

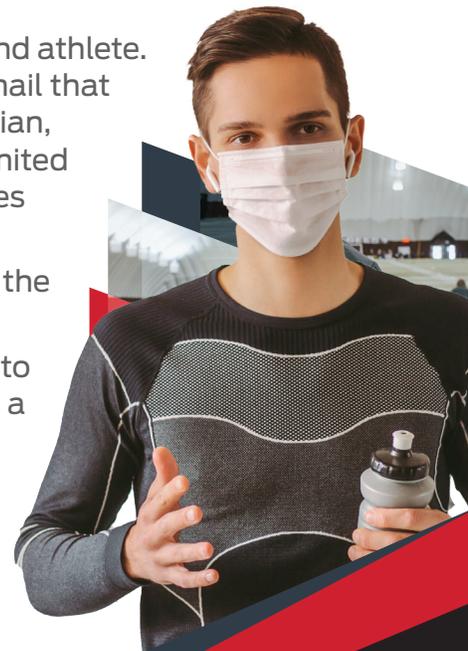
LEADING A RETURN TO SPORT PARTICIPATION

CREATING A SAFE AND INCLUSIVE VIRTUAL ENVIRONMENT

When participants have been away from sport for a long time, maintaining contact and continuing training (where possible) is important. Conducting virtual sessions with your participants can be an effective tool to maintain contact and continue training.

Key considerations include:

- The Rule of Two must always be observed. A coach and a participant must never be alone together.
- For any session when there is only 1 participant, the Rule of Two requires two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, club administrator).
- Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session.
- 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 2 adults (2 coaches or 1 coach and 1 adult (parent, guardian, volunteer, club administrator)). The content of the messages should be limited to coaching (non-social) matters, and parents/guardians 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 videos, etc.).
- 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.
- Ensure that appropriate security settings have been set for video conferencing sessions, including password protected invitations.
- Virtual training can be used in combination with in-person training where appropriate (e.g. a partial lockdown situation).
- Some participants may not have reliable access to technology or internet speed to engage with virtual training.
- Some participants might feel uncomfortable in different online situations.



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Tips for creating a safe and inclusive virtual environment:

- Focus on the physical safety and mental well-being of your participants.
- Communicate a clear statement of professional standards expected of the coach during calls (i.e., sessions are not social engagements, and should be focused on training/coaching)
- Acknowledge all participants, make them feel welcomed
- Ensure all participants have a chance to fully engage
- Use inclusive, gender-neutral language (e.g. avoid “you guys”)
- During virtual sessions, participants should be in an open and observable environment (i.e., avoid bedrooms)
- During virtual sessions, participants must be in an appropriate location (i.e., avoid bedrooms or “overly personal”/unprofessional settings)
- Record sessions where that capacity exists. Ensure meeting participants are aware the meeting is being recorded.
- Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.

