



Travel Guidelines

Local Travel

Local travel involving one-on-one situations between an athlete and an unrelated adult is a high-risk situation. The goal of these guidelines is to prevent athletes from routinely spending time alone with unrelated adults.

Tips to consider

- #1 - Plan an early team social event so that families from the same neighborhood can meet one another and discuss travel arrangements
- #2 - Create team directories, neighborhood maps and sign-up sheets to help parents arrange their own carpools.
- #3 - Provide the coach with parents' cell numbers as well as a list of back up contacts for alternate transportation for each athlete in the event that practice ends early.
- #4 - Notify parents and athletes of schedule changes as soon as possible so that they can arrange alternative transportation if needed.
- #5 - Ask parents to notify the organization when their transportation plan changes, such as when a child rides home with a different teammate.

Travel for Younger or Less Experienced Athletes

Misconduct often consists of a series of actions that extend beyond normally accepted behavior. Inexperienced athletes are at risk because they aren't aware of the boundaries and look to a coach or other adult for guidance. Sport clubs can reduce the risk of misconduct by preparing athletes for overnight travel and involving parents in monitoring and prevention.

Tips to consider

- #1 - Communicate the rules of travel (such as traveling in groups and multiple chaperones) to athletes.
- #2 - Identify first-time travelers so that chaperones can offer additional monitoring and support to these athletes.

- #3 - Pair first-time travelers with more experienced athletes of a similar age.
- #4 - Provide a full itinerary to families as soon as possible so that the athlete can become familiar with the schedule.
- #5 - Assign rooming/travel groups before travel.
- #6 - Where practical, consider scheduling an early season competition trip that is close enough for families to drive so that they can become familiar with the routines of competitive travel.

~As adapted from the US Olympic and Paralympic Committee