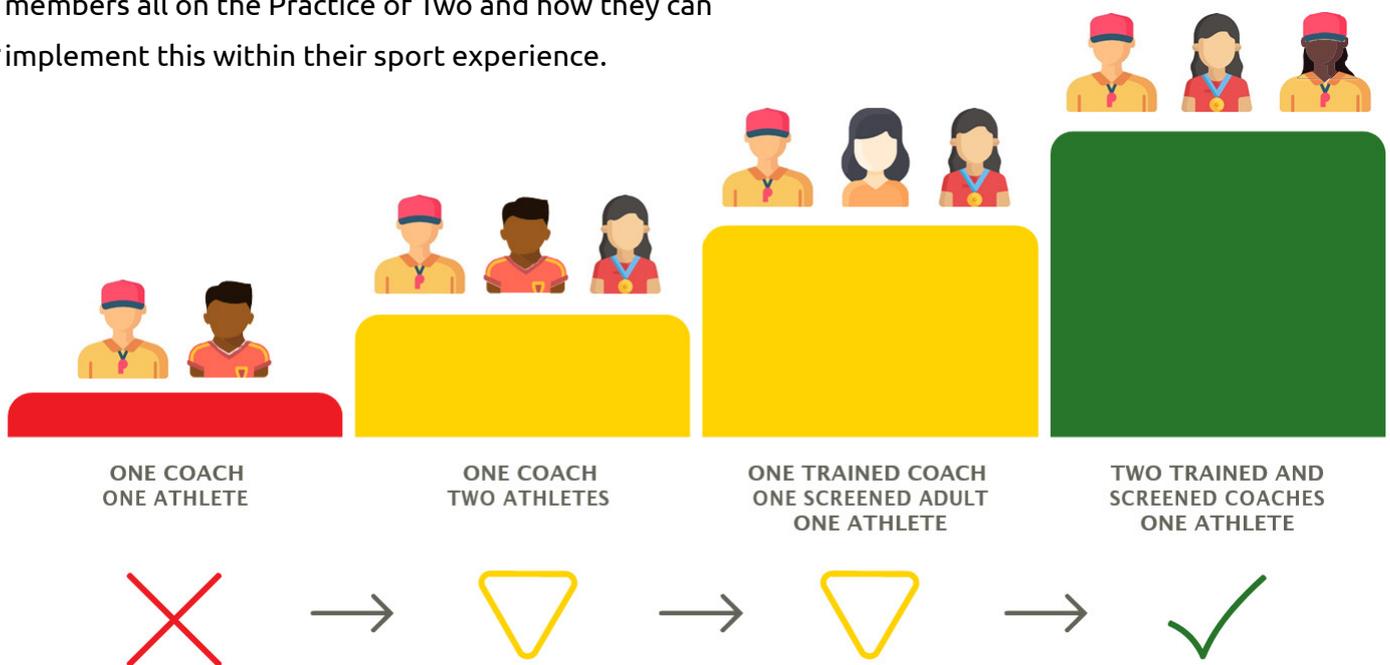


# Special Olympics BC

## Safe Sport – Practice of Two

Special Olympics BC strives to work together with coaches, volunteers, athletes, staff, and stakeholders to achieve the **Practice of Two**, providing support in potentially vulnerable situations. SOBC's goal is to ensure no one is put in a vulnerable situation, and to provide a safe environment for all in any SOBC program, event, or meeting. Special Olympics BC is working to educate all members all on the Practice of Two and how they can implement this within their sport experience.



### What is the Practice of Two?

The Practice of Two serves to support all Special Olympic BC members in potentially vulnerable situations. The goal is to protect everyone by **limiting or decreasing one-on-one sport and social situations**.

In the Practice of Two, SOBC coaches, volunteers, athletes, staff, and stakeholders should work towards having no fewer than three individuals present in a potentially vulnerable situation. (The public at a venue can be counted as a party.) Vulnerable situations can include closed-doors meetings, travel, and remote training environments.

The implementation of the Practice of Two means that any one-on-one interaction between a coach and an athlete, both on and off the field of play, should, if possible, take place within earshot and view of a second coach or volunteer, except for medical emergencies. It is encouraged that one of the coaches/ volunteers should also be of the same gender as the athlete.

## Tips to work towards the Practice of Two

---

SOBC coaches, volunteers, athletes, and staff are encouraged to limit any private (one-on-one) situations unless in an emergency. Coaches and volunteers are supported to identify situations that may put them or their athletes in a vulnerable situation and consider ways to avoid or alter the environment.

SOBC provides educational opportunities regarding our code of conduct, and documentation to work towards safe sport for all.

The following are encouraged as best practices:

### Travel

- Work in situations where there is more than one coach or volunteer present with a single athlete.

### Texting

- Use group texting rather than individual one-on-one texting.
- Maintain recorded documentation (save chats or screenshots) in both group and individual texting.
- It is noted that individual situations may be needed, but the Practice of Two would be to work towards group texting as much as possible.

### Phone calls

- As often as possible, have a third-party present on either end.

## Safe Sport resources

---

- Special Olympics BC  
[www.specialolympics.ca/british-columbia/safe-sport](http://www.specialolympics.ca/british-columbia/safe-sport)
- viaSport British Columbia  
[www.viasport.ca/safe-sport](http://www.viasport.ca/safe-sport)
- Coaching Association of Canada  
[www.coach.ca](http://www.coach.ca)