

At Tain Royal Academy Community Complex (TRACC) we aim to be as inclusive as possible, therefore this page has been specifically created to offer information and advice to customers who may find having knowledge of our changing and showering facilities of benefit before visiting the centre.

TRACC have provided specific changing areas for our customers who might need more assistance than others to get changed

Within the areas we have provided

- a height adjustable adult-sized changing bench
- a ceiling tracking hoist system
- a shower with a seat
- adequate space in the changing area for the disabled person and up to two assistants
- toilet with hand rail and room for assistance
- a large waste bin for disposable pads

The changing places area is located at reception so is central for poolside, fitness suite and other halls

Wetside Changing – swimming pools

Customer changing facilities for the pools are separated into female changing rooms and male change.

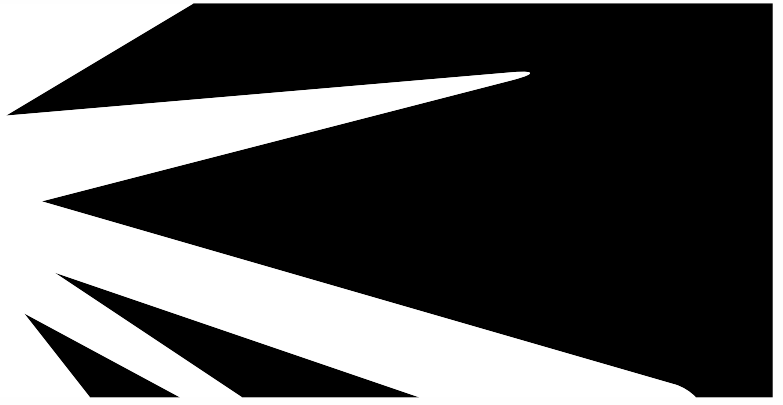
In the male changing rooms there is lots of space, with two toilet cubicles and communal showers. Lockers are provided at a charge of 20p. There is a large work top space with a baby changing mat, along with a nappy bin in the changing rooms.

In the female changing rooms there is plenty of space, with two toilet cubicles and individual shower cubical with curtains. Lockers are provided at a charge of 20p. There is a large work top space with a baby changing mat, along with a nappy bin in the changing rooms.

Dryside changing – multipurpose hall, games hall, fitness suite, small gym, canteen

As the facility is of a slightly older architectural design, the changing facilities are of a gender-specific communal layout. The male changing rooms have communal showers, with the toilet area straight across from the changing rooms.

The female change is quite small, with an individual shower cubical, and toilet area. Plus an additional wash hand basin in the changing area.



There are no lockers in the areas, so any valuables are advised to be taken with you to fitness classes, or if attending the fitness suite there are free lockers to be used.

Charges for changing & showering

The showering and changing facilities are obviously free when taken along with one of the activities offered at TRACC however charges apply for individuals and non-members wishing to use the facility solely for changing/showering.

Towels, shampoo, conditioner and shower gel can be purchased at reception.

Further pre-visit information

We hope the details on this page of the website offers sufficient information to customers looking to find out about TRACC changing and showering facilities. However, if any customer requires additional information or would like to have a tour around the whole facility including the changing/showering areas before visiting, this can be arranged by calling 01862 893767 and asking to speak to the Supervisor.

