

# RULE OF TWO POLICY

Revision Date: September 2, 2024



## PURPOSE

The Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect athletes (especially minors) and coaches in potentially vulnerable situations by ensuring that a coach is never alone with an athlete except in emergency situations. The Rule of Two states that there will always be two screened and NCCP-trained or certified coaches with an athlete in situations where the athlete is potentially vulnerable. One-on-one interactions between a Team Official and an athlete, without another individual present, must be avoided in all circumstances except medical emergencies. The Rule of Two Policy is mandated to all Team Officials.

## DEFINITIONS

A "Team Official" is defined as an NCCP-trained or certified Coach, Manager, Trainer, Club Staff, or other adults.

## GUIDELINES

### TRAVEL

- A Team Official may not be alone in a vehicle with an athlete unless that person is the athlete's parent or guardian.
- A Team Official may not be alone or share a hotel room with an athlete unless that person is the athlete's parent or guardian.  
Room or bed checks during overnight stays must be done by two Team Officials (one person must be of the same gender as the athletes).

### LOCKER ROOM/CHANGING AREA/MEETING ROOM

- There should be no one-on-one interactions with an athlete and a Team Official in any room where privacy is expected (locker room, washroom, changing area, or meeting room). A second Team Official must be present when any necessary interactions occur in these areas.
- Locker rooms/changing areas should be supervised by two Team Officials of the same gender identity as the athletes. If a second Team Official can't be present in these areas, then it is expected that the first Team Official wait outside until one is available.

### TRAINING COMPETITION ENVIRONMENT

- A Team Official should never be alone with an athlete prior to or following a game or practice unless the Team Official is the athlete's parent or guardian. If the athlete is the first athlete to arrive, the athlete's parent should remain until another athlete or Team Official arrives. In situations where an athlete would potentially be alone with a Team Official, the Team Official should ask another adult (parent of another athlete) to stay until all the athletes have left the practice or game. If an adult is not available then another athlete should be present in order to avoid one-on-one situations. A Team Official giving instructions, demonstrating skills, or facilitating drills or lessons to an individual athlete should always be doing so within earshot and eyesight of another Team Official/Adult.

### ELECTRONIC COMMUNICATION

- Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least 2 adults (2 coaches or 1 coach and 1 adult (parent, guardian, volunteer, club administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails
- Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.).

### GENDER IDENTITY

A Team Official who is interacting with athletes should be of the same gender identity as the athletes.

#### The following guidelines are strongly recommended:

- a. For teams consisting of athletes of just one gender identity, a Person in Authority of the same gender identity should be available to participate or attend every interaction
- b. For teams consisting of athletes of more than one gender identity (e.g., co-ed teams), a Team Official of each gender identity should be available to participate or attend every interaction

This policy has been adapted from Canada Soccer's Guide to Safety and Rule of Two Policy Guidelines and will be updated as required.

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