

USA Gymnastics SAFE SPORT POLICY

ONE-ON-ONE INTERACTIONS

One-on-one interaction is defined as one Adult Participant and one Minor Athlete.

One-on-one interactions between an Adult Participant and a Minor Athlete must be observable and interruptible unless an approved exception applies.

SOCIAL
MEDIA

VIRTUAL
TRAINING

OFFICE
MEETINGS

TRAINING

MEDICAL
TREATMENTS

LOCKER ROOMS

ELECTRONIC
COMMUNICATION

TRANSPORTATION

LODGING

BANQUETS &
PARTIES

Approved Exceptions

With the appropriate consent the following exceptions exist for the one-on-one policy:

- **Emergency**
- **Dual Relationship** – The Adult Participant has an existing relationship with Minor Athlete outside of the gymnastics program prior to the start of the coach/athlete relationship.
- **Close-in-Age** – The Adult Participant has no Authority over the Minor Athlete and is not more than 4 years older than the Minor Athlete.
- **Personal Care Assistant** – The Adult Participant is a Personal Care Assistant and has met all the requirements.

**There are no approved exceptions for medical treatments. There must always be another Adult Participant present.*

Emergency Circumstances

Common examples of emergency circumstances are listed below. Please note that this list is not exhaustive, and that Adult Participants must carefully consider whether a specific circumstance meets the threshold of “emergency.” It is also recommended that Adult Participants document emergency situations in accordance with the protocols of their organization.

- **Injury**
- **Weather Emergency**
- **Minor making a report of abuse**
- **Parental Emergency**
- **Last minute changes to schedule**



One-on-One Interactions – Common Questions

- 1. Can an Adult Participant with authority over Minor Athletes have a team party at their house with Minor Athletes?**
 - A.** Yes. The one-on-one policy is not in violation when there is more than one adult or one minor in any given situation. USA Gymnastics strongly recommends any event that takes place in the home of an Adult Participant to always include parents of the Minor Athletes and limit access to common areas of the home such as the living room, kitchen, or back yard.

- 2. Can an Adult Participant with authority over Minor Athletes attend a dinner at the home of a Minor Athlete at the parent's request?**
 - A.** Yes. Providing the parents are in attendance and all interactions between the Adult Participant and Minor Athlete remain observable and interruptible, the One-on-One Policy is not violated. A Member Club may set rules that limit this type of interaction between families of the club and staff.

- 3. Can a coach transport two Minor Athletes alone in a vehicle?**
 - A.** Yes. As long as the Adult Participant has at least two minors or another Adult Participant, they can transport Minor Athletes without violating the One-on-One Policy. The coach is required to sign the club's transportation policy annually and parent sign consent on an annual basis allowing the coach to transport.

- 4. Must a Minor Athlete who is also employed by their member club to coach recreation classes follow the one-on-one policy?**
 - A.** It depends. The USA Gymnastics Safe Sport Policy does not address minors as coaches. However, that minor still falls within the SafeSport Code and subject to the rules that govern misconduct. It is advisable that any Minor Athlete who coaches, follow all Prevention Policies if they are not within 4-years of age of the athletes they coach.

- 5. Would an 18-year-old assistant coach for a team with Minor Athletes ages 15-16 years old meet the Close-in-Age exception?**
 - A.** No. For the Close-in-Age exception to apply, the Adult Participant must have no authority over Minor Athletes. An assistant coach is in a position of authority.

- 6. Are one-on-one interactions between a coach who is also the uncle of a Minor Athlete on his team allowed?**
 - A.** It depends. If the coach obtained a Dual Relationship consent form from the Minor Athlete's parent/guardian, then one-on-one interactions do NOT need to be observable and interruptible. Parents must give written consent annually for such interactions to occur.

- 7. Is individual training allowed if another adult is watching through a closed-circuit tv monitor, but not in the gym?**
 - A.** No. Individual training must occur in an environment with another adult physically present.

- 8. What should I do if a Minor Athlete attempts to contact me through my social media account?**
 - A.** If a Minor Athlete attempts contact outside of the approved formats, you should kindly state that it is against Safe Sport Policy for Adult Participants to have one-on-one interactions through social media and all communication must occur in observable environments. All such responses should include either the parent or club management.

- 9. Can a Member Club offer sports psychology or mental health services?**
 - A.** It depends. All medical services, including mental health must occur in an observable and interruptible location. Such services cannot occur behind closed doors or in private spaces in facilities under the jurisdiction of USA Gymnastics. If a session by a therapist requires a private setting, then such sessions must occur off site at the office of the therapist. Offsite sessions cannot be sponsored by the Member Club.

- 10. If a parent is present in the room when medical treatment occurs, does this satisfy the requirement for a second Adult Participant to be present in the room?**
 - A.** No. There must be a second Adult Participant present in the room who has completed the SafeSport Core Course.

- 11. If the second Adult Participant is in an adjacent room where they can see the treatment, does this satisfy the requirement for a second Adult Participant to be present during treatment?**
 - A.** No. The second Adult Participant must be in the same room as treatment.

- 12. What should I do if a parent doesn't pick their child up and I'm left with the Minor Athlete by themselves?**
 - A.** This is considered an emergency and an exception to the One-on-One Policy. An emergency is a serious, unexpected, and possibly dangerous situation that requires quick action and cannot be avoided. It will be important to document the situation with the details of what happened, communication with the parents, and how the situation was resolved.

- 13. I belong to the same church as a Minor Athlete I coach and attend many events the church sponsors. How do I manage interactions with the Minor Athlete?**
 - A.** Adult Participants and Minor Athletes often attend the same activities outside of the gymnastics environment such as school, church, or a community event. In those situations, the One-on-One Policy must be adhered to at all times and interactions remain professional.

- 14. I need to have a meeting with a Minor Athlete that requires the exchange of sensitive information, may I have a closed-door meeting?**
 - A.** No. In situations requiring a personal conference, the meeting is to be conducted with the knowledge and in view of another adult. Meetings that require an exchange of sensitive information should be documented and communicated with the Minor Athlete's parents.