

## **Two Deep Rule**

"2 Deep Rule" **There must be a minimum of 2 males/2 females with Speak Out per team.**

- A lone personnel should not be in the dressing room with players while they are showering or changing; two adults should be present together.
- If a private conversation is required, consider moving out of hearing range of others, rather than out of sight.
- LMHA Coaches and members (parent/guardian /executive) must supervise players under 18 years old at all times.

In consideration that a coach must deal with a private conversation or any emergency that needs to be addressed immediately (again follow the rule above) and can not be in the dressing room or outside of the dressing room door, this is where another member on the team who has Speak Out will help out.

**Dressing Rooms/Showers** – Both male and female players will be supervised (2 males in dressing room, 2 females for female dressing room) by coaches 30 minutes after a game/practice. After 30 minutes the player becomes the responsibility of the parent/guardian. When this happens, remember parents you are at risk and must follow the 2 deep rule or be outside the dressing room doors.

Video or cell phones with cameras should never be allowed in the shower/dressing rooms while players are undressed/changing. The privacy and the dignity of players is the first priority.

\*\*Familiarize yourself with dressing rooms conditions for both male and female players while in another association's arena.