

# Sail Canada Safe Sport

Instructor & Coach Guide



Sail Canada | Voile Canada  
Canada's National Sailing Authority | L'Autorité nationale de la voile



Sail Canada believes that everyone in the sport has the right to enjoy the sport at whatever level or position they participate. Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

# Outline

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What is the Responsible Coaching Movement?

What is Safe Sport?

How?

- Rule of Two
- Open and Observable Environments
- Youth Team Travel Policy
- Parental / Guardian Consent Form
- Background Screening

Why is it important?

# The Responsible Coaching Movement

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- A multi - phase initiative by the Coaching Association of Canada to examine and change sport practices in Canada to make sport safer for everyone involved : Athletes, coaches, volunteers, officials etc.
- In February 2018 Sail Canada signed the CAC Responsible Coaching Movement Pledge to take steps to create a safer sport environment in sailing.

# What is Safe Sport?

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A safe sporting environment is one where all participants and members at all levels have the resources to provide and access a fun, healthy, inclusive and safe environment.

This is achieved through:

- Education
- Awareness
- Policies
- Background screening

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**How can you, as an instructor, coach or administrator, contribute to creating a safe sporting environment?**

# The Rule of Two

Definition (by the CAC):

*There will always be two screened and NCCP trained or certified coaches with an athlete, especially a minor athlete, when in a potentially vulnerable situation.*

- Meaning any one-on-one interaction between a coach and an athlete must take place within earshot and view of the second coach, with the exception of medical emergencies.
- One of the coaches must also be of the same gender as the athlete.
- Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited.

# The Rule of Two

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This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present

Vulnerable situations can include;

- closed doors meetings
- Travel
- and training environments amongst others



# Rule of Two Best Practices Guidelines

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1. When travelling or visiting public places such as shopping malls, movie theatres, tourist attractions etc., sailors and coaches will stay in groups of no less than three persons.
2. During team travel, when doing room checks, attending team meetings and/or other activities, the rule of two and open and observable environments should be maintained.

# Rule of Two Best Practices Guidelines

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3. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
4. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age.

# Open & Observable Environments

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Open and Observable Environments mean making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

# Open & Observable Environments

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**For example**, instead of having one on one athlete/coach conversations behind closed doors, the conversation would occur in an observable environment like a hotel lobby while at an event or at an open area in the boat park or club property.

Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.

Private, or one-on-one situations, should be avoided unless they are open and observable.

***We encourage the Rule of Two by promoting Open and Observable Environments***

# Open & Observable Environments & The Rule of Two

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It is understandable that unforeseen circumstances may arise, such as medical emergencies, however, it is important that the **instructors and coaches do everything possible to be mindful of the Rule of Two and Open and Observable Environments and use common sense to make the necessary adjustments.**

# Youth Race Team Travel

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As a Race Coach you will be traveling to regattas with your race team and youth athletes, it is particularly important for you to be **mindful of the Rule of Two and Open and Observable Environments as you may be staying with the team and there is less structure in the schedule compared to training.**

# Youth Race Team Travel Policy

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The purpose of a Team Travel Policy is to establish standards of behavior and manage expectations of the team and coaches, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel to or at an event or regatta or other team activity that is planned and supervised by the coaches.

Sail Canada recommends that the coach reads and signs the Youth Race Team Travel Policy

The Youth Race Team Travel Policy Template is based on the travel policy that is used for coaches and team leader of the Sail Canada Youth Worlds Team.

# Parental / Guardian Consent Form

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As you may be travelling with minors as a race coach it is important that you have the athlete's parents read and understand your Club or Provinces Youth Team Travel Policy.



# Background Screening

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As of January 1st, 2019 all Sail Canada instructors and coaches will be required to complete an Enhanced Information Police Check in order to become registered.

This can be done easily and online

<https://www.sterlingtalentsolutions.ca/landing-pages/s/sail-canada/>.

An Enhanced Police Information Check can also be done through a local police station.

# Why is this important?

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Following the Safe Sport Best Practices and Policies helps keep everyone in sport safe, feeling comfortable and protected in their sporting environment. This allows everyone to learn, grow and excel.

# Resources

If you are interested in knowing more about the Responsible Coaching Movement or would like more resources about creating a Safe Sport Environment see below:

- CAC Responsible Coaching Movement :

<https://www.coach.ca/responsible-coaching-movement-s17179>

- Sail Canada Respect in Sport Module :

[https://www.sailing.ca/files/Respect in Sport info sheet EN.pdf](https://www.sailing.ca/files/Respect%20in%20Sport%20info%20sheet%20EN.pdf)

- Canadian Centre for Ethics in Sport : <https://cces.ca/resources>