



RESPONSIBLE COACHING MOVEMENT

&

RULE OF TWO

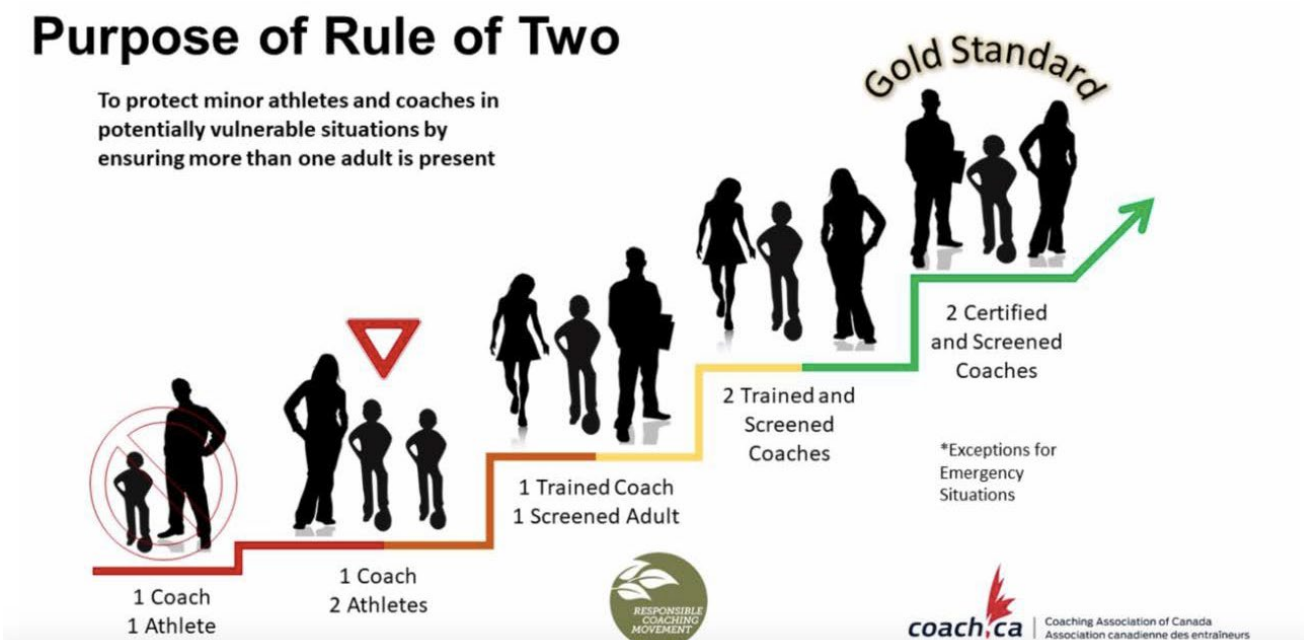
Effective Date: November 20, 2023

Rule of Two

Purpose:

The goal of the Rule of Two policy is to ensure all interactions and communications between AUFC athletes and staff 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. 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 coach and an athlete, without another individual present, must be avoided in all circumstances except medical emergencies.

The following diagram depicts the “staircase approach” to the Rule of Two:



Rule of Two Policy:

C strongly advises adhering to the following guidelines:

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present;
- The training environment must be open to observation;
- Inform parents/guardians and players (particularly in a senior environment) that AUFC or team 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;

Travel

Akal United strongly advises adhering to the following guidelines during travel with athletes:

- 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
- 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
- Room or bed checks during overnight stays must be done by two Persons in Authority

Locker Room / Changing Area / Meeting Room

Akal United strongly advises adhering to the following guidelines for locker rooms, changing areas, and meeting rooms:

- 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
- Locker room or changing area should be supervised by two Persons in Authority of the same gender identity as the players whenever possible
- 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
- 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; however, this would not be deemed to be a best practice

Training / Competition Environment

Akal United strongly advises adhering to the following guidelines for the training and competition environment (including before, during, and after practices and games):

- 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/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
 - 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 (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
- 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

