



## LaSalle Minor Soccer Association

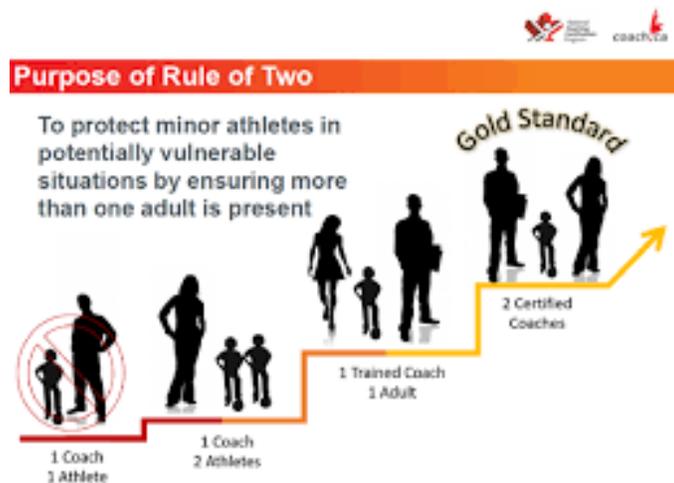
### Rule of Two

There is a lot to consider when it comes to the health and safety of the children we coach. One of the most popular and effective rules we can follow as coaches to ensure that we are never placing them or ourselves at risk is The Rule of Two.

The Rule of Two states that there should be at least two adults and two children present at all times, in every situation, including:

The Gold Standard calls for “two screened and NCCP trained or certified coaches” to be present, however the most important thing is that there are at least two adults present and ideally, at least two athletes/participants, to protect minor athletes in potentially vulnerable situations.

As coaches, we know that it’s not always easy or convenient to follow this Rule, yet it is critical to ensuring athlete and participant safety in sport.



### Travel

The following guidelines are strongly recommended during travel with athletes:

- A Person in Authority may not be alone in a car with an athlete unless the Person in Authority is the athlete’s parent or guardian
- A Person in Authority may not share a room or be alone in a hotel room with an athlete unless the Person in Authority is the athlete’s parent or guardian
- Room or bed checks during overnight stays must be done by two Persons in Authority

## Locker Room / Changing Area / Meeting Room

**The following guidelines are strongly recommended for locker rooms, changing areas, and meeting rooms:**

- Interactions between a Person in Authority and an individual athlete should not occur in any room where there is a reasonable expectation of privacy such as the locker room, meeting room, washroom, or changing area. *A second Person in Authority should be present for all necessary interactions in any such room.*
- If Persons in Authority are not present in the locker room or changing area, or if they are not permitted to be present, they should still be available outside the locker room or changing area and be able to enter the room or area if required

## Training / Competition Environment

**The following guidelines are strongly recommended for the training and competition environment (including before, during, and after practices and games):**

- A Person in Authority should never be alone with an athlete prior to or following a game or practice, unless the Person in Authority is the athlete's parent or guardian. If the athlete is the first athlete to arrive, the athlete's parent should remain until another athlete or Person in Authority arrives. Similarly, if an athlete would potentially be alone with a Person in Authority following a game or practice, the Person in Authority should ask another Person in Authority (or a parent or guardian of another athlete) to stay until all the athletes have been picked up. If an adult is not available then another athlete should be present in order to avoid in Authority being alone with a single athlete
- Persons in Authority giving instructions, demonstrating skills, or facilitating drills or lessons to an individual athlete should always be doing so within earshot and eyesight of another Person in Authority

## Gender Identity

**A Person in Authority who is interacting with athletes should be of the same gender identity as the athletes. The following guidelines are strongly recommended:**

- For teams consisting of athletes of just one gender identity, a Person in Authority of the same gender identity should be available to participate or attend every interaction
- For teams consisting of athletes of more than one gender identity (e.g., co-ed teams), a Person in Authority of each gender identity should be available to participate or attend every interaction.

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Carlo D'Ambrosio

LMSA President