



Implementing the Rule of Two

What is the Rule of Two?

There must be at least two adults present with athletes at all times.

This includes:

- On the playing field
- Watching tape with athletes
- Travel to practice/competition



Best

Two trained and screened coaches with one athlete.



Acceptable

One trained coach, one screened adult and one athlete.



Acceptable

One coach and two athletes.



Unacceptable

One coach and one athlete.

Rule of Two is to ensure all interactions and communications are open, observable and justifiable.

Putting It Into Practice With Your Athletes

Do an Internal Audit

Regularly self-identify situations that may put you or your athletes in a vulnerable situation.

Think about the demographics of your athletes when selecting support staff.

Ensure training environments are open to observation by parents.

Brainstorm With Your Athletes

As a group, identify situations where your athletes may be at risk and discuss solutions.

Include Parents

Talk about the Rule of Two during your pre-season parent meeting and ask for their input in implementation.

Examples:

Meetings



Keep doors open and ensure other athletes/adults are in the room.

Changerooms



Knock and wait for consent before entering with another coach or parent.

Travel



Ask athletes to carpool with one another.

Online Communication



Include other coaches or parents on emails or video chats.

References: Coaching Association of Canada (2015) "Responsible Coaching Movement"
Sport Law & Strategy Group (2020) "Maintaining Safe Sport During Covid-19"