

## BEST PRACTICES TO PROVIDE A SAFE SPORT ENVIRONMENT IN DIVING

*The following are a collection of “Best Practices” from other sport and youth organizations that are provided by Diving Plongeon Canada (“DPC”) as suggestions for incorporation in the policies and practices of the diving community at all levels.*

### 1. One-on-One interactions:

- 1.1. An unrelated Person in Authority may NOT be alone with a Minor (a) in a private setting, and (b) in any place that is inappropriate to the professional relationship (i.e., a social setting outside the training or competition environment). Sports activity conducted within the view and/or earshot of another Person in Authority is not considered a one-on-one interaction if there is reasonable opportunity for interruption.
- 1.2. Athletes may not reside with an unrelated Person in Authority, nor may an unrelated Person in Authority reside with an athlete’s family.

### 2. Travel

- 2.1. Identify who is acting as the travelling leader (chaperone) of the divers (coach(es), parents, other Person in Authority). If it is not the parent, written authority from the parent/guardian of the athlete for supervision is to be provided to the travelling chaperone.
- 2.2. When traveling, regardless of distance, an unrelated Person in Authority shall not be alone with a Minor Participant.
- 2.3. Young or first-time travelers must be educated on appropriate boundaries and conduct between Persons in Authority and athletes. Provide multiple suggestions for how Minors can get help/support as needed.
- 2.4. Review safety protocols such as always using the “rule of two” system, rather than being alone (in hotel rooms, using restrooms, etc.).
- 2.5. For overnight travel, assign athletes to hotel rooms with age-appropriate (within 2 years of age), same-sex teammates.
- 2.6. Do not allow an unrelated Person in Authority to share or be alone in a hotel/dorm/sleeping room with athletes.

### 3. Locker Rooms/Changing Areas

- 3.1. Interactions (i.e. conversation) between Persons in Authority and athletes should not occur in any room where there is a reasonable expectation of privacy such as an office, locker room, restroom or changing area. A second Person in Authority, adult or multiple divers, should be present for any necessary interaction between an adult and a diver in any such room.

- 3.2. The use of recording devices of any kind in rooms where there is a reasonable expectation of privacy is strictly prohibited.

#### **4. Social Media and Communication**

- 4.1. Persons in Authority and athletes should apply the spirit of the Rule of Two to virtual settings. One-on-one interactions between Persons in Authority and Minor athletes should be open and observable (e.g., by documenting the interaction, copying or including parents/guardians, and/or by using other strategies that protect athletes).
- 4.2. Comments or conversations that contain adult themes or information not intended for public disclosure, should be discussed out of earshot of athletes/participants.
- 4.3. As part of their strategy for social media use, Persons in Authority should limit interactions in these spaces and avoid initiating contact. Interactions must be open and observable (i.e., public rather than private) and parents/guardians of Minor athletes must be aware if some interactions may take place in this space. Parents/guardians of Minor athletes may request that the Person in Authority cease all interaction with their Minor athlete via social media.
- 4.4. For all electronic communication between Persons in Authority and Minor athletes (such as texting and emailing), parents/guardians must be aware if some interactions may take place in this space. Coaches should limit these interactions to non-social matters. Interactions should also be documented (e.g., saved or recorded) and in some cases, particularly for Minor athletes under the age of 16, a parent/guardian should be copied on the interactions and/or regularly consent to their occurrence.

#### **5. Gifts and Privileges**

- 5.1. Gift-giving or providing special favours or privileges from unrelated Persons in Authority to individual athletes (other than end-of-season individual honours or awards) is prohibited. Gifts may be distributed to the entire team or group.

#### **6. Photography / Videography**

- 6.1. Photographs and video may only be taken by unrelated Persons in Authority in public view, must observe generally accepted standards of decency and be both appropriate for and in the best interest of the diver.
- 6.2. Examples of photos that should be edited or deleted include:
  - 6.2.1. Any image where the genital area is prominent
  - 6.2.2. Images with misplaced apparel or where undergarments are showing
  - 6.2.3. Suggestive or provocative poses
- 6.3. Without parent or legal guardian's consent, in the case of a Minor diver, or an adult diver's consent (a) athletes may not be photographed or filmed; and (b) no images of athletes may be posted publicly or privately. If consent is given, it may be revoked at any time.

## **7. Massage/Icing/Taping**

- 7.1. Any rubdown or massage performed on a diver by any unrelated Person in Authority must be conducted in open/public locations, with the athlete's consent (or parent's consent in the case Minors) and must never be done with only a diver and unrelated Person in Authority in the room. Massages must be done by licensed and qualified therapists or medical professionals.
- 7.2. Icing and taping must be conducted in open/public locations and must never be done with only a diver and unrelated Person in Authority in the room.
- 7.3. Icing and taping near the intimate areas of the body is not permitted by any unrelated Person in Authority - unless it is done by a licensed medical professional – and must NEVER be done with only a diver and unrelated Person in Authority in the room.

## **8. Stretching and Other Physical Contact**

- 8.1. Persons in Authority should take care to prevent any compromising positions while stretching or closely interacting with athletes.
- 8.2. Physical contact that is reasonably intended to coach, teach or demonstrate a sports skill or to prevent or lessen injury (e.g., spotting, catching) is not only permissible, but a necessary part of the sport. Spotting (as taught in NCCP technical courses) is encouraged as a teaching tool.
- 8.3. Permission for appropriate physical contact can be incorporated into communication between athlete and Person in Authority. For instance, "Are you okay if I spot you on your next attempt to show you the correct shape?"
- 8.4. Infrequent, non-intentional physical contact, particularly contact that arises out of an error or a misjudgment on the part of the diver, does not violate this policy.
- 8.5. Making amends, such as an apology or explanation, is encouraged to further help educate athletes on the difference between appropriate and inappropriate contact.