



## Minimizing Unsupervised One-on-One Time with Athletes

### 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.