

BRYST Rule of Two Policy

Purpose: to protect minor athletes and coaches in potentially vulnerable situations by ensuring more than one

adult is present.

BRYST will comply with the Gold Standard and will have 2 certified and screened coaches with an athlete for all programs. For female teams that have two male coaches there will be a female representative that is NCCP certified.

In the event of the Rule of Two is not in affect at a BRYST organized event please contact:

For Recreational, Development, or Competitive

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For High Performance

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Background Information:

The Coaching Association of Canada's Rule of Two states that there will always be two screened and NCCP trained or certified coaches (person in authority) with an athlete in situations where the athlete is potentially

vulnerable. One-one-one interactions between a coach and an athlete, without another individual present,

must be avoided in all circumstances except medical emergencies.

If NCCP-trained or certified coaches are not available, screened volunteers (such as managers, support personnel, chaperones, and Directors of the club or organization) should be available instead.

If screened volunteers are not available, parents of other athletes should be asked to temporarily substitute.

If another adult is not available, there should always be more than one athlete with the coach (this is the lowest standard and is not recommended).

Travel

- A Person in Authority may not be alone in a car with an athlete unless the person of authority is the athlete's parent/guardian.
- 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/guardian

- Room or bed checks during overnight stays must be done by two persons in authority

Locker Room/Meeting Room/Changing Area

- 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
- 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.

Training/Competition Environment

- A person in authority should never be alone with an athlete prior to or following a game or practice, unless the person in authority 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 person in authority arrives. If an athlete would potentially be alone with a person in authority following a game or practice, the person in authority should ask another person in authority to stay until all the athletes have been picked up.
- 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.

Gender Identity

- A Person in Authority who is interacting with athletes should be of the same gender identity as the athletes. The following guidelines are strongly recommended:
 - o 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
 - o For teams consisting of athletes of more than one gender identity (e.g., co-ed teams), a Person in Authority of each gender identity should be available to participate or attend every interaction.

Virtual Setting

- The Rule of Two should continue to apply to all minor athletes in the virtual environment (for those

athletes under age 16, a parent or guardian should be present during the session where possible).

- We recommend applying the Rule of Two to non-minor athletes.
- For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, club administrator) – one-on-one sessions should be prohibited.
- A clear statement of professional standards expected of the coach during calls should be communicated.
- Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session.
- Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions.
- Communication during each session should be in an open and observable environment in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location.
- It is recommended to record sessions where that capacity exists.
- 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, nontraining video, etc.).