

RULE OF TWO GUIDELINES FOR GYMNASTICS CANADA

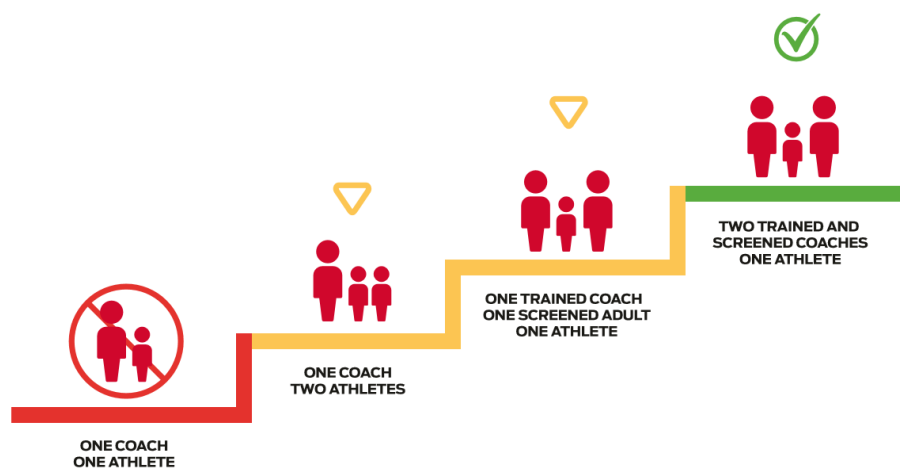
Coaches, integrated support team members, parents, team personnel and other responsible adults play an important role in ensuring athletes participate in a positive and safe environment. These individuals will be collectively referred to as “adults in a position of trust” throughout the document. Gymnastics Canada endorses the Coaching Association of Canada’s Responsible Coaching Movement and all participants of Gymnastics Canada events, activities, and meetings are encouraged to adhere to these best practice guidelines. Open, observable, and justifiable interactions and communications are strongly recommended in an effort to foster safety, enhance protection and help reduce vulnerability of both the athlete and adult(s) in a position of trust.

The “Gold standard” Rule of Two states that there will always be two screened and NCCP trained or certified coaches with a participant, especially a minor athlete, when in a potentially vulnerable situation. Vulnerable situations include but are not limited to:

- Closed doors meetings
- Medical treatments
- Travel to and from trainings, competitions, events or activities
- Any training or competitive environments without a second coach or responsible adult present (on the floor, in the weight room, etc.)
- Electronic communications

This means that any one-on-one interaction between a coach and an athlete should take place within earshot and view of the second coach, with the exception of medical emergencies. Should there be a circumstance where a second certified coach is not available, a screened volunteer, parent, or responsible adult can be recruited. If necessary, other athletes may also be recruited. In all circumstances, at least one coach, parent or responsible adult should reflect the gender identity of the participants. Clubs and provincial/territorial governing bodies are encouraged to ensure that those individuals in supervisory roles are appropriate for the individual athlete.

Gymnastics Canada recognizes that abiding by the Rule of Two may sometimes involve extra planning and organization, however, it is an important step in reducing vulnerability and enhancing safety of all participants in the gymnastics environment.



To learn more about the Responsible Coaching Movement, please see the following link:
<http://coach.ca/responsible-coaching-movement-s17179&language=en>

FREQUENTLY ASKED QUESTIONS

What are some of the ways that I, as an adult in a position of trust, can help support the Rule of Two and the Responsible Coaching Movement?

- Recognize collective responsibility and collaborate with others to ensure an environment that is safe and inclusive for all participants.
- Ensure an open, observable, and justifiable environment throughout all interactions between adults and athletes, including but not limited to training, competition, and travel.
- Establish, monitor, and reinforce clear, appropriate, and consistent boundaries with athletes of all ages and skill levels.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.
- Self-identify situations during training, competitions or other gymnastics activities that may put yourself or athletes in a vulnerable position and consider ways to avoid or alter the environment to promote safety.
- Engage in open discussions with athletes and parents/guardians to identify situations that may increase vulnerability and determine ways to manage these situations.
- When travel is necessary, try to avoid situations where there is only one coach, integrated support team member, or other relevant personnel with a single athlete.
- When identifying your coach and support personnel team for domestic or international travel, consider the demographics of your athletes and try to ensure appropriate composition of staff.
- Encourage your organization to have key policies, including a Code of Ethics and Conduct and Abuse Policy, that are current and enforced.
- Ensure your organization has appropriate screening requirements. For more about Gymnastics Canada's current screening requirements, please visit this webpage: <http://www.gymcan.org/programs/safe-sport/resources>.
- Encourage adults interacting with athletes to complete educational modules, such as:
 - [Coaching Association of Canada Safe Sport Training](#)
 - [Commit2Kids](#)
 - [Respect in Sport](#)
 - [Make Ethical Decisions training](#)

What are the suggested arrangements for accommodations when travelling with an athlete(s) to domestic or international events?

Gymnastics Canada does not authorize shared accommodations (i.e., hotel room) between an athlete(s) and their coach, integrated support team member or other relevant personnel.* Athletes are expected to have their own accommodations for the duration of travel. Tips for navigating these circumstances include:

- Reserving a single room for the athlete;
- Encouraging the athlete's parent or guardian to attend the domestic or international event;



- Partnering with another club, coach, or province to coordinate schedules and determine an appropriate rooming list for athletes attending the training camp, competition, event or activity.

*An exception may be made for athletes whose parent or legal guardian fulfills one of these support team roles. The parent/guardian and athlete may stay together in a separate room (e.g., without other athletes or support team members).

What do I do when an athlete needs to be transported to a sport-related or non-sport related activity?

Gymnastics Canada strongly discourages 1:1 transportation of athletes by coaches, integrated support team, or other relevant team personnel to GymCan activities, including travel to and from training or competitive events. In addition, coaches, integrated support team, or other relevant personnel should not transport or be expected to transport athletes to non-sport related activities, including school or personal appointments. Tips for facilitating the Rule of Two in these circumstances include:

- Carpooling;
- Transporting multiple athletes at once between set destinations;
- Using public transportation, such as, trains, buses, shuttles or taxis;
- Partnering with another club, coach, responsible adult, or province to coordinate transportation to and from training camps, events, or activities.

What should I do when only one athlete from my club is invited to a GymCan training camp?

- Send another certified coach from the club to attend the GymCan training camp;
- Invite the athlete's parent or guardian to accompany the athlete and serve as a chaperone throughout travel, local transportation, and out-of-training activities (e.g., meals, off-site activities);
- Partner with another club, coach, or province to coordinate schedules and share chaperone duties throughout the training camp.

What do I do, as an adult in a position of trust, if a parent or guardian is late for pick-up and the athlete is the last person left at the gym, leaving me alone with the athlete?

- Request the second last child/parent stay at the venue until the last child is picked up;
- Call and stay on the phone with either the child's parent/guardian or another adult;
- Conduct a parent meeting at the beginning of the year and ensure that all parents and guardians at your club are aware of these pick-up requirements and work together to create additional solutions.

As a club, we offer individual lessons for athletes looking to gain one-on-one instruction to improve their skills. What can we do to ensure the Rule of Two while maintaining one-on-one instruction as an option at our club?

- Require the athlete's parent or guardian to remain at the gym to watch the athlete's one-on-one training session;
- Schedule a designated time slot for private lessons at the club, where multiple coaches conduct private trainings at the same time on the same day each week;



- Schedule the club administrator or another coach to be at the gym during one-on-one training hours;
- Offer semi-private lessons, where two athletes are training with the coach at one time.

At our club, the only washrooms are located within the changeroom facilities where athletes may be alone. As adults in this situation, what can we do to promote safety?

- Call into the changeroom prior to entering to determine if the facility is empty; if empty, then proceed;
- Allow the athlete(s) to finish use of the changeroom facility and exit, then proceed;
- If there are multiple individuals in the changeroom and the adult *must* use the washroom facility at that time, ensure all individuals have proper attire and request consent to enter the changeroom; if consent is obtained, then proceed.

