



Policy Name RULE OF TWO POLICY		Date of Approval June 3, 2025	Activation Date June 4, 2025
Approved By Board of Directors	Linking To Safe Sport Policies MAG, WAG, TG, GFA Operational Guides Complaint Management Handbook		Replacing Previous Version N/A
Review Cycle Reviewed biennially by the Governance Committee with recommendations to the Board of Directors			

1.0 Preamble

GymBC believes in the health, safety and wellness of all gymnastics participants in BC and, in particular, the protection of minors. Everyone participating in gymnastics activities has the right to do so in a safe and inclusive environment free of abuse, harassment, and discrimination, and to enjoy the sport at whatever level or capacity they choose to participate. The Rule of Two is a leading practice to ensure a safe sport environment for all.

2.0 Purpose

The purpose of this Policy is to provide GymBC members and affiliated organizations direction on the Rule of Two to ensure adult interactions with athletes, coaches, officials, and volunteers protect the health, safety, and wellness of all participants.

3.0 Rule of Two Standards

All interactions and communications between all participants should consider the attached Rule of Two guidelines, **AND:**

- 3.1 All interactions and communication between participants must be open, observable, and justifiable.
- 3.2 All physical or virtual interactions must include more than one adult present, noting there may be exceptions in emergency situations.
- 3.3 In-person interactions between an adult and an individual minor (British Columbia, Person under 19 years) must take place within earshot and in view of other individuals (team officials, athletes, parents, officials, and/or club or GymBC representatives).
- 3.4 All communications should be communicated directly to the parent/guardian of an individual minor. It is recommended that another adult is copied on the communication.
- 3.5 Communications directed to an individual minor must be copied to the parent/guardian. It is recommended that another adult is copied on the communication.
- 3.6 Phone calls and text messages shall not be the chosen form of communication between an adult and an individual minor.
- 3.7 The second adult involved in a Rule of Two interaction should not have a direct and immediate personal relationship with the first adult (i.e., the second adult should not be a spouse or family member of the first adult with whom coercion may occur).
- 3.8 At a minimum, meetings in a virtual setting, such as Zoom, Teams, etc., must include one other adult in attendance and preferably the individual minor's parents in attendance.
- 3.9 All GymBC registered coaches and those affiliated with GymBC, including athletes and their parents, are encouraged to complete the NCCP Understanding the [Rule of Two e-learning module](#).

Rule of Two



The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. When following the Rule of Two, two responsible adults (a coach, parent, or screened volunteer) are present with a participant. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.

The Rule of Two is a leading practice to ensure a safe sport environment for all.

INTERACTIONS

- Two trained and screened coaches
- One participant

- One trained coach
- One screened adult
- One participant

- One coach
- Two participants

- One coach
- One participant

How the Rule of Two works

- Work as a team.** A coach should have another coach or screened adult (parent or volunteer) present when interacting with participants.
- Remain open to the public.** Have a training environment that ensures all situations are open, observable and justifiable.
- Plan transportation.** Have two adults present when traveling with a participant(s), and refer to your club travel policy.
- Be sensible.** Be considerate of the gender of the participant(s) when selecting coaches or volunteers.
- Transparent communication.** Ensure that all communications are sent to a group and/or include parents/guardians, without one-to-one messaging.

The Rule of Two in virtual settings

In addition to the recommended guidelines, virtual training sessions also entail the following:

- Parental awareness.** Obtain consent for virtual sessions, plus inform parents of activities that will occur.
- Record each session** and they should be in a professional setting (not a bedroom).
- Weekly debriefing.** Encourage regular check-ins with parents, coaches, and participants about the virtual training.

Whether you are a coach, participant, parent, or volunteer, we are all on the same team to make sport safe and fun for everyone.



Keep Sport Safe, Smart and Secure

For more information, visit
coach.ca/RCM