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## SAFE SPORT IN VIRTUAL SPACES

Due to the COVID-19 pandemic, and all gyms being closed, many of us are meeting with others through online video platforms such as Zoom or Skype, to foster social connections and to continue fitness activities, physical therapy, or mental training. Consistent with in-person activities of this nature, it is best practice to implement the Rule of Two to reduce the vulnerability and risk of all involved.

Gymnastics Canada requests that all integrated support team members, coaches, athletes, and other team personnel, uphold the principles of the Rule of Two throughout all online interactions. Please see below for some tips for facilitating the Rule of Two and creating a safe and positive environment during online sessions:

- Ensure all individuals participating in the session are in open, observable, and high-traffic areas in their respective homes (e.g., living room, backyard, kitchen);
- Ensure that all individuals participating in the session are within ear shot of someone else (e.g., parent, other adult, sibling, etc.), when possible. If this is not possible due to personal living arrangements, Gymnastics Canada encourages participants to include another person on the call (e.g., another athlete, parent, other responsible adult), when possible;
- Ensure professional standards are upheld at all times, including but not limited to, proper training attire and use of appropriate language throughout all interactions;
- Ensure transparent electronic messaging. All communications, including scheduling of sessions, should be sent to the training group and/or include parents;
- Establish, monitor, and reinforce clear, appropriate, and consistent boundaries with participants of all ages and skill levels;
- Self-identify situations or activities prior to, or during, online sessions that may put yourself or other participants in a vulnerable position and consider ways to avoid or alter the session to promote a safe and positive space; and,
- Adhere to Gymnastics Canada's Safe Sport policies and procedures at all times: <http://gymcan.org/programs/safe-sport/policies>.

For more tips and FAQs related to the Rule of Two, please refer to the following Gymnastics Canada resource: [http://gymcan.org/uploads/programs/rule-of-two\\_best-practice-guidelines\\_en\\_updated\\_final.pdf](http://gymcan.org/uploads/programs/rule-of-two_best-practice-guidelines_en_updated_final.pdf)

It may also be helpful to consult the Canadian Centre for Child Protection's website for additional resources designed to assist families, schools, and child-serving organizations: <https://protectchildren.ca/en/resources-research/supporting-you-through-covid-19/>.

Finally, please be mindful that all individuals cope differently with the uncertainties of this time. Therefore, we request patience and flexibility with participation in online sessions and remind all members that participant well-being should always remain the top priority.

