



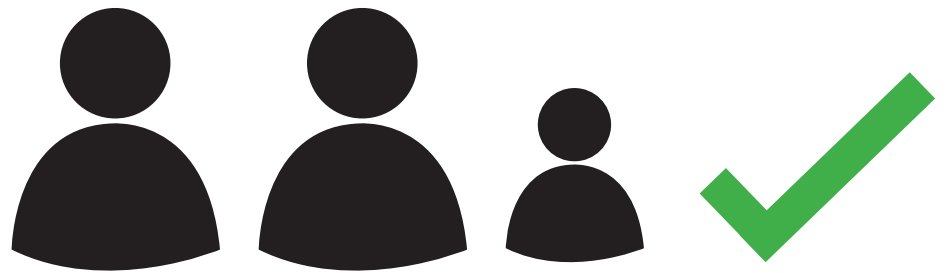
# Rule of 2 = 3

## What is the rule of two?

Adults should never be alone with or out of sight with any one athlete



Best practice is for 2 trained and/or screened adults to always be present with an athlete



All one-on-one interactions between a coach, official, volunteer or sport administrator and an athlete must take place within view of a second (preferably trained/screened) adult. One adult should also reflect the genders of the athletes participating when possible.

## Practicing the rule of two

### PRIVATE OR ONE-ON-ONE SITUATIONS



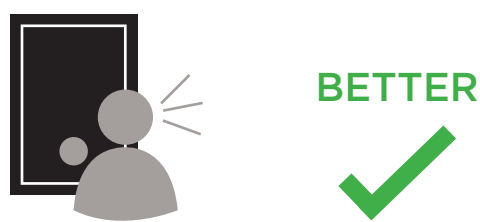
*If you are alone with an athlete, leave the door open or stay somewhere in the facility within eyesight of other adults*



### CHANGEROOM ENVIRONMENTS



*If you must enter, knock and announce yourself first. Move to an open environment and avoid use of mobile devices*



### UNACCOMPANIED TRAVEL WITH A CHILD



*If required, obtain written permission from the child's parent or legal guardian and have them sit in the back seat*



### CONTACT OUTSIDE OF PROGRAM HOURS



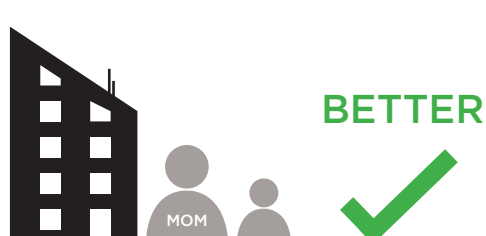
*Ensure parents and/or other adults can be present as well and obtain written permission from the child's parent*



### SHARING A HOTEL ROOM WITH A CHILD



*If the athlete isn't old enough to room by themselves, require that a parent or legal guardian travels with them*



### Ask yourself ...

*Is this the most appropriate time and place for this activity?*

*Is there a more open space available?*

*Who should be informed that I will be alone with this athlete?*

*What permissions should I seek out?*

*What changes could be made to avoid this in the future?*

*How can I safely separate myself from the athlete?*

**Head to our website for situation specific examples and more information**

<https://www.curlbc.ca/responsible-coaching-movement-rcm/>