

APPLYING THE RULE OF TWO IN A **VIRTUAL SETTING**



THE **RULE OF TWO** SHOULD CONTINUE TO APPLY TO ALL MINOR ATHLETES IN THE VIRTUAL ENVIRONMENT DURING THE COVID-19 PANDEMIC

(additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible).

- We recommend applying the Rule of Two to non-minor athletes, as well, in the current circumstances
 - For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, club administrator) – one-on-one sessions should be prohibited
 - A clear statement of professional standards expected of the coach during calls should be communicated – (i.e., sessions are not social engagements, and should be focused on training/coaching)
 - Parents/guardians should be fully informed before hand about the activities undertaken during the sessions, as well as the process of the virtual session
 - Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions
 - Communication during each session should be in an open and observable environment (i.e., avoid bedrooms) in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location (i.e., avoid bedrooms or "overly personal" /unprofessional settings)
 - It is recommended to record sessions where that capacity exists
 - Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least 2 adults (2 coaches or 1 coach and 1 adult (parent, guardian, volunteer, club administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails
 - Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.);
 - Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.
- In addition, care should also be taken to ensure that appropriate security settings have been set for virtual, video-conferencing arrangements, including password protected video-conference invitations.

