



Minimizing Unsupervised One-on-One Time with Athletes

Overnight Travel

Overnight travel poses specific challenges for organizations, since these trips can create opportunities for athletes to be alone with an adult. During official team travel, it can be difficult to monitor athletes at all times, especially with larger teams. By implementing the right policies and communicating them to coaches, staff, parents and sport clubs, we can work to keep athletes safe.

Tips to Consider

- #1 - Schedule overnight travel as far in advance as practical so parents can make travel arrangements to attend.
- #2 - Prepare for a trip by making a list of chaperones to accompany traveling athletes.
- #3 - For mixed-gender teams, try to include both male and female adult chaperones if possible.
- #4 - With younger athletes, consider having chaperones stay in a nearby room. Often times, the hotel will block rooms in groupings of three to make this easier.
- #5 - Ask athletes to wear team gear during travel to ease monitoring.
- #6 - Establish a curfew and conduct bed checks with adults visiting rooms in pairs.
- #7 - Schedule time for a team breakfast, team meetings and entertainment outings to maintain a predictable level of interaction with the athletes.
- #8 - De-brief experiences with all athletes and adults to identify and address any problems.