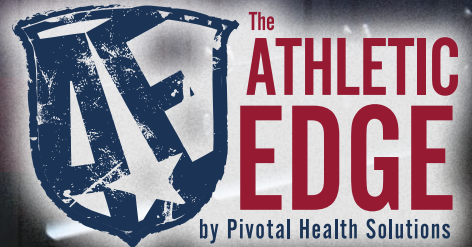


10 Easy Steps

HOW TO REDESIGN OR BUILD A LOCKER ROOM



How to Redesign or Build a **LOCKER ROOM**

With the growing demands of athletes and gym members including everything from individual sauna rooms to flat screens, redesigning or expanding your locker rooms can definitely be challenging without the know-how to get through it. We consulted the experts in locker room trends –Athletic Edge clients who have been through the process –and collected 10 vital steps to a successful locker room transformation.



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1

Bring in the right people.

Experts should be the foundation of your team. Lori Frey, director of intercollegiate athletics at Wilson College in Chambersburg, Pennsylvania, suggests talking to engineers when you're laying out the space, so you have people on board who know what goes on behind the walls, and call up Athletic Edge when it comes time to add functional but stylish details.



2

Talk to your athletes.

Opinions abound when it comes to what a locker room space should offer. Gather ideas from your everyday users about what they want to see, but also ask the practical questions: How will your athletes use the space, and what trends are going to offer maximum benefits across the board?



3

Prioritize your needs.

Not everyone will get everything they want in the space – even you – so you have to make sure you're appropriately weighting each request. Consider functionality, security, comfort and team pride or brand affiliation as your main priorities, and figure out how your requests fit into those categories.



4

Maximize your timeline.

Introductions among all the redesign players should be made early in the process, and be sure to invite everyone to communicate with one another. Be responsive and timely in your decision-making; the work can't move forward without your say-so, and you don't want to be the one slowing down the process.



5

Consider your options.

Colors, textures and storage options are limitless and can be overwhelming. Spend time with your various design and function elements to ensure you're making the best choices for your space, but don't go it alone. Consult the experts to find out what pieces offer maximum potential and usability.



6

Plan ahead.

Trends can make an old space feel new again, but they may not be practical in the long run. Think about how your design fits into the future of your facility. Will the space meet the needs of a growing community? Will the structures and accessories you're installing stand up against heavy use?



7

Stay conscientious and informed.

Safety standards and regulations in your design are a definite must. Ensure you have necessary permits and safety placards displayed, and consider including safety equipment like defibrillators and first-aid kits. Choose appropriate flooring options for showers and wet areas to reduce slip-fall incidents.



8

Think vertical.

Extra storage can be found under benches and above lockers, without building into the walk space. Providing open space for a consistent flow of traffic helps diminish the potential for bottlenecks, especially when expanding square footage isn't an option. Consider depth, too, with building alcoves into walls instead of adding shelving in front.



9

Light it up.

Fluorescent lighting doesn't cut it, so install lights that add function and visual interest. Where you have the opportunity to incorporate natural light, use it: Studies show exposure to natural light improves quality of life. Consider the safety potential of adding lighting in shower areas and other spaces prone to darkness.



10

Brand, brand, brand!

Atmosphere and creating brand awareness should be a prime concern in the redesign, especially if you're redoing a team space. There's no better place to get pumped before a game than in the locker room. Including custom branding boosts team spirit and provides a finished look to the space.



Following these guidelines will prove to be an asset in providing your athletes with a comfortable, safe and inspiring locker room.

**Request your
FREE
locker room
mock-up today!**

Click Here!





"If anything was learned in this process, it is that the actual size of the space is not as important as the impression upon

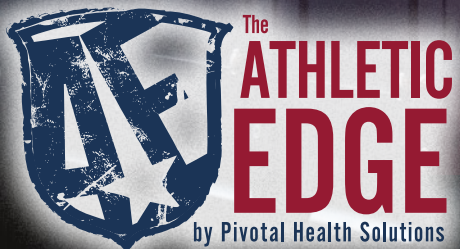
entering. At Wilson College, our new team locker rooms are equipped with only about 20 locker units each and bathrooms. The teams are thrilled with the new environment where they prepare for games. I also learned that even the professional look provided by the lockers from Athletic Edge are affordable."

– Lori Frey

Director of Intercollegiate Athletics
Wilson College in Chambersburg, Pennsylvania







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