



Virtual/On-Line Training - In a Safe Sport Environment

Always Maintain Open and Observable Environments

- Any communication must be done in a public (multiple person or group) manner.
- Any Virtual Training (VT) session must have multiple athletes in attendance.
- Parents must be copied on any communication to an individual athlete.
- Coaches must have line of sight (web cam) to each athlete participating in the training session, and all participants must have their cameras on, including coaches.

Additional Athlete Safety Considerations

- Activities should be password protected available only to registered coaches and swimmers.
- All participants should have the most up to date version of the software to maintain security
- Coaches should instruct athletes to work-out in a safe space that is obstacle and distraction free.
- If an athlete expresses any health or safety concerns, they must be advised to stop immediately
- VT sessions may not introduce any training equipment that athletes are unfamiliar with using as coaches cannot properly monitor the use of such equipment.
- During VT sessions, coaches should only deliver activity content or advice for which they are trained.

Best Practice Considerations

- A parent should maintain a presence during training sessions to assist in monitoring their athlete's safety.
- Athletes need to be reminded not to record or share the training session.
- Coaches should take attendance for every training session.
- Proper training attire should be worn, and neither coaches nor athletes should wear anything they would not wear during a regular in-person training session.
- Communications between coaches and athletes should only be done during reasonable hours (i.e. 7am-7pm)
- VT sessions should not be conducted any later than an in-person training session would normally be held.
- Coaches should remind their athletes to stay hydrated.
- Coaches should be open to feedback from their athletes to adjust their VT sessions.
- For more advice and guidelines on dryland training, please see [this letter](#) from Dr. Allan Wrigley, Swimming Canada's IST Director, and [this page](#) on the Rule of Two from the Coaches Association of Canada