

# RULE OF TWO GUIDELINES

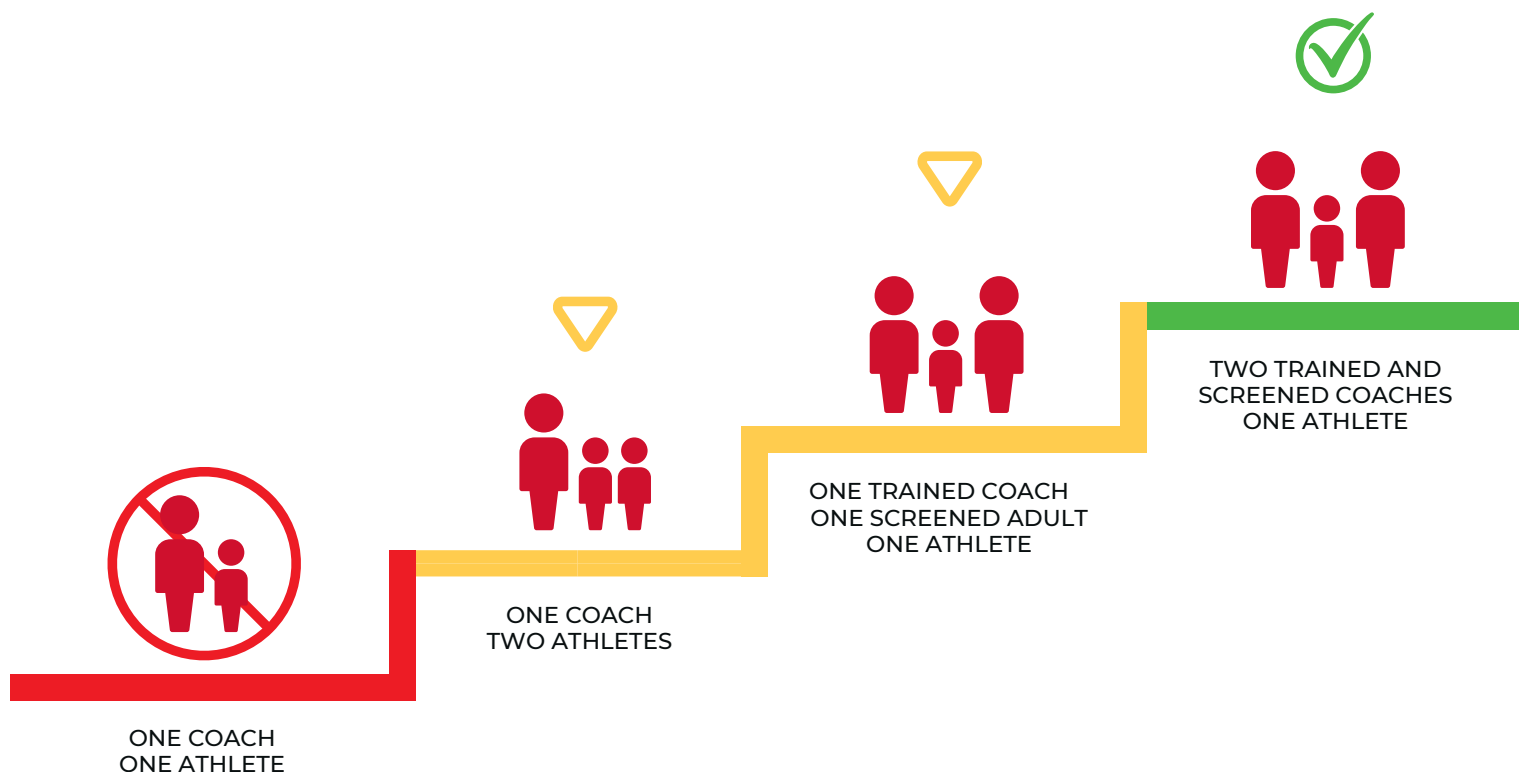
The Rule of Two Guidelines can be found through the link below:

[Rule of Two Guidelines](#)

# RULE OF TWO

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 for emergency situations.



## 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 coaches 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](https://coach.ca/responsiblecoaching)

