



The focus of these guidelines is the safe return to programming while continuing to focus on the Safe Sport movement and ensuring that our athletes, volunteers, coaches and other stakeholders are all protected. Although the overall Safe Sport movement covers several topics and issues (Canadian SafeSport Hotline, concussion policy and protocol, training, etc.) in the context of the Return to Programming resource, the focus is on supervision and responsible coaching during all contexts of a phased return to sport and programs.

All programs, coaches, volunteers and staff should visit <https://coach.ca/sport-safety> for additional information.

As taken from Coaching Association of Canada (CAC):

Rule of Two

To be considered and followed in all phases of program delivery.

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

Phase A

Rule of Two in a Virtual Setting:

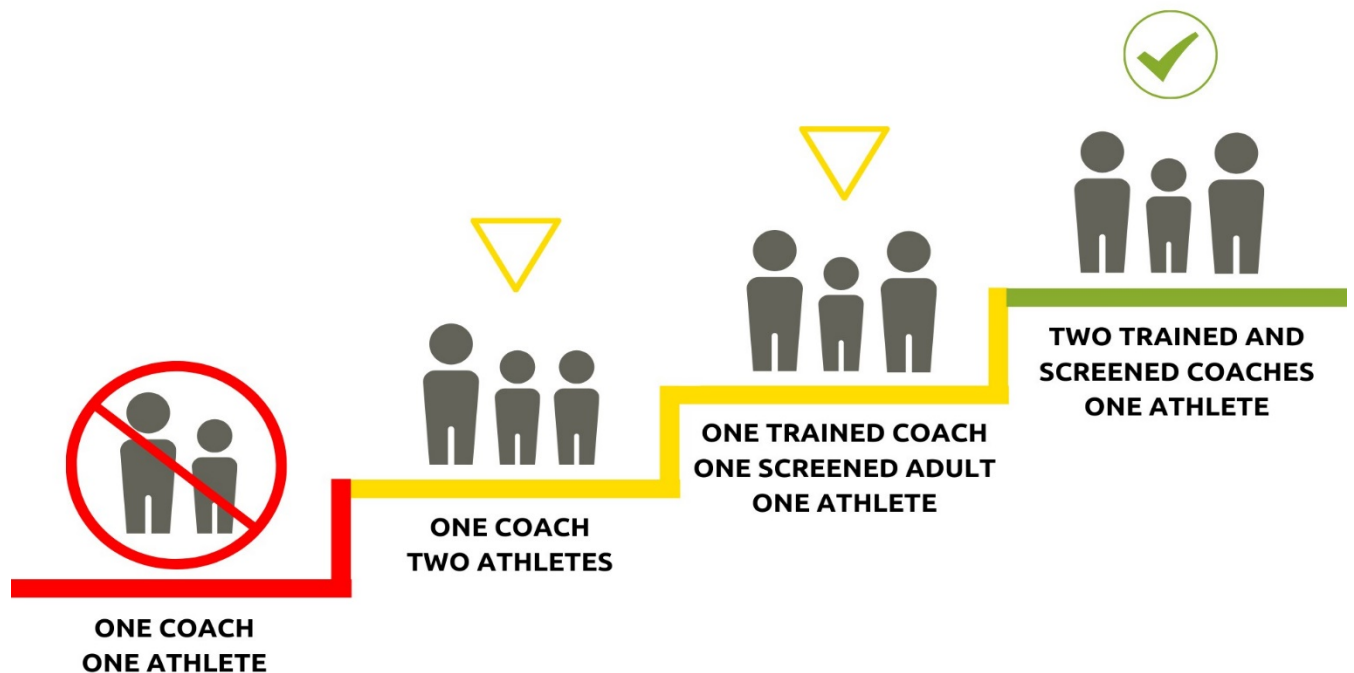
These specifics have been included in the guidelines as there is a change to implementation based on the delivery of programs in Phase A.

- The Rule of Two should continue to apply to all minor athletes in the virtual environment during the COVID-19 pandemic (additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible);
- We recommend applying the Rule of Two to non-minor athletes, as well, in the current circumstances.
- For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, program administrator) – one-on-one sessions should be prohibited.
- 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);
- Prohibit one-on-one texting, emailing or online contact between coach and athlete –any texting, emailing or online contact should be limited to group text/email that includes at least two adults (two coaches or one coach and one adult (parent, guardian, volunteer, program administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails.
- Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.).
- Encourage parents/guardians to debrief with U-16 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 videoconference invitations.

Phase B and C

Additional information related to current practices for implementing the Rule of Two:



Good Rule of Two implementation practices:

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coached and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching



The phased return to play should not impact the required training and screening for all coaches and volunteers. There remains an importance and focus on the three key areas (Rule of Two, Background Screening, Ethics Trainings) within the responsible coaching movement. For more details please access resources at <https://coach.ca/three-steps-responsible-coaching>.

Quota: As per the SOC Quota Policy, the organization uses the guidelines of **3:1 (winter sports)** and **4:1 (summer sports)** ratio of

Provincial Guidelines <https://www.gov.nl.ca/covid-19/> indicate that at Alert Level 2, sport training and club activity can return within the province. Special Olympics Newfoundland and Labrador has developed a [Club Pre Return to Programming Checklist](#) which will help guide clubs through the phased return process.

SONL Provincial Sport Competition cannot return until further notice.

athletes to coach at competitions. Throughout return to programming and the focus on getting back to programs the suggested ratios are recommended to stay in place. In addition, as our Health Authorities put restrictions on group size, it is essential to ensure that the Rule of Two remains in place and that a coach/volunteer position is not sacrificed for an athlete opportunity.

