

St. Albert Gymnastics Club — Rule of Two Policy

Purpose

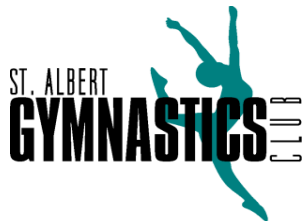
St. Albert Gymnastics Club is committed to providing a safe, healthy, inclusive, and positive sport environment for all participants. The Rule of Two is a leading Safe Sport practice designed to ensure that interactions and communications with athletes are open, observable, and justifiable. This policy supports athlete safety, reduces opportunities for vulnerable one-on-one situations, and helps protect athletes, coaches, officials, volunteers, parents/guardians, and the Club.

Key Principles

1. The Rule of Two means that a coach, volunteer, official, or other person in a position of authority should not be alone with, or out of sight of others with, an athlete, especially a minor or other vulnerable participant.
2. Whenever possible, two screened and appropriately trained or certified adults should be present with an athlete in potentially vulnerable situations.
3. Responsible adults may include screened NCCP trained or certified coaches, screened volunteers, officials, staff members, or screened parents/guardians.
4. All interactions and communications with athletes should be open, observable, justifiable, and, where appropriate, interruptible.
5. One-on-one interactions must be avoided except in emergency situations, including medical emergencies, where immediate action is required.
6. If two screened and appropriately trained or certified adults are not available, the Club should use the safest available alternative, such as a screened parent/guardian, screened volunteer, or another responsible adult.
7. Vulnerable situations may include closed-door meetings, travel, treatment of injuries, dressing rooms, shower areas, training environments, virtual settings, electronic communications, and any isolated space.
8. The Club will work toward consistent implementation of the Rule of Two through practical procedures, appropriate screening, education, supervision, and regular review.

Facility Protocol

Dressing rooms and changing areas. Athletes must be appropriately supervised in dressing rooms and changing areas in a manner that respects privacy, dignity, and safety. The Rule of Two must be followed at all times, particularly when athletes are showering or changing. If separate dressing rooms are required, each dressing room must have appropriate adult supervision.



Privacy while changing. Team officials, staff, volunteers, and parent/guardian representatives must respect athlete privacy and ensure that dressing room doors remain closed while athletes are changing. Supervision must be provided in a way that is observable and accountable without compromising privacy.

Photography and video. Photography, video, livestreaming, or any image capture is not permitted in showers, dressing rooms, washrooms, or other private areas while athletes are undressed, changing, or otherwise in a state of privacy. For special events, including team photos or championships, athletes must be appropriately dressed and consent procedures must be followed before any photography or video takes place. The privacy, dignity, and safety of athletes must always be prioritized.

Injury treatment. When assessing or treating injuries, trainers, coaches, or other personnel must avoid isolated one-on-one situations whenever possible. Treatment should occur in an open, observable, and justifiable setting, with another responsible adult present or nearby, unless an emergency requires immediate action.

Isolated spaces. Parents/guardians, coaches, staff, volunteers, and officials should not leave an athlete unsupervised in an isolated space within the facility and should not leave an athlete alone with a single personnel member. Supervision practices must support open, observable, and accountable interactions.

Waiting areas. Minor athletes should not be left waiting in the facility without appropriate supervision by a parent/guardian or personnel member. When athletes are waiting before or after programming, supervision should be organized to maintain the Rule of Two and avoid isolated one-on-one situations.

Communications and Virtual Settings

Electronic communication with athletes must be transparent, professional, and related to coaching or Club matters. One-on-one texting, emailing, direct messaging, or online contact between a person in a position of authority and a minor athlete should be avoided. Where electronic communication is required, it should include a parent/guardian and/or another responsible adult or be conducted through approved group communication channels. Please reference SAGC Electronic Communication and Social Media Policy,