



Coaching Online Checklist

Virtual coaching and training sessions are becoming increasingly popular, and when used safely they represent a great way for coaches and athletes to stay connected.

Use Our Checklist to Keep Your Online Coaching Sessions Safe, Transparent and Inclusive for Everyone



Keep Communication Professional and Transparent

Don't communicate one-on-one with individual athletes over personal text or social media. If you have to message someone directly copy another coach or parent.



Listen and Acknowledge Your Athletes' Feelings

Ask open-ended questions and validate their concerns.
"It is OK to feel disappointed or angry."



Ensure Virtual Sessions Are Secured and Password Protected

Request that your athletes do not forward links to anyone outside of the team without your permission.



Restate Expectations About Online Communication and Behaviour

Review inappropriate behaviours like cyber bullying, hazing and harassment. Your Athlete Code of Conduct should apply virtually and in-person.



Highlight Physical Safety When Suggesting Home Workouts

Tailor workouts to the individual and use equipment available at home. Remind athletes to hydrate properly and take breaks when needed.



Be Mindful of Your Athlete's Home Life – Look for Warning Signs of Distress and/or Abuse in the Home

Provide emotional support and report any suspected or known child abuse to the police and/or your Local Children's Aid Society.



Never Be Alone With an Athlete, Even Online (Rule of Two)

Always have a second screened adult (coach/parent/guardian) present, wear appropriate clothing and keep doors open. Record where possible.



Talk to Your Athletes About Bullying

Encourage your athletes to say something to yourself, their parents or another trusted adult if they notice someone being cyber bullied, harassed or exploited.



Offer Resources to Support Good Mental Health

Kids Help Phone is a great resource to make your athletes aware of. Open 24/7, they provide counselling, referral and information for young adults.

Contact:



Text CONNECT to 686868



1-800-668-6868



kidshelpphone.ca/live-chat