



## The Rule of Two

The Rule of Two is designed to protect both the child and the coach or official. This rule states that there must always be two coaches, officials, or volunteers of the same gender present with an athlete or young official especially when dealing with minor athletes or officials in any potentially vulnerable situation.

This means that any one-on-one interaction between a coach, official, or volunteer and a young athlete or young official must take place within earshot and view of a second coach, official, or volunteer, except in the case of a medical emergency.

At least one of the coaches, officials, or volunteers must be of the same gender as the athlete or official. If a second coach, official, or volunteer is unavailable, a parent or another responsible adult may be recruited.

This rule helps protect minor athletes and young officials in potentially vulnerable situations by ensuring that more than one adult is present. Vulnerable situations can include closed-door meetings, travel, and training environments, among others. Organizations must develop and implement policies and procedures in a sustainable, phased, and measurable manner to limit the instances where these situations can arise.

---

## Facility Protocol

- Players in dressing rooms must be supervised. The Rule of Two must be followed at all times, particularly when players are showering or changing. If separate dressing rooms are required, each must have appropriate adult supervision.
- Team officials and parent/guardian representatives of every team must ensure that the dressing room door remains closed while players are changing.
- Video recording or photography is **NOT PERMITTED** in the shower or dressing rooms while players are undressed or changing. During special events (e.g., team pictures, championships), players must be appropriately dressed. The privacy and dignity of all players is the top priority.
- Trainers should avoid treating injuries out of sight of others. The Rule of Two must always be followed.
- Teams must adhere to the Rule of Two, ensuring at least one supervisor of the same gender is present with the players.
- In isolated spaces, parents/guardians should never leave their child unsupervised in a facility, nor should they leave their child alone with a single staff member. The Rule of Two must be followed.
- In sport and training facilities, minors should never be left waiting alone without the supervision of a parent/guardian or staff member. The Rule of Two must be followed.