



Bryst Football Academy Rule of Two Policy

1. Purpose

Bryst Football Academy ("BFA") is committed to providing a safe, positive, and development-focused environment for all players, coaches, staff, volunteers, and participants. This Rule of Two Policy establishes standards designed to ensure that all interactions and communications are open, observable, and justifiable. The policy supports Canada Soccer's Safe Sport framework and the Responsible Coaching Movement.

2. Scope

This policy applies to all coaches, technical staff, team managers, volunteers, directors, contractors, and any other Person in Authority acting on behalf of BFA during training sessions, matches, tournaments, travel, meetings, virtual activities, and club events.

3. Definitions

A 'Person in Authority' includes any coach, team manager, volunteer, club administrator, director, or other adult acting on behalf of BFA who has authority over athletes.

4. Policy Statement

BFA requires that coaches and Persons in Authority avoid one-on-one interactions with athletes whenever possible. The preferred standard is that two screened and appropriately trained adults are present in all situations involving athletes. One-on-one interactions may only occur in genuine medical emergencies or other exceptional circumstances.

5. Rule of Two Standards

BFA will work toward the following standards in order of preference:

- Preferred standard: Two screened and NCCP-trained or certified coaches present with athletes.
- Acceptable alternative: One screened and trained coach and one screened adult present.
- Minimum standard: One coach with more than one athlete present when no additional adult is available.

One coach must never be alone with a single athlete except in an emergency.

6. Training and Competition Environment

- Coaches shall not be alone with athletes before, during, or after training sessions or matches.
- Training environments must remain open, observable, and justifiable.
- Individual instruction, demonstrations, or feedback must occur within sight and earshot of another Person in Authority.
- Parents or guardians should remain present until another athlete or Person in Authority arrives.
- Coaches must ensure another adult or athlete remains present until all players have been picked up.

7. Locker Rooms, Change Rooms, and Meeting Spaces

- One-on-one interactions in locker rooms, washrooms, meeting rooms, or changing areas are prohibited.
- Whenever possible, locker rooms and changing areas shall be supervised by two Persons in Authority who share the gender identity of the athletes.
- If supervision inside a changing area is not appropriate or permitted, coaches must remain immediately outside and available if required.

8. Travel and Overnight Events

- A Person in Authority may not travel alone in a vehicle with an athlete unless the athlete is their child.
- Coaches and staff may not share hotel rooms with athletes.
- Room checks and supervision during overnight events must be completed by two Persons in Authority.
- Teams travelling to events must follow all BFA policies and procedures.

9. Electronic Communication and Social Media

- One-to-one electronic communication between coaches and athletes is prohibited.

- Team communication must occur through approved platforms (i.e., TeamSnap, LeagueApps, Email) and include parents/guardians for minor athletes.
- Communication must relate solely to soccer, team operations, or player welfare.
- Coaches and staff shall not engage in personal or social interactions with athletes through social media, including direct messages, memes, or unrelated content.

10. Virtual Training and Meetings

- The Rule of Two applies to virtual environments.
- Virtual sessions must include two adults or one coach and one additional adult.
- Parents or guardians of athletes under sixteen (16) should be informed of and, where possible, present during virtual sessions.
- Sessions should take place in professional and observable settings.
- Where feasible, virtual sessions should be recorded.

11. Gender Considerations

Whenever possible, BFA will ensure that an adult who shares the gender identity of the athletes is available during activities, travel, and use of changing facilities.

12. Education and Awareness

- BFA will educate coaches, staff, athletes, and parents by: Including the Rule of Two in onboarding and orientation materials.
- Sharing the policy on the club website.
- Posting infographics in club facilities.
- Reviewing the policy annually and during major travel or competition periods.

13. Reporting and Compliance

All coaches, staff, volunteers, parents, and athletes are expected to report concerns or breaches of this policy. Failure to comply with this policy may result in disciplinary action in accordance with BFA policies and applicable Canada Soccer, Ontario Soccer, and district regulations.

14. Exceptions

Exceptions to this policy are limited to emergency situations involving medical treatment, player safety, or other urgent circumstances. Any exception must be documented and reported to club leadership as soon as reasonably possible.

15. Annual Approval and Acknowledgement

All Bryst Football Academy coaches, staff members, volunteers, team managers, contractors, and other Persons in Authority are required to review, acknowledge, and comply with this Rule of Two Policy on an annual basis. Failure to comply with this policy may result in disciplinary action, including suspension or termination of duties with Bryst Football Academy.

Appendix A – Rule of Two Infographic

Safety in Numbers

Rule of Two



The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. When following the Rule of Two, two responsible adults (a coach, parent, or screened volunteer) are present with a participant. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.

The Rule of Two is a leading practice to ensure a safe sport environment for all.

INTERACTIONS



- Two trained and screened coaches
- One participant



- One trained coach
- One screened adult
- One participant



- One coach
- Two participants



- One coach
- One participant

How the Rule of Two works



Work as a team. A coach should have another coach or screened adult (parent or volunteer) present when interacting with participants.



Remain open to the public. Have a training environment that ensures all situations are open, observable and justifiable.



Plan transportation. Have two adults present when traveling with a participant(s), and refer to your club travel policy.



Be sensible. Be considerate of the gender of the participant(s) when selecting coaches or volunteers.



Transparent communication. Ensure that all communications are sent to a group and/or include parents/guardians, without one-to-one messaging.

The Rule of Two in virtual settings

In addition to the recommended guidelines, virtual training sessions also entail the following:



Parental awareness. Obtain consent for virtual sessions, plus inform parents of activities that will occur.



Record each session and they should be in a professional setting (not a bedroom).



Weekly debriefing. Encourage regular check-ins with parents, coaches, and participants about the virtual training.

Whether you are a coach, participant, parent, or volunteer,
we are all on the same team to make sport safe and fun for everyone.



Keep Sport Safe, Smart and Secure

For more information, visit
coach.ca/RCM

