unique Safety Challenges

Busy Spaces Require Smarter Management

Unlike many other areas of a leisure centre, changing rooms combine constant movement with wet floors, personal belongings and high occupancy.



Wet floors increasing slip risks



Bags and equipment blocking walkways



Members gathering around available lockers



Congestion before swimming lessons or classes



Lost property creating clutter



Damaged lockers affecting usability



Cleaning becoming more difficult during busy periods



Limited visibility of available lockers



These issues affect both safety and the overall member experience.



Creating Safer Changing Rooms with Smart Lockers

Better Locker Design Supports Better Safety



Clearer Walkways

Members spend less time searching for lockers, helping to reduce congestion.



Faster Access

Digital access allows lockers to be opened quickly using PINs, RFID cards, QR codes or mobile devices.



Better Organisation

Efficient locker allocation helps distribute usage more evenly across the changing room.



Improved Hygiene

Fewer shared touchpoints and less physical key handling contribute to cleaner locker operations.



Reduced Staff Intervention

Staff can focus on supporting members rather than managing locker issues.



Supporting Everyday Health & Safety

Small Improvements Make a Big Difference

Creating safer changing rooms isn't about one major change—it's about reducing everyday risks across hundreds of daily member interactions.

Smart leisure lockers can help support:

- ✓ Better member circulation
- ✓ Improved housekeeping
- ✓ Faster locker availability
- ✓ More efficient maintenance
- ✓ Better operational oversight
- ✓ Reduced manual processes
- ✓ Improved user confidence
- ✓ A more organised changing room environment



A safer changing room
benefits members, staff
and the wider operation.



Best Practice Checklist

Creating Safer Changing Rooms

Review Your Facility

- ✓ Walkways remain free from clutter
- ✓ Lockers are clearly identified and easy to access
- ✓ Members move easily through the changing room
- ✓ Locker maintenance is proactive
- ✓ Cleaning teams have sufficient access
- ✓ Damaged lockers are repaired quickly
- ✓ Staff spend less time resolving locker issues
- ✓ Locker areas support efficient member flow
- ✓ Members feel safe storing their belongings
- ✓ Safety inspections are carried out regularly



Safer changing rooms don't happen by chance—they're designed through good planning, efficient operations and the right technology.



Create Safer Changing Rooms with **Vpod**

Improve Safety Without
Compromising the Member Experience

Vpod Smart Leisure Lockers help leisure operators create modern, organised changing rooms that are safer, easier to manage and designed around today's members.

Why Vpod?

- ✓ Keyless smart locker technology
- ✓ Cloud-based locker management
- ✓ Flexible locker configurations
- ✓ Reduced manual administration
- ✓ Improved member experience
- ✓ Trusted by leisure organisations across the UK and Europe



Book Your Free Leisure Locker Safety Review

We'll help you:

- ✓ Assess your current changing room operation
- ✓ Identify opportunities to improve safety
- ✓ Reduce operational risks
- ✓ Build a smarter locker strategy



Book a Demo



www.vpod.com



sales@vpod.com

