



# AWA Field of Play Guideline

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## Purpose

The Purpose of this Document is to align with the Coaching Association of Canada and the Canadian Centre for Ethics in Sports **Responsible Coaching Movement Guidelines**. The RCM invites all coaches and sport organizations to learn and apply consistent safety principles. It includes three distinct pillars, each serving to create a sport environment that is Safe, Smart, and Secure. These three pillars are made up of The rule of Two, Background Screening, and Ethics Training (see section 4.0 for more details).

## Definitions

- Field of Play: Any area that provides direct or indirect access to the Competition.
- Head Coach: Any individual that has completed the NCCP Competition Introduction training and has received their Certified status on their NCCP Locker
- Assistant Coach “Trained”: Any individual who has completed the NCCP Competition Introduction training as well as MED, Sport Nutrition, and Planning a Practice training. This individual will show “Trained” on their NCCP profiles.
- Assistant Coach “In Training”: Any individual who’s completed the NCCP Competition Introduction training but has yet to complete the 3 multisport modules.
- RCM: Responsible Coaching Movement
- Backroom Assistant: An Individual that meets all the requirements to enter the “Field of Play”, (please see section 2.0)

## AWA Guideline For Access to Field of Play

### Coaches

1.1 To obtain access to the 'Field of Play', Head coaches must:

1.11 Be a member in good standing with the Alberta Weightlifting Association (AWA) or respective PSO.

1.12 Has registered in the Event’s Coach Registry.

1.13 Have received, at a minimum, NCCP Comp-Introduction “Certified” Status.

1.2 Assistant Coaches with a Comp-Intro ‘Trained’ status, may be granted access to the field of play under the following conditions:

1.21 Be a member in good standing with the Alberta Weightlifting Association (AWA) or respective PSO.

1.22 Has registered in the Event’s Coach Registry.

1.23 Have received Comp-Intro ‘Trained’ Status.

1.24 May perform all the duties of the head coach under supervision of a Comp-Intro Certified Coach.

1.3 Assistant Coaches with a Comp-Intro ‘In Training’ status, may be granted access to the field of play under the following conditions;

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### Document History

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1.31 Be a member in good standing with the Alberta Weightlifting Association (AWA) or respective PSO.

1.32 Has registered in the Event's Coach Registry.

1.33 Comp-Intro 'In training' Coaches may only assist with loading/warming up of an athlete, they are not allowed to make any changes on the athlete sheet for the head coach.

1.33 A Comp-Intro "In training" Coaches must complete Safe sport training or MED training to enter the "Field of Play".

1.4 All Coaches in the field of play including Assistant Coaches will be required to complete a background check as per AWA's Safe Sport Policy.

## 2.0 Back Room Assistants

2.1 To obtain access to the 'Field of Play', Backroom Assistants must:

2.11 Be a member in good standing with the Alberta Weightlifting Association (AWA) or respective PSO.

2.12 Has registered in the Event's Coach Registry.

2.13 Must complete, at a minimum, Safe Sport training and/or MED (reach out to VP Technical for information on the specific courses that qualify)

2.14 Back Room Assistants in the field of play including will be required to complete a background check as per AWA's Screening Policy.

2.15 Back Room Assistants must fully understand the requirements of the "rule of two" (please review Rule of two information in section 5.0)

2.2 Back Room Assistants are limited to following:

2.21 Limited to only assisting with the loading and unloading of barbell on the platform designated by the head coach.

2.22 Under no circumstances may the assistant make changes to the athlete declaration card in place for the Athlete's Coach.

## 3.0 Control Process

In order to maintain control of the warm up area, we will implement either a name tag lanyard system or coloured wrist bands (at the discretion of the Event's Competition Director). This is to ensure the Technical Controller knows the responsibilities/limitations of those in the warm up area.

1. Comp-Intro and Comp-Intro Trained Coaches will be indicated with a name tag Lanyard
2. Comp-Intro "In training" Coaches and Back Room Assistants will be indicated with marked Name Tag Lanyard and/or coloured wrist band.

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## 4.0 RCM Pillars



### Rule of Two

A safe sport environment ensures all coaches, staff, and administrators apply the Rule of Two. When following the Rule of Two, all interactions and communications with participants are in open, observable, and justifiable settings, and two responsible adults — whether a coach, parent, staff or screened volunteer — are present. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.



### Background Screening

A secure sport environment is one where all coaches and sport organization leaders are screened to meet requirements to be involved in sport. Screening includes comprehensive background and reference checks, interviews, plus police information checks, to be done at regular intervals.



### Ethics Training

A smart sport environment ensures coaches are trained and have the confidence and skills needed to effectively manage challenging situations. Lifelong learning through numerous training modules helps coaches expand their knowledge and awareness of important topics throughout their career.



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## 5.0 Rule of Two

### Safety in Numbers

# Rule of Two



The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. When following the Rule of Two, two responsible adults (a coach, parent, or screened volunteer) are present with a participant. There may be exceptions in emergency situations. Check with your sport organization as to how the Rule of Two is enforced.

The Rule of Two is a leading practice to ensure a safe sport environment for all.

### INTERACTIONS



- Two trained and screened coaches
- One participant



- One trained coach
- One screened adult
- One participant



- One coach
- Two participants



- One coach
- One participant

## How the Rule of Two works



**Work as a team.** A coach should have another coach or screened adult (parent or volunteer) present when interacting with participants.



**Remain open to the public.** Have a training environment that ensures all situations are open, observable and justifiable.



**Plan transportation.** Have two adults present when traveling with a participant(s), and refer to your club travel policy.



**Be sensible.** Be considerate of the gender of the participant(s) when selecting coaches or volunteers.



**Transparent communication.** Ensure that all communications are sent to a group and/or include parents/guardians, without one-to-one messaging.

### The Rule of Two in virtual settings

In addition to the recommended guidelines, virtual training sessions also entail the following:



**Parental awareness.** Obtain consent for virtual sessions, plus inform parents of activities that will occur.



**Record each session** and they should be in a professional setting (not a bedroom).



**Weekly debriefing.** Encourage regular check-ins with parents, coaches, and participants about the virtual training.

Whether you are a coach, participant, parent, or volunteer, we are all on the same team to make sport safe and fun for everyone.