



## TIPS FOR COACHES TO SUPPORT THE RULE OF TWO?

**What are some ways that I, as a Coach, can support the Rule of Two?**

- With your athletes, identify situations that may make them vulnerable and discuss ways to deal with them.
- When identifying your coaching team, consider demographics of your athletes and try to ensure appropriate composition of staff.
- When travel is necessary, avoid situations where there is only one coach/volunteer with a single minor athlete. If this is not possible, then ensure that the coach/volunteer has been appropriately screened ([screening matrix](#)), the athlete is comfortable with the individual, and parental consent is given. As soon as possible when arriving at the destination, and during the event, find a “buddy” coach/volunteer to associate with during the event and when away from the venue.
- Self-identify situations during practice and competition that may put you or your athletes in a vulnerable situation and consider ways to avoid or alter the environment.
- Encourage parents to appropriately support their children’s involvement.
- Allow training environments to be open to observation by parents.
- Ensure an open and observable environment for all interactions between adults and athletes.
- Avoid private or one-on-one situations unless in an emergency. Leave the office door open or have the conversation in a visible but removed part of the facility.