

# Rule of Two



The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. When following the Rule of Two, two responsible adults (a coach, parent, or screened volunteer) are present with a participant. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.

The Rule of Two is a leading practice to ensure a safe sport environment for all.

### INTERACTIONS



- Two trained and screened coaches
- One participant



- One trained coach
- One screened adult
- One participant



- One coach
- Two participants



- One coach
- One participant

## How the Rule of Two works



**Work as a team.** A coach should have another coach or screened adult (parent or volunteer) present when interacting with participants.



**Remain open to the public.** Have a training environment that ensures all situations are open, observable and justifiable.



**Plan transportation.** Have two adults present when traveling with a participant(s), and refer to your club travel policy.



**Be sensible.** Be considerate of the gender of the participant(s) when selecting coaches or volunteers.



**Transparent communication.** Ensure that all communications are sent to a group and/or include parents/guardians, without one-to-one messaging.

## The Rule of Two in virtual settings

In addition to the recommended guidelines, virtual training sessions also entail the following:



**Parental awareness.** Obtain consent for virtual sessions, plus inform parents of activities that will occur.



**Record each session** and they should be in a professional setting (not a bedroom).



**Weekly debriefing.** Encourage regular check-ins with parents, coaches, and participants about the virtual training.

Whether you are a coach, participant, parent, or volunteer,  
we are all on the same team to make sport safe and fun for everyone.



Keep Sport Safe, Smart and Secure

For more information, visit  
[coach.ca/RCM](https://coach.ca/RCM)