



Recommendations for Rule of Two practices:

- Ensure a Skate Canada coach in good standing is never alone and out of sight with a participant without another Skate Canada coach in good standing or screened adult (parent/guardian or volunteer) present.
- Allow the in-person 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 Skate Canada in good standing coaches and screened volunteers present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents/guardians.

Recommendations for Rule of Two practices in a Virtual Setting:

- The Rule of Two should continue to apply to all minor athletes in the virtual environment (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 Skate Canada coaches in good standing be present and logged-in individually in the virtual classroom, or one Skate Canada coach in good standing and one screened adult (parent, guardian, volunteer, club administrator) in which both are logged-in the virtual classroom – one-on-one sessions is prohibited.
- A clear statement of professional standards expected of the coach during calls should be communicated – (i.e., sessions are not social engagements and should be focused on training/coaching/supporting the development of athletes both physically and mentally).
- 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).
- Recordings are not for public dissemination and should not be posted to public websites or shared with others. The recording of a virtual session should be archived and only be used as a reference if required.
- 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, club 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 Under 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.