TOOL 3

CHECKLIST: MINIMUM STANDARDS FOR INCLUSIVE, MHM-FRIENDLY BATHING AREAS

**Menstrual Hygiene Management (MHM) in Emergencies** / IFRC / Pilot version – July 2019

OVERVIEW

Use this checklist to assess whether communal bathing areas meet minimum requirements for being inclusive and MHM-friendly – including being accessible for persons with disabilities. Bathing areas may also be used for laundering and drying menstrual materials, depending on the context.

Inclusive means that bathing areas are designed to ensure the dignity, access, participation and safety of all persons in the community using the facilities. Accessible means that people with disabilities, older people and pregnant women have access to the physical and built environment, information and communications, and to related facilities and services.

MHM-friendly means that the bathing area meets the minimum requirements that ensure women and girls can privately, safely and hygienically manage their monthly menstruation.

These checklists can also be used as a monitoring tool to track progress towards bathing areas becoming inclusive and accessible, and measuring improvements during an operation or program.

There are two parts to each checklist – 1) direct observation; and 2) discussion and direct feedback from women and girls, and persons with disabilities[[1]](#footnote-2).

CHECKLIST: BATHING AREAS[[2]](#footnote-3) (communal)

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| **FOR DIRECT OBSERVATION:**  |
| **Minimum standard to check** | **Yes/No** | **Action or change needed to meet standard**  |
|  | Male and female bathing areas are physically separated and have clear signs (for female/male).  |  |  |
|  | Bathing area has sufficiently high walls (and/or screens) with no gaps, holes or windows that allow others to see in.  |  |  |
|  | Bathing area has a door with a handle and an internal lock/latch.  |  |  |
|  | There is a hook and/or shelf inside the bathing area, at a height accessible for girls and persons using a wheelchair.  |  |  |
|  | Water is available close to or at the bathing area.  |  |  |
|  | There are drying racks or hangers (or similar) for drying menstrual materials (e.g. cloth or reusable pads). [*If bathing area is also used or drying; delete or adapt based on context*].  |  |  |
|  | Wastewater from the bathing area drains into gravel (or similar) and drain outlets are covered *(to ensure privacy for wastewater which may be pink or red tinged from washing menstrual materials).* |  |  |
|  | There are no muddy areas or standing water inside the bathing area.  |  |  |
|  | Bathing area has a light source available during the night [*if relevant*]. |  |  |
|  | Waste bins (or other appropriate mechanism for disposal) for menstrual waste are located inside the bathing area. |  |  |
|  | Bathing area (cubicle) meets minimum requirements for accessibility (for women and girls with disabilities, pregnant and older women): * at ground level or has a 90cm wide ramp of <1:10 slope,
* has 90cm wide doors that open outwards,
* has a bar to pull the door shut from inside,
* has a seat,
* has handrails for support and
* is clearly signposted to be accessible.
 |  | *Target = at least 10% of all communal bathing areas; or, if there is only one communal bathing facility then it should be accessible (e.g. meet all minimum requirements outlined).* |
|  | Water source for bathing is accessible to persons with mobility limitations.  |  | *Target = at least 10% of all facilities* |
|  | Bathing area is clean with no menstrual waste, faeces or other material on the floor. |  |  |
|  | Products and items for cleaning the bathing area are located close by (or inside) *[if applicable, adapt based on context]*. |  |  |
| *Additional non-essential improvements:*  |  |  |
|  | There is a poster or sign inside the latrine with instructions on how to dispose of menstrual waste. If yes: The poster/sign is in easy-to-understand language and includes pictures/pictograms. |  |  |
|  | There is a mirror (in a low position) inside the bathing area *(for women and girls check clothing for blood stains)*  |  |  |
|  | Direct access to water inside each bathing cubicle/stall.  |  |  |
| **FOR DISCUSSIONS WITH WOMEN AND GIRLS, PERSONS WITH DISABILITIES:**  |
| **Minimum standard to check** | **Yes/No** | **Action needed to meet standard**  |
|  | Are people following the gender segregation instructions for bathing areas? *(E.g. are males only using male bathing area)* |  |  |
|  | Do you feel that the bathing areas are located in an appropriate and accessible place? Why or why not?  |  |  |
|  | Do you feel comfortable and safe using the bathing area in the day and at night (if relevant)? Is there enough privacy? Why or why not? |  |  |
|  | Is there always water available near or at the facility to bathe and to wash menstrual materials? Where is water sourced?  |  |  |
|  | Where do you wash and dry your menstrual materials (if using reusable pads or cloth) and underwear? Why?  |  |  |
|  | Do you feel comfortable changing, washing/drying and disposing of your menstrual materials? Why or why not? How could it be improved? |  |  |
|  | Who is responsible for cleaning and maintaining the bathing area? Are there any challenges keeping it clean? How can it be improved?  |  |  |

1. Note that only key discussion points are included here; more in-depth monitoring of WASH programming should be done (see the full MHM guide [Step 7], Tool 1, Tool 11 and Tool 13 for more guidance). [↑](#footnote-ref-2)
2. Adapted from Global toolkit for integrating Menstrual Hygiene Management (MHM) into humanitarian response. [↑](#footnote-ref-3)