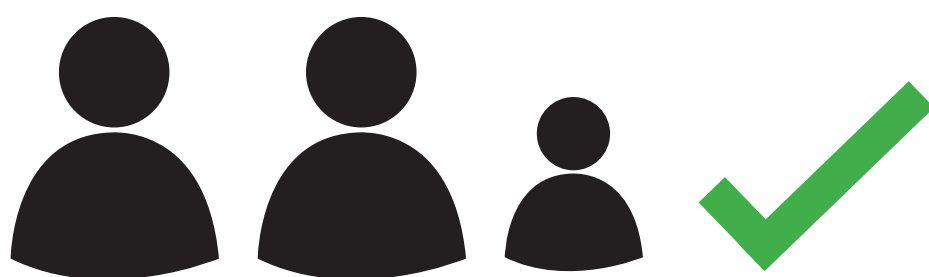


What is the rule of two?

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



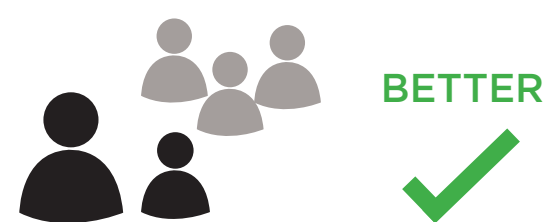
All one-on-one interactions between a coach, official, volunteer or sport administrator and an athlete must take place within view of a second (preferably trained/screened) adult. One adult should also reflect the genders of the athletes participating when possible.

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



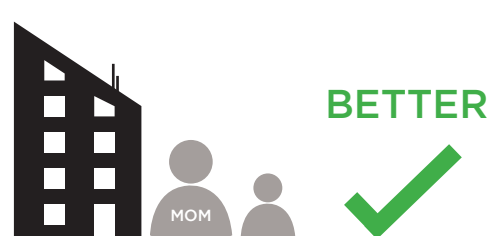
Ensure parents and/or other adults can be present as well and obtain written permission from the child's parent



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?

Visit our website for more details and other Safe Sport initiatives

www.nscurl.com/safesport