

Ottawa Bicycle Club Policy #9

Youth and Junior Programs Responsible Coaching Policy

Coaches have many responsibilities and one of them is to ensure they provide a safe environment for the athlete and for themselves. When athletes and athletes' parents entrust a coach as a leader they assume they have taken steps to become a responsible coach. Although advances in athlete protection in the past twenty years have decreased instances of athlete maltreatment in amateur sport, incidents of athlete abuse, harassment by coaches, and risks to athlete safety have continued to occur.

The coaching of cycling, particularly while attending competitions away from home, creates situations that puts OBC youth athletes in a position of risk. To address this risk, The Ottawa Bicycle Club's Youth and Junior Programs adhere to the **Responsible Coaching Movement** which applies to all Ontario Cycling Association (OCA) coaches working with ***youth and other members considered part of the vulnerable sector*** (e.g. persons with disabilities).

The approach focuses on three key areas:

- Rule of Two
- Background Screening
- Respect & Ethics training

Rule of Two

There shall always be at least two screened and National Coaching Certification Program (NCCP) trained or certified coaches with an individual athlete, especially a minor athlete, when in a potentially vulnerable situation. Vulnerable situations can include closed doors meetings, travel, and training environments amongst others. This means that any one-on-one interaction between a coach and an athlete must take place within earshot and view of a 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.

Our Program coaches, volunteers and parents can all support the 'Rule of Two' in the following ways:

- By working with our athletes, we shall identify situations that may make them vulnerable and discuss ways to deal with them;
- When identifying the coaching team, we shall consider the demographics of the athletes and try to ensure appropriate composition of staff;
- Where travelling to events is necessary, coaches/volunteers will avoid situations where there is only one coach/volunteer with a single minor athlete. If this is not

logistically possible, then we shall ensure that the coach/volunteer has been appropriately screened (see below), the athlete is comfortable with the individual, and parental consent is given. As soon as possible when arriving at the destination, and during the event, the coach/volunteer shall find a “buddy” coach/volunteer to associate with during the event and when away from the venue;

- We shall work to identify situations during practice and competition that may put coaches/volunteers/athletes in a vulnerable situation and consider ways to avoid or alter the environment;
- Avoid situations where if a rider is dropped from a training group, that they would find themselves riding alone with a coach/volunteer;
- Encouraging parents to appropriately support their children’s involvement;
- Allowing our training environments to be open to observation by parents;
- Ensuring an open and observable environment for all interactions between adults and athletes;
- Avoiding private or one-on-one situations unless in an emergency.

Background Screening

The background screening process involves using a number of different tools to ensure coaches and volunteers meet the necessary security requirements to coach or work with youth program athletes. These tools may include a screening disclosure form, criminal record checks, vulnerable sector verification, interviews, and reference checks.

The OBC Youth and Junior Programs follows the approach of the *OBC Screening Policy*

Ethics Training

Increasing coaches’ ethical conduct and ethical behaviour toward athletes requires that coaches be trained to understand what it means to act ethically. OBC Youth and Junior Program coaches shall, as part of the National Coaching Certification Program (NCCP) training, work towards completion of the ***Make Ethical Decisions (MED)*** module. Coaches are required, and parents and volunteers are encouraged, to participate in training opportunities regarding abuse and harassment prevention through online tools such as ***Respect in Sport***.

Useful Links

NCCP Make Ethical Decision (MED) is available:

1. In-class option [check [CAO calendar](#) for upcoming courses;
2. Online live delivery [check [CAO calendar](#) for upcoming courses;
3. [Online Evaluation](#) without taking training [only 2 attempts to pass or training will be required].

Respect in Sport: Available online at <http://respectgroupinc.com/respect-in-sport/>