



# Rule of Two Policy

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## 1. Introduction

The Cochrane Minor Soccer Club (CMSC) uses information from Canada Soccer's Guide to Safety to form its Rule of Two Policy.

The goal of the Rule of Two Policy is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring that a coach is never alone with an athlete. There may be exceptions for emergency situations.

In the guidelines below, a 'Person in Authority' is defined as an NCCP-trained or certified coach, a screened volunteer, or other adult. The organization is meeting the highest standard for the Rule of Two if the Person in Authority is always a screened and NCCP-trained or certified coach.

## 2. Best practices

The CMSC recognizes the following Rule of Two best practices:

- a) The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- b) Training environments are open to observation.
- c) Parents/guardians are informed that the club is aiming to achieve the highest expectation for the Rule of Two; that is, that two screened and NCCP-trained or certified coaches should always be present with an athlete.
- d) The club will be held accountable by sharing these guidelines with parents/guardians and players and ask them to help identify situations, and acknowledge instances, when the club was not following the Rule of Two.
- e) If a participant rides in a coach's vehicle, another adult must be present.
- f) Consider the gender identity of the participant(s) when selecting the screened coaches and volunteers who are present.
- g) Recruit a Team Liaison or other individual to help find parents/guardians or volunteers to assist in situations where two screened and NCCP-trained or certified coaches may potentially not be present.

- h) Ask parents or other individuals who volunteer with the team to participate in the organization's screening process and obtain a criminal record check.
- i) Provide parents/guardians and other volunteers with information about the NCCP so that they can become NCCP-trained or certified coaches (even if they are not actively coaching the team).
- j) Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents/guardians

### 3. Guidelines for travel

During travel with athletes:

- a) A person in authority may not be alone in a car with an athlete unless the person in authority is the athlete's parent/guardian
- b) A person in authority may not share a room or be alone in a hotel room with an athlete unless the person in authority is the athlete's parent or guardian
- c) Room or bed checks during overnight stays must be done by two persons in authority

### 4. Guidelines for locker rooms/changing areas/meeting rooms

In locker rooms, changing areas, and meeting rooms:

- a) Interactions between a person in authority and an individual athlete should not occur in any room where there is a reasonable expectation of privacy such as the locker room, meeting room, washroom, or changing area. A second person in authority should be present for all necessary interactions in any such room.
- b) Locker room or changing area should be supervised by two persons in authority of the same gender identity as the players whenever possible.
- c) If a second person in authority is not available, the person in authority supervising the locker room or changing area should never be alone with an individual athlete.
- d) If persons in authority are not present in the locker room or changing area, or if they are not permitted to be present, they should still be available outside the locker room or changing area and be able to enter the room or area if required.

### 5. Guidelines for training / competition environment

In the training and competition environment (including before, during, and after practices and matches):

- a) A person in authority should never be alone with an athlete prior to or following a match or practice, unless the person in authority is the athlete's parent or guardian.
- b) If the athlete is the first athlete to arrive, the athlete's parent/guardian should remain until another athlete or person in authority arrives. If an athlete drives themselves, the athlete should wait for another athlete to arrive before going to the field.
- c) If an athlete would potentially be alone with a person in authority following a match or practice, the person in authority should ask another person in authority (or a parent/guardian of another athlete or another athlete in a senior environment) to stay until all the athletes have been picked up. If an adult is not available, then another athlete

should be present in order to avoid the person in authority being alone with a single athlete.

- d) Persons in authority giving instructions, demonstrating skills, or facilitating drills or lessons to an individual athlete should always be doing so within earshot and eyesight of another person in authority

## 6. Guidelines for gender identity

A person in authority who is interacting with athletes should be of the same gender identity as the athletes. This means:

- 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, a person in authority of each gender identity should be available to participate or attend every interaction.

## 7. Guidelines for virtual settings

The Rule of Two should continue to apply to all minor athletes in virtual environments.

- a) For every session, two adult coaches should be present, or one coach and one adult. One-on-one sessions are prohibited.
- b) One-on-one texting, emailing or online contact between coach and athlete is prohibited. Any texting, emailing or online contact is limited to group text/email that includes at least two screened adults and limited to coaching (non-social) matters. Parents of minor athletes should be provided the opportunity to receive these texts/emails
- c) Social media contact by coach to athlete is prohibited.