



Athlete Protection Policy

*(Part of Safe Sport Policy Suite;
Effective October 22, 2025)*

PURPOSE

1. This *Athlete Protection Policy* describes how Responsible Adults shall maintain a safe sport environment for all Athletes.

INTERACTIONS BETWEEN RESPONSIBLE ADULTS & ATHLETES – THE ‘RULE OF TWO’

2. Basketball Nova Scotia (“BNS”) requires that the ‘Rule of Two’ be followed for all Responsible Adults who interact with Athletes, to the maximum extent feasible. The ‘Rule of Two’ is a directive that says that an Athlete must never be alone one-on-one with an unrelated Responsible Adult.

Please review [BNS’s Rule of Two Policy](#) which aligns with the Rule of Two standards of the Coaching Association of Canada.

3. BNS recognizes that fully implementing the ‘Rule of Two’ may not always be possible in some instances. Consequently, at a minimum, interactions between Responsible Adults and Athletes must respect the following:
 - a) To the maximum extent possible, the training environment should be visible and accessible so that all interactions between Responsible Adults and Athletes are observable.
 - b) Private and one-on-one situations that are not observable by another adult or Athlete should be avoided to the maximum extent possible.
 - c) A Vulnerable Organizational Participant may not be alone under the supervision of A Responsible Adult unless prior written permission is obtained from the Vulnerable Organizational Participant’s parent or guardian.
 - d) Responsible Adults may not invite or host Vulnerable Organizational Participants in their home without the written permission from parents or guardians or without parents or guardians having contemporaneous knowledge of the visit.

COMPETITIONS, TRAINING SESSIONS AND PRACTICES

4. For competitions, training sessions and practices, BNS recommends:
 - a) A Responsible Adult should never be alone with a Vulnerable Organizational Participant prior to or following a competition or training session unless the Responsible Adult is the Vulnerable Organizational Participant's parent or guardian.
 - b) If the Vulnerable Organizational Participant is the first Athlete to arrive, the Athlete's parent should remain until another Athlete or Responsible Adult arrives.
 - c) If a Vulnerable Organizational Participant would potentially be alone with A Responsible Adult following a competition or training session, the Responsible Adult should ask another Responsible Adult (or a parent or guardian of another Athlete) to stay until all the Athletes have been picked up. If an adult is unavailable, another Athlete, who is preferably not a Vulnerable Organizational Participant, should be present to avoid the Responsible Adult being alone with a Vulnerable Organizational Participant.
 - d) Responsible Adults giving instructions, demonstrating skills, or facilitating drills or lessons to an individual Athlete should always do so within earshot and eyesight of another Responsible Adult.
 - e) Responsible Adults and Athletes should take steps to achieve transparency and accountability in their interactions. For example, A Responsible Adult and an Athlete who know they will be away from other Organizational Participants for a lengthy period must inform another Responsible Adult where they are going and when they are expected to return. Responsible Adults should always be reachable by phone or text message.

COMMUNICATIONS

5. For communication between Responsible Adults and Athletes, BNS recommends:
 - a) Responsible Adults may only send texts, direct messages on social media or emails to individual Athletes when necessary and only for communicating information related to team issues and activities (e.g., non-personal information). Any such texts, messages or emails shall be professional in tone.
 - b) Electronic communication between Responsible Adults and Athletes that is personal in nature should be avoided. If such personal communication is unavoidable, it must be recorded and available for review by another

Responsible Adult and/or by the Athlete's parent/guardian (when the Athlete is a Vulnerable Organizational Participant).

- c) Parents/guardians may request that their child not be contacted by A Responsible Adult using any form of electronic communication and/or may request that certain information about their child not be distributed in any form of electronic communication.
- d) All communication between A Responsible Adult and Athletes must be between the hours of 6:00am and midnight, unless extenuating circumstances justify otherwise.
- e) Communication concerning drugs or alcohol use (unless regarding its prohibition) is not permitted.
- f) No sexually explicit language or imagery or sexually oriented conversation may be communicated in any medium.
- g) Responsible Adults are not permitted to ask Athletes to keep a personal secret for them.

TRAVEL

6. For travel involving Responsible Adults and Athletes, BNS recommends:

- a) Teams or groups of Athlete shall always have at least two Responsible Adults with them.
- b) For mixed gender teams or groups of Athletes, there should be one Responsible Adult from each gender.
- c) If two Responsible Adults cannot be present, reasonable efforts should be made to supplement supervision with screened parents or other volunteers.
- d) To the maximum extent possible, no Responsible Adult may drive a vehicle alone with an Athlete unless the Responsible Adult is the Athlete's parent or guardian.
- e) A Responsible Adult may not share a hotel room or be alone with an Athlete unless the Responsible Adult is the Athlete's parent/guardian or spouse.
- f) Room or bed checks during overnight stays must be done by two Responsible Adults.
- g) For overnight travel when Athletes must share a hotel room, roommates must be age-appropriate and of the same gender identity.

LOCKER ROOMS/CHANGING AREAS

7. For locker rooms, changing areas and other closed meeting spaces, BNS recommends:
 - a) Interactions between Responsible Adults and Athletes should not occur in any area where there is a reasonable expectation of privacy such as a locker room, washroom or changing area. A second adult should be present for any necessary interaction between an adult and an Athlete in any such area.
 - b) If Responsible Adults 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, for reasons including but not limited to team communications and/or emergencies.

PHOTOGRAPHY/VIDEO

8. For all photography and video of an Athlete, BNS recommends:
 - a) Photographs and video should only be taken in public view. Content must observe generally accepted standards of decency and be both appropriate for and in the best interest of the Athlete.
 - b) The use of recording devices in areas where there is a reasonable expectation of privacy is strictly prohibited.
 - c) Examples of photos that shall be edited or deleted include:
 - i. images with misplaced apparel or where undergarments are showing;
 - ii. suggestive or provocative poses; and
 - iii. embarrassing images.
 - d) If any content featuring an Athlete will be used on any form of public media, a Photo and Video Consent Form (**Appendix A**) must be completed before the content is recorded.

PHYSICAL CONTACT

9. Some physical contact between Responsible Adults and Athletes may be necessary for various reasons including, but not limited to, teaching a skill, or tending to an injury. For physical contact, BNS recommends:
 - a) A Responsible Adult must always request permission to make physical contact from the Athlete in advance and clearly explain where and why the physical

contact will occur. The Responsible Adult must make clear that they are requesting to touch the Athlete and not requiring physical contact.

- b) Infrequent, incidental physical contact during a training session is not considered a violation of policy.
- c) Non-essential physical contact may not be initiated by the Responsible Adult. It is recognized that some Athletes may initiate non-essential physical contact such as hugging or other physical contact with A Responsible Adult for various reasons (e.g., such as celebrating or crying after a poor performance). This physical contact should always occur in an open and observable environment.

ENFORCEMENT

Any alleged violations of this *Athlete Protection Policy* shall be addressed pursuant to the *Discipline & Complaints Policy*.