



## **RCA National Team Rule of Two Guidelines**

for Coaches and Staff working with Junior, NextGen, Senior Athletes

Rowing Canada Aviron has signed the [Responsible Coaching Movement](#) pledge. Our commitment to the Responsible Coaching Movement, ensures all coaches and staff have completed background screening, respect and ethics training and follow Rule of Two Guidelines.

AIM: These guidelines serve to protect all athletes in potentially vulnerable situations by ensuring that more than one adult is present. Vulnerable situations can include closed door meetings, travel, training and competition environments, amongst others.

Under these guidelines, one of the two coaches must be of the same gender as the athlete. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened staff member volunteer, parent, or adult can be recruited.

RCA has affirmed that staff including admin/support staff working with athletes will complete a Criminal Record Check, and the Respect in Sport Training. RCA hired/volunteer coaches will complete the above requirements and additionally follow RCA Coach certification standards and complete NCCP's Make Ethical Decisions online evaluation.

RCA's High Performance Program has determined that all RCA touring teams involving Juniors, Next Gen, Senior Athletes meet the following requirements:

- Any one on one interaction between a coach and an athlete must take place in a public space. It must be transparent, authorized and accountable. In a potentially vulnerable situation, the interaction must be within proximity and in view of the second adult, with the exception of medical emergencies;
- At least one female coach, manager, or doctor (or other team support staff) will be included on the team - if there are female athletes;
- At least one male coach, manager, or doctor (or other team support staff) will be included on the team - if there are male athletes;
- Coaches do not room with athletes (male or female);
- Male and female athletes do not room together; and
- Where possible, athletes must find common areas to socialize - other than an individual's room.

Information on Safe Sport and access to the Canadian Sport Helpline can be found on the Rowing Canada website under [Safe Sport](#).