



BCAQ Virtual Training Session Protocol

The following documents provides information regarding proper virtual training environments. It is mandatory for all BC Aquasonics coaches to follow the procedures below for all online training sessions. Parents and Guardians are encouraged to familiarize themselves with the information outlined in the [Responsible Coaching Movement](#): Rule of Two, Background Screening & Ethics Training. Coaches in B.C. must meet all of these standards in order to be in good standing with BC Artistic Swimming.

All virtual sessions will follow the virtual [Rule of Two](#) guidelines as outlined by the Coaching Association of Canada.

1. It is recommended that a parent or guardian is present during a training session for athletes under the age of 16. Coaches will inform the parent or guardian of this one time at the beginning of the season and it is up to the families to follow this recommendation.
2. Two adult coaches will be present, **or** one coach and one adult (parent, guardian, volunteer, club administrator).
3. One -on-one coach and athlete sessions are **prohibited**
4. Sessions will focus on many aspects of training including but not limited to dryland training, team meetings, flexibility, team building games, club events, etc. They are **not**, however, social events.
5. Parents/Guardians have the right to ask for an outline of all training sessions before their athlete takes part in any session.
6. Sessions must occur in an open and observable environment by both the coach and the athletes (i.e. not in a bedroom).
7. It is encouraged for parents/guardians of athletes under the age of 16 to debrief with their athlete about each online session.