



Vancouver Athletic Football Club

VAFC Rule of Two Policy

The goal of the Rule of Two policy is to ensure all interactions and communications between VAFC Participants (EG: Players) and Staff (EG: Coaches) are open, observable, and justifiable. The purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring **more than 1 adult is present**.

Vulnerable situations can include closed doors meetings, travel including lodging, training environments, and other situations common to VAFC activities. One-on-one interactions between a coach and a player, without another individual present, must be avoided in all circumstances.

Note: There may be exceptions for emergency situations.

Rule of Two Policy:

This means that 1 coach is never alone or out of sight with a participant.

- Coaches are never alone without another CRC compliant VAFC coach or a parent/guardian or other VAFC CRC Compliant volunteer present.
- Training environment to be open to observation.
- Players shall not ride in a coach's vehicle unless the parent/guardian is present.
- Carpools to be agreed in writing with parent/guardian.
- At least one CRC compliant Staff member, parent/guardian of the same gender as the participant(s) should be present at any individual meeting.

Rule of Two in a Virtual Setting:

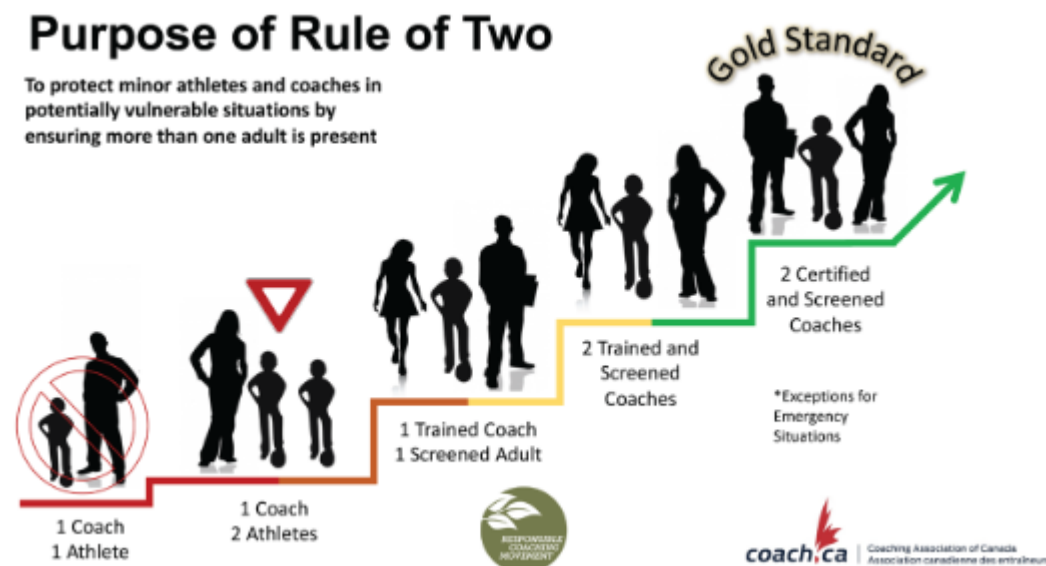
The VAFC Rule of Two policy should continue to apply to all minor athletes in the virtual environment. Additionally, for those athletes under age 16, a parent or guardian should be present during the session wherever possible.

- VAFC requires two adult coaches be present, or one coach and one adult (parent, guardian, VAFC volunteer) One-on-one sessions are prohibited.
- All coaches or VAFC Volunteers must be CRC compliant to participate in virtual setting
- The virtual setting is not for social engagements with players. Information should solely be focused on soccer.
- Parents/guardians should be fully informed beforehand 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.
- One-on-one texting, emailing or online contact between coach and athletes is prohibited with players under U15.
- To support older age ownership of communication individual soccer specific texting and emailing with athletes U16 + should only occur with parents' written permission.
- Social media contact by coach to athlete is prohibited (this including the DMs, tagging, Following, and sharing posts)
- Parents/guardians to be debriefed with U16 + 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, videoconferencing arrangements, including password protected video conference invitations.

Canada Soccer Rule of Two Guidelines

In addition to the above, VAFC supports the CSA's recommendation to adhere to and strive to achieve the Coaching Association of Canada's Gold standards for the Rule of Two.



Canada Soccer expects that all organizations will work toward the Gold Standard – having two NCCP-trained or certified coaches always present with an athlete. If NCCP-trained or certified coaches are not available, screened volunteers (such as managers, support personnel,

chaperones, and Directors of the club or organization) should be available instead. If screened volunteers are not available, parents of other athletes should be asked to temporarily substitute. If another adult is not available, there should always be more than one athlete with the coach (this is the lowest standard and is not recommended).

Guidelines:

Canada Soccer strongly recommends the following guidelines for organizations to ensure they are following the Rule of Two. In the guidelines below, a 'Person in Authority' is defined as an NCCP-trained or certified coach, a screened volunteer, or other adult. The organization is meeting the Gold Standard for the Rule of Two if the Person in Authority is always an NCCP-trained or certified coach.

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 the Person 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