NOVA SCOTIA AMATEUR WRESTLING ASSOCIATION
RULE OF TWO

As part of Nova Scotia Amateur Wrestling Association's Safe Sport Strategy, all coaches, officials, and volunteers who work with athletes will be required to sign the Rule of Two Document.

The signer shall follow the Rule of Two Criteria as listed below:

- When identifying your team, consider demographics of your athletes and try to ensure appropriate composition of coaches/volunteers.
- When travel is necessary, avoid situations where there is only one coach/volunteer with a single minor athlete. If this is not possible, then ensure that
    - the coach/volunteer has been appropriately screened according to the NSAWA screening policy,
    - 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, find a "buddy" coach/volunteer to associate with during the event and when away from the venue.
- Self-identify situations during practice and competition that may put you or your athletes in a vulnerable situation and consider ways to avoid or alter the environment.
- Encourage parents to appropriately support their athlete's involvement.
- Allow training environments to be open to observation by parents.
- Ensure an open and observable environment for all interactions between adults and athletes.
- Avoid private or one-on-one situations unless in an emergency. Leave the office door open or have the conversation in a visible but removed part of the facility.

I agree to follow this policy.

_____ _____
DATE PRINTED NAME

_____ _____
POSITION SIGNATURE

Witnessed by:

_____ _____
DATE PRINTED NAME

_____ _____
POSITION SIGNATURE