



Rule of Two Guidelines

PURPOSE

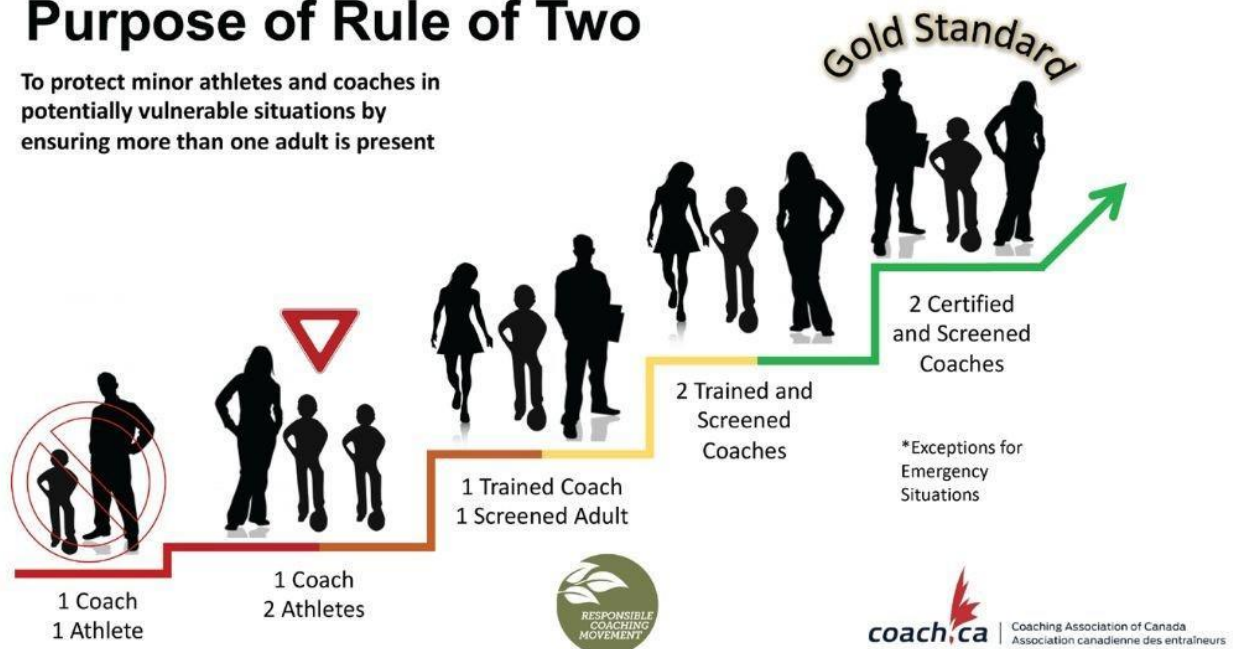
The Coaching Association of Canada's Rule of Two states that there will always be two screened National Coaching Certification Program (NCCP) trained or certified coaches with an athlete in situations where the athlete is potentially vulnerable. One-on-one interaction between a coach and an athlete, without another individual present, must be avoided in all circumstances except medical emergencies.

STANDARDS

The Coaching Association of Canada has developed standards for the Rule of Two.

Purpose of Rule of Two

To protect minor athletes and coaches in potentially vulnerable situations by ensuring more than one adult is present



The Queen City United Soccer Club (QCUSC) will work toward the Gold Standard – having two (2) NCCP-trained or certified coaches always present with an athlete. 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).

GUIDELINES

QCUSC adopts Canada Soccer's recommended guidelines for implementing the Rule of Two. In the guidelines below, a "Person in Authority" is defined as an NCCP-trained or certified coach, a screened volunteer, or other adult.



Travel

- A Person in Authority may not be alone in a car with an athlete unless the Person in Authority is the athlete's parent or 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/Change Area/Meeting Room

- 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 (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 should remain until another athlete or Person in Authority arrives. Similarly, 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 or guardian of another athlete) to stay until all the athletes have been picked up. If an adult is not available, then another athlete should be present 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 or another athlete.

Gender Identity

- 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.
- 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.