



Fort Saskatchewan Minor Football Association – Rules, Policies, and Procedures

Policy Category	
Policy Name	Rule of Two Policy
Sources	
Origination Date	March 2025
Revision Date	

Rule of Two Policy

1. Policy Statement

- 1.1. Fort Saskatchewan Minor Football Association's highest priority is to provide a safe, professional, inclusive and respectful environment for young athletes to learn, develop, play and enjoy the game of football
- 1.2. This policy has been established to advocate for a safe environment through healthy interactions for all individuals while reducing the risk of harm and maltreatment.
- 1.3. Benefits of the Rule of Two:
 - 1.3.1. Provides protection, safety and security for individuals
 - 1.3.2. Reduces the risk of an incident of abuse
 - 1.3.3. Prevents false accusations
 - 1.3.4. Offers additional assistance during an accident or an emergency
- 1.4. This policy is to ensure that all communication and interactions that are open, observable and justifiable.

2. Definitions

- 2.1. "FSMFA" shall refer to Fort Saskatchewan Minor Football Association.
- 2.2. "Association" shall refer to FSMFA.
- 2.3. "Board" shall refer to the elect officials of the Association as defined by the Association Bylaws.
- 2.4. "CDMFA" shall refer to Capital District Minor Football Association.
- 2.5. "Administrators" for the Association encompasses team managers, trainers, coaches and whomever else may contribute to Association football programming.
- 2.6. "Individual" shall refer to a person including members, parents/guardians of players, coaches, players, trainers, managers, board members, volunteers, as well as spectators and persons engaged in activities, events/competitions and programs with and/or hosted by Association or CDMFA.
- 2.7. "Family" shall refer to the legal guardians of one or more players as well as the player(s) participating in the football program of the Association.
- 2.8. "RPP" shall mean the rules, policies, and procedures as defined by the document entitled "RPPs".





2.9. “Bylaws” shall mean the Bylaws of the Association.

3. Applicability

3.1. This policy is applicable to all Administrators of football programming

3.1.1. Including but not limited to:

- 3.1.1.1. Coaches
- 3.1.1.2. Board Members
- 3.1.1.3. Trainers
- 3.1.1.4. Managers
- 3.1.1.5. Volunteers
- 3.1.1.6. Mentors

3.2. During communication and interactions with individuals the rule of two should be applied.

3.2.1. Including but not limited to:

- 3.2.1.1. Digital Communication
 - 3.2.1.1.1. Texting, Emailing, Video Conferencing, Social Media
- 3.2.1.2. Meetings
 - 3.2.1.2.1. Coach and Player
 - 3.2.1.2.2. Coach and Assistant Coach
 - 3.2.1.2.3. Mentor and Mentee
 - 3.2.1.2.4. Coach and Trainer
 - 3.2.1.2.5. Coach and Manager
 - 3.2.1.2.6. Board Member and Board Member
 - 3.2.1.2.7. Coach and Board Member

4. Responsibilities

4.1. Individuals shall ensure that an environment open, observable and justifiable prior to the interaction:

4.1.1. Open

- 4.1.1.1. Interactions should be in an open and public environment.
- 4.1.1.2. Interactions should not be closed or concealed from others
- 4.1.1.3. Interactions should not be behind closed doors or in secluded locations.
- 4.1.1.4. Interactions should be shared to others

4.1.2. Observable

- 4.1.2.1. Individuals in a position of lesser power have an accessible exit
- 4.1.2.2. Interactions should have a witness to be seen and heard.

4.1.3. Justifiable

- 4.1.3.1. Interactions should be in a reasonable location that would be normal for the Individuals meeting like the football field.
- 4.1.3.2. Interactions should not be outside a sports environment like a coffee shop.

4.2. Digital Environments

4.2.1. Every Virtual Environment shall have 2 coaches be present or 1 coach and 1 adult (guardian, or administrator) with participants.





- 4.2.2. Clear communication that sessions are focused on training, coaching or the Association.
 - 4.2.3. Individuals shall consent to virtual sessions before each session.
 - 4.2.4. Parents/Guardians shall consent to virtual sessions before each session as well as the process of the session.
 - 4.2.5. Cyber security shall be in place for any digital communications such as password-protected videoconferencing invitations.
 - 4.2.6. Individuals shall be in a professional environment, as an example, not in a bedroom.
 - 4.2.7. Best Practices is to use a virtual background during virtual sessions.
 - 4.2.8. Best Practices is to record the sessions and get prior consent from Individuals and parents/guardians to record the sessions.
 - 4.2.9. Facilitators of the sessions should encourage the Individuals to update their parents/guardians about virtual sessions details.
 - 4.3. Individuals are responsible for ensuring that a third person is present.
 - 4.3.1. Examples
 - 4.3.1.1. Coaches should have another coach or verified adult (parent or administrator) present during interactions with a player or players.
 - 4.3.1.2. Virtual Sessions shall have 2 coaches or a coach and verified adult (parent or administrator) on the session during interactions with a player or players.
 - 4.4. One-on-One interactions should not occur.
 - 4.5. One-on-One digital communication should be eliminated.
 - 4.5.1. Individuals shall not use digital communication to communicate with players one-on-one.
 - 4.6. Individuals should consider the gender of all participants when selecting Individuals in situations requiring the rule of two.
 - 4.7. All digital communication should be sent to a group (3 or more individuals).
- 5. Reporting
 - 5.1. Individuals should archive all digital communication for tracking.
 - 5.2. Individuals should create a record of any interactions that requires the rule of two.
 - 5.3. Individuals should record and report any interactions that should require the rule of two.
 - 5.4. Any reporting shall be submitted to the Resolution Committee by Association website.
 - 6. Governance
 - 6.1. The board has oversight over this Policy.
 - 6.2. This policy shall be reviewed and approved at least every 2 years or as required.

