



# STELLA ROSSA FOOTBALL CLUB

## Rule of Two Policy

### 1. Purpose

Stella Rossa Football Club (SRFC) is committed to providing a safe and positive environment for all participants. The Rule of Two is a key principle of the Responsible Coaching Movement (RCM), supported by the Coaching Association of Canada and Canada Soccer, designed to ensure that all interactions with athletes, particularly minors, are open, observable, and justifiable.

The goal of the Rule of Two is to protect both participants and coaches by avoiding situations in which a coach is alone with an athlete, except in emergency situations.

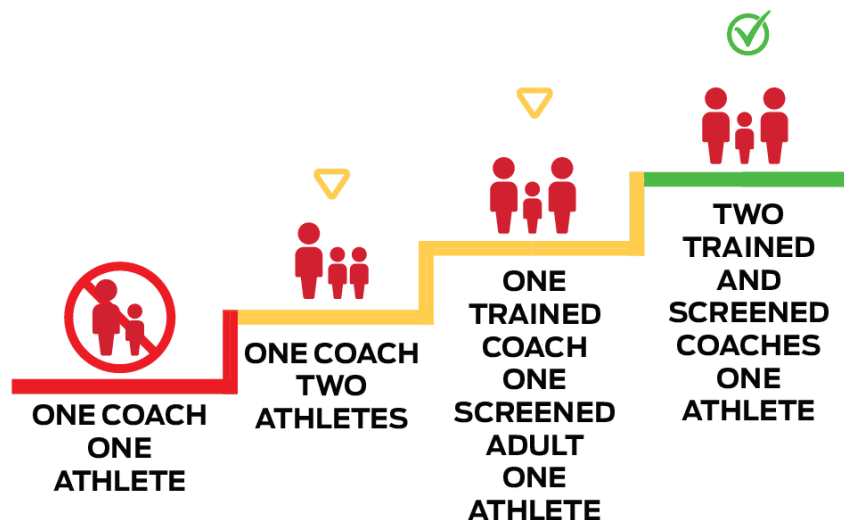
### 2. Standards

#### A. Two Adults Present:

- Whenever possible, two screened and NCCP-trained or certified coaches must be present when interacting with an athlete.
- If two coaches are not available, a screened Person in Authority (e.g., volunteer, parent, or club director) should be present.
- If no screened adults are available, another athlete may be present as a minimum precaution (least preferred).

#### B. Interaction Guidelines:

- Coaches must avoid one-on-one interactions with athletes outside public, observable settings.
- Interactions should always meet the athlete's needs, not the adult's.
- Professional boundaries must be maintained in person and digitally (text, email, social media, or virtual sessions).





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## 3. Travel Guidelines

- A Person in Authority may not be alone in a vehicle with an athlete unless they are the athlete's parent/guardian.
- Adults may not share a hotel room with an athlete unless they are the parent/guardian.
- Room or bed checks during overnight stays must involve two Persons in Authority.

## 4. Locker Room / Changing Area / Meeting Room Guidelines

- Interactions in areas with a reasonable expectation of privacy (locker rooms, washrooms, changing areas, meeting rooms) must never occur one-on-one.
- A second Person in Authority of the same gender identity as the athletes should always be present when possible.
- If a second adult is unavailable, interactions should be conducted in a visible and audible location outside the room.

## 5. Training / Competition Guidelines

- A coach must never be alone with an athlete before, during, or after practices or games unless the coach is the athlete's parent/guardian.
- If the athlete arrives first, the parent/guardian should remain until another athlete or adult arrives.
- One-on-one instruction should occur within earshot and eyesight of another adult.

## 6. Gender Identity Considerations

- A Person in Authority interacting with athletes should match the gender identity of the athletes whenever possible.
- For co-ed or single-gender teams without same-gender coaches, a parent/guardian or screened volunteer of the same gender identity should assist.

## 7. Rule of Two in a Virtual Setting

- Two adults (coaches or one coach + one parent/guardian/volunteer) must be present for virtual sessions.
- Sessions must occur in open, observable environments (avoid bedrooms or private spaces).
- One-on-one texting, emailing, or social media contact is prohibited; communications should include at least two adults and be focused on training.



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- Parents/guardians must be informed and provide consent for virtual sessions.
- Encourage debriefs with U16 athletes to ensure understanding and comfort.

## 8. Implementation Practices and Tips

- Take the Responsible Coaching Movement Pledge.
- Make practices, meetings, and communications open to observation.
- Recruit volunteers or parents to help maintain two adults in all settings.
- Screen all volunteers participating with athletes.
- Provide NCCP training opportunities to parents or volunteers.
- Document and communicate expectations regarding the Rule of Two to parents and athletes.

## 9. Compliance and Enforcement

- Violations of the Rule of Two may result in disciplinary action, including suspension or removal from the club.
- All staff and volunteers must follow this policy in addition to the Code of Conduct to Protect Children and the Guidelines for Appropriate Conduct Between Adults and Children.

### Acknowledgement:

I have read and understood the Stella Rossa FC Rule of Two Policy, and I agree to comply with it at all times. I understand that violations may result in disciplinary action or removal from my role within the Club.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_