



North York Hearts Soccer Club Inc

Mailing address: PO Box 31067 Drive-Thru Parcel Centre, Richmond Hill, ON L4C 0V3
Tel: 647-388-8135

Email: info@heartssoccer.com Website: www.heartssoccer.com



Rule of Two Policy

Effective Date: 1-Mar-2026

Introduction

North York Hearts Soccer Club is committed to ensuring all children are protected and safe. The Rule of Two policy is an important part of creating safe environments for children. The safety, rights and well-being of children participating in our programs is a priority in our daily operations.

Purpose and Scope

The goal of the Rule of Two is to ensure all interactions and communications between a Person in Authority (coach, staff, volunteer) and an athlete are open, observable, and justifiable. The aim is to create a safe, secure environment, reducing risks of abuse or misconduct.

This policy applies to all coaches, staff, volunteers, trainers, and officials, specifically when interacting with athletes, particularly minors or vulnerable individuals, during training, games, travel, and virtual interactions.

Key Guidelines (The “Rule of Two” in Practice)

- **Never Alone:** A Person in Authority must not be alone with an athlete. A second, screened adult (coach, volunteer, or parent) must always be present.
- **Alternative Supervision:** If a second adult is unavailable, another athlete must be present, or the activity must be canceled.
- **Same Gender Representation:** At least one of the Persons in Authority should be of the same gender as the athlete(s) whenever possible.
- **Open Environments:** All training and one-on-one interactions must take place within earshot and in view of others (e.g., in an open gym, not a closed office).

Specific Situations

- **Locker Rooms/Changing Areas:** To be supervised by two screened adults of the same gender as the player(s).
- **Travel/Accommodations:** A coach may not be alone in a car or hotel room with an athlete unless they are the parent/guardian. Room checks must be done by two adults.
- **Virtual Training/Communication:**
 - One-on-one messaging (email, text, social media) is prohibited.
 - Virtual sessions should be recorded or have a second adult present.
 - Parents must be copied on all communication.

Implementation and Compliance

- **Screening:** All adult staff and volunteers in a position of authority must undergo background checks.
- **Training:** Coaches should be trained on the Rule of Two and safe sport practices.
- **Reporting:** Any breach of this policy must be reported immediately to Shahe Emirzian, Vice President and Head of Administration

Exceptions

Exceptions are permitted only in Emergency Situations (e.g., acute medical distress) where another adult is not immediately available. Shahe Emirzian, Vice President and Head of Administration must be made aware of these situations.