



Travel Policy

1. PURPOSE

A significant portion of Cheer Nova Scotia participation involves travel to competitions. Minor athletes are most vulnerable to abuse or misconduct during travel, particularly overnight stays. This includes a high risk of athlete to athlete misconduct. During travel, minor athletes may be away from their families and support networks, and the setting – new changing areas, automobiles, and hotel rooms – is less structured and less familiar. A travel policy provides guidelines so that care is taken to minimize one-on-one interactions between minors and adults while traveling. Further, the policy directs how minor athletes will be supervised between and during travel to and from practice and competitions.

Adherence to travel policies helps to reduce the opportunities for misconduct. Cheer Nova Scotia agrees to abide by the following travel policies. It is recommended that CNS member programs have a team travel policy for minors that is published and provided to all minor athletes, parents, coaches and other adults that are travelling with them. It is strongly recommended that a signature by each adult acknowledging receipt of and agreeing to the travel policy be obtained by the applicable CNS Member organization.

Some travel involves only local travel to and from local practices and events, while other travel involves overnight stays. Different policies should apply to these two types of travel.

Elements of all travel policies must include:

2. LOCAL TRAVEL

- CNS Members, including affiliated entities, should avoid sponsoring, coordinating, or arranging for local travel, and the parents/guardians of a minor athlete should be responsible for making all local travel arrangements.
- The coaches, staff and/or volunteers of a local CNS member programs who are not also acting as a parent, should not drive alone with an unrelated minor athlete and should only drive with at least two minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent or guardian.
- Where a coach, staff and/or volunteer is involved in the minor athlete's local travel, efforts should be made to ensure that coaches, staff and/or volunteers are not alone with an unrelated minor athlete by, e.g., picking the minor athletes up in groups.

- Coaches and volunteers who are also a minor athlete's parent or guardian may provide shared transportation for any minor athlete(s) if they pick up their athlete first and drop off their athlete last in any shared carpool travel arrangement.

3. ORGANIZATION/TEAM TRAVEL

- Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with a minor athlete (unless the coach is the parent, guardian or sibling of the athlete).
- In the case of greater distances traveled, coaches, staff, volunteers, and chaperones will often travel with the minor athletes. No coach, employee, or volunteer will engage in team travel without the proper safety requirements in place and on record, including valid drivers' licenses, proper insurance, well maintained vehicles, and compliance with all provincial and federal laws. All coaches, staff and volunteers who come in contact with minor athletes during a Cheer Nova Scotia event must submit a background check in compliance with Cheer Nova Scotia's [Screening Policy](#).
- The local program or team shall provide adequate supervision through coaches and other adult chaperones (e.g. a recommended number would include at least one coach or adult chaperone for each five to eight minor athletes). If a team is composed of both male and female minor athletes, then if possible, chaperones shall be arranged of the same gender.
- Minor athletes should share rooms with other minor athletes of the same gender, with 2-4 athletes assigned per room depending on accommodations. Regular monitoring and curfew checks should be made of each room by at least two properly screened adults.
- The team personnel shall ask hotels to block adult pay per view channels, if possible.
- Individual meetings between a minor athlete and coach may not occur in hotel rooms.
- All minor athletes shall be permitted to make regular check-in phone calls to parents. Team personnel shall allow for any unscheduled check-in phone calls initiated by either the athlete or parents/guardians.
- Family members who wish to stay in the team hotel shall be permitted and encouraged to do so.
- The team shall comply with reasonable parental requests when a minor athlete is away from home without a parent/guardian.
- Specific travel itineraries will be distributed to parents when they are available and will include a detailed itinerary as well as contact information for all team personnel and chaperones.
- If disciplinary action against a minor athlete is required while the athlete is travelling without his/her parents, parents will be notified before taking any action.
- No coach or chaperone shall at any time be under the influence of alcohol or drugs while performing their coaching and/or chaperoning duties.
- In all cases involving travel, parents have the right to transport their minor athlete and have the minor athlete stay in their hotel room.

- After a minor athlete has completed their participation at the Cheer Nova Scotia event their parent may sign out their child with their affiliated CNS Member organization in order to take them away from the event venue.

All minor athletes, and their parents/guardians, should be made aware of Cheer Nova Scotia's [Harassment Policy](#).

4. POLICY INFORMATION

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