



Safe Sport Policy

General Guidelines

1. Ideally one coach and at least one other adult will be present at all practices and other sanctioned club activities whenever at least one athlete is present.
2. An open and observable environment will be maintained for all interactions between adults and athletes. Private, or one-on-one situations will be avoided unless they are open and observable.
3. Coaches will not invite or have an athlete(s) to their home without the permission of the athletes' parents (or legal guardian). In the event of this situation occurring, another adult will also be present.
4. During team travel, when doing room checks, attending team meetings, and/or other activities, two adults will be present and open and observable environments will be maintained.
5. Athletes are not allowed to ride in a coach's vehicle without another adult present, unless prior parental permission is obtained, and only as a last resort.
6. During overnight team travel, when athletes are paired with other athletes, they will be of the same gender and will be a similar age. Chaperones and/or team administration will stay in rooms on the same floor.
7. In the case that only one coach is traveling to a competition, at the competition the coach and athlete(s) will establish a "buddy" club to associate with during the competition and when away from the venue.
8. Communications between non-athlete adult members and athletes cannot include any topic or language that is sexual or inappropriate in nature.
9. Non-athlete adult members will respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
10. Relationships of a peer-to-peer nature with any athletes are not tolerated. For example, coaches are not to discuss their own personal problems with athletes.
11. Coaches and other non-athlete adult members are not allowed to be involved with horseplay and roughhousing with athletes.
12. When a coach touches an athlete as part of instruction, the coach will do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes will be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction includes high fives, fist bumps, handshakes, and consenting hugs (i.e. after an extraordinary race).
13. Coaches will not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.

14. Coaches will not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services. Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

- a. The amount of time that has passed since the coach-athlete relationship terminated
- b. The circumstances of termination
- c. The athlete's personal history
- d. The athlete's current mental status
- e. The likelihood of adverse impact on the athlete and others
- f. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
- g. Both the athlete and the coach must be 18 years of age or older