



U. S. C E N T E R F O R  
**SAFESPORT**<sup>®</sup>

MINOR ATHLETE ABUSE PREVENTION POLICIES

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## USA CYCLING'S MINOR ATHLETE ABUSE PREVENTION POLICIES

Establishing clear boundaries reduces the risk of physical, sexual, and emotional misconduct as well as opportunities for bullying, harassment, and hazing. Furthermore, the majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interaction between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships. The following policies have been adopted by USA Cycling (USAC) to establish clearly defined boundaries between participants in cycling and to reduce isolated one-on-one interactions between children and adults in cycling.

### TERMINOLOGY

**Adult Participant:** Any participant (18 years of age or older) who is:

- a. A member of USAC, an LA, or a Club;
- b. An employee or board member of USAC, an LA, or a Club;
- c. Within the governance or disciplinary jurisdiction of USAC, an LA, or a Club;
- d. Authorized, approved, or appointed by USAC, an LA, or a Club to have regular contact with or authority over amateur athlete(s) who is a minor.

**Amateur Athlete:** An athlete who meets the eligibility standards established by USA Cycling.

**Authority:** When one person's position over another person is such that, based on the totality of the circumstances, they have power or right to direct, control, give orders to, or make decisions for that person. Also see the Power Imbalance definition in the [SafeSport Code](#).

**Close-in-Age Exception:** An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete *and* is not more than four years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old).

**Club:** A USA Cycling registered club.

**Dual Relationships:** An exception applicable to certain policies when an Adult Participant has a relationship with a Minor Athlete outside of the sport program and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

**In-Program Contact:** Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: races, training sessions, club rides, camps/clinics, training/instructional sessions, team travel, team- or cycling-related relationship building activities, celebrations, award ceremonies, banquets, team- or cycling-related fundraising or community service, or race site visits.

**Local Affiliated Organization (LAO):** A regional, state, or local club or organization that is directly affiliated with USA Cycling or that is affiliated with USA Cycling by its direct affiliation with a regional or state affiliate of USA Cycling [i.e., Local Association (LA) or Club].

**Local Association (LA):** Regional cycling organization affiliated by a contract with USA Cycling.

**Minor Athlete:** An individual under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of USAC, an LA, or a Club.

**Partial or Full Jurisdiction:** Includes any USAC sanctioned event or official LA or Club activity (including all travel and lodging in connection with the event), or any facility that USAC, an LA or a Club owns, leases, or rents for practice, training, or competition.

**National Governing Body (NGB):** A U.S. Olympic National Governing Body or Pan American Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. The definition shall also apply to the USOPC or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

**Regular Contact:** Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any amateur athlete(s) who is a minor.

**Residential Environment:** A place in which participants live or stay temporarily. Residential environments include, but are not limited to, onsite housing at training facilities, billeting, hotel stays, or rentals (e.g., Airbnb, VRBO, HomeToGo, etc.).

**Billeting:** A residential environment facilitated by an Adult Participant, USAC, an LA, or Club in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in conjunction with an activity related to sport.

**U.S. Olympic & Paralympic Committee (USOPC):** A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

**PART I**  
**ORGANIZATIONAL REQUIREMENTS FOR EDUCATION & TRAINING**  
**AND PREVENTION POLICIES**

**A. Organizational Requirements for Education & Training**

1. USAC must track whether Adult Participants under its jurisdiction complete the required training listed in Part II.
2. USAC must, every 12 months, offer and, subject to parental consent, give training to amateur athlete(s) who is a minor on the prevention and reporting of child abuse.
  - a. For training to amateur athlete(s) who is a minor, USAC must track a description of the training and how the training was offered and provided.
  - b. USAC is not required to track individual course completions of amateur athlete(s) who is a minor.
  - c. The Center offers youth courses, located at [www.safesporttrained.org](http://www.safesporttrained.org), that meet this requirement.
3. USAC must, every 12 months, offer training to parents on prevention and reporting of child abuse.
  - a. For training to parents, USAC must track a description of the training and how the training was offered and provided to parents.
  - b. USAC is not required to track individual course completions of parents.
  - c. The Center offers a parent course, located at [safesporttrained.org](http://safesporttrained.org), that meets this requirement.

**B. Required Prevention Policies and Implementation**

1. USAC must develop minor athlete abuse prevention policies to limit one-on-one interactions between a Minor Athlete and an Adult Participant. These policies must contain the mandatory components of the Center's model policies in Part III. These model policies cover:
  - a. Meetings
  - b. Individual training sessions
  - c. Therapeutic and Recovery Modalities and Manual Therapy
  - d. Locker rooms and changing areas
  - e. Electronic communications
  - f. Transportation

g. Lodging and Residential Environments

2. The policies must be approved by the Center as described in subsection (C) below. The policies may include the recommended components in Part III and the recommended policies in Part IV. Given the uniqueness of each sport, however, some recommended components or policies may not be feasible or appropriate. Such concerns should be addressed with the Center during the Policy Approval and Submission Process discussed below, USAC may choose to implement stricter standards than the model policies.
3. USAC must also require that its LAs and Clubs implement these policies.
4. USA Cycling, its LAs and Clubs must implement these policies for all In-Program Contact.
  - a. At sanctioned events and facilities partially or fully under its jurisdiction, USAC, LAs and Clubs must take steps to ensure the policies are implemented and followed.
  - b. For In-Program Contact that occurs outside USAC, LA's or Club's sanctioned event or facilities, implementing these policies means:
    - i. Communicating the policies to individuals under its jurisdiction;
    - ii. Establishing a reporting mechanism for violations of the policies;
    - iii. Investigating and enforcing violations of the policies.
5. USA Cycling must have a reporting mechanism to accept reports that an Adult Participant is violating USA Cycling's Minor Athlete Abuse Prevention Policies (MAAPP). USA Cycling must appropriately investigate and resolve any reports received, unless the violation is reported to the Center and it exercises jurisdiction over the report. This requirement is in addition to requirements to report abuse under the SafeSport Code. All LAs and Clubs must report all received violations to USA Cycling.

**C. Policy Approval and Submission Process**

1. USAC may adopt the mandatory minimum requirements of the MAAPP as-is or adapt it to fit their needs. Regardless, USAC must submit their policies to the Center at [compliance@safesport.org](mailto:compliance@safesport.org) for review and approval by April 1, 2024. The Center will approve, approve with modifications, or deny the policies. If the Center denies the proposed policy, the mandatory components of Part III of the Center's Model MAAPP become the default policy until the Center approves the policy.
2. USAC must require its LAs and Clubs to incorporate the mandatory components of Part III. USAC may require that their LAs and Clubs implement USAC policies, which may

be more stringent than the policies in Part III.

3. The mandatory components of Part III will serve as the default policy for any Organization that fails to develop its own policy as required by this section.

Any changes made to USAC's MAAPP after the policy is approved must be submitted to the Center for approval. The previously approved MAAPP will remain in effect until written approval is provided to USAC from the Center.

## PART II EDUCATION & TRAINING POLICY

### A. Mandatory Child Abuse Prevention Training for Adult Participants

#### 1. Adult Participants Required to Complete Training

- a. The following Adult Participants must complete the SafeSport Trained Core through the Center's online training:
  - i. Adult Participants who have regular contact with any amateur athlete(s) who is a minor;
  - ii. Adult Participants who have authority over any amateur athlete(s) who is a minor;
  - iii. Adult Participants who are an employee or board member of USAC, an LA, or a Club.
- b. Adult Participants who are medical providers required to take training under Section (a) can take the Health Professionals Course in lieu of the *SafeSport Trained Core*.

#### 2. Timing of Training

Adult Participants must complete this training before regular contact with an amateur athlete who is a minor begins or within the first 45 days of either initial membership or upon beginning a new role subjecting the adult to this policy, whichever comes first.

#### 3. Refresher Training

The above-listed Adult Participants must complete a refresher course every 12 months, beginning the calendar year after completing the *SafeSport Trained Core*. Every four years, Adult Participants will complete the *SafeSport Trained Core* training. Medical providers can take the Health Professionals Course in lieu of the *SafeSport Trained Core* and are required to take the refresher courses on an annual basis.

### B. Optional Training

1. Adult Participants serving in a volunteer capacity, who will **not** have regular contact with or authority over any amateur athlete(s) who is a minor, should take the Center's brief Volunteer Course (or *SafeSport Trained Core*) before engaging or interacting with any Minor Athlete(s).
2. USAC, LAs and Clubs may provide training in addition to the *SafeSport Trained Core*, although they cannot refer to this training as "SafeSport" training. **Training other than the *SafeSport Trained Core* or Refresher does not satisfy this policy.**
3. Parents of Minor Athletes are provided free online access to the Center's parent course and are encouraged to take the training.

### C. Exemptions and Accommodations

The Center's online training courses contain information about various forms of abuse. The Courses do not include graphic descriptions of abuse or show violent images or video. The content may be uncomfortable or trigger trauma for some participants.

1. Exemptions to the online training requirement may be requested by survivors of abuse and misconduct. Survivors of abuse can request an exemption by contacting the Center directly at [exemptions@safesport.org](mailto:exemptions@safesport.org). All exemptions granted by the Center in this category are considered indefinite and do not need to be re-requested every year. If a survivor of abuse reaches out to USA Cycling seeking an exemption, USA Cycling will connect them to the Center.
2. Exemptions to the online training requirement for reasons other than survivor of abuse and misconduct are limited to cognitive or physical disability or language barrier. Requests for these exemptions must be made by the individual to USAC. USAC will determine whether to grant the exemption. If USAC grants the exemption, it must track the exemption to ensure it is appropriately applied to the individual's membership status. USAC must preserve documentation that the exemption was granted and for what duration.
3. The Center has several options available to assist individuals in completing the online training courses, including screen reader-compatible versions and course availability in several languages, including English, Spanish, French, Mandarin, Russian, German, and Japanese. If none of the available options will fit the individual's needs, USAC may determine whether to grant an exemption.



## PART III REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The Minor Athlete Abuse Prevention Policy (MAAPP) applies to Adult Participants and their interactions with Minor Athletes in conjunction with USA Cycling activities. USA Cycling, LAs and Clubs must adhere to the MAAPP.

The U.S. Center for SafeSport and USAC recognize that youth-adult relationships can be healthy and valuable for development. Policies regarding one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

**All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be *observable*<sup>1</sup> and *interruptible*, except in emergency circumstances or with a documented exception.**

### EXCEPTIONS

There are certain relationships and situations in which one-on-one interactions may be allowed or necessary. This section identifies policy exceptions for Close-In-Age relationships, Dual Relationships, and emergencies.

**The following exceptions are applicable within all required prevention policies unless otherwise noted.**

#### A. Mandatory Components

1. A Close-in-Age Exception

The purpose of the exception is to allow for continued relationships among athletes on the same team.

The exception allows for one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if:

- a. The Adult Participant has **no** authority over the Minor Athlete; and
- b. The Adult Participant is not more than 4 years older (determined by birth date) than the Minor Athlete.

***Note: This exception is different than close-in-age exception in the [SafeSport Code](#) pertaining to misconduct.***

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<sup>1</sup> This means the interaction is *actively* being observed by a second adult who is aware that the interaction is happening and is close enough to interrupt it if necessary.

2. Exceptions for Dual Relationships

This exception allows for one-on-one In-Program Contact when the Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. The exception requires written consent of the Minor Athlete's parent/guardian at least annually. The consent must identify for which Required Prevention Policies the parent/guardian is allowing the one-on-one In-Program Contact.

3. Emergency Exception

This exception applies to all Required Prevention Policies for situations where an Adult Participant must violate requirement(s) of the MAAPP due to an emergency. Adult Participants must carefully consider whether specific circumstances meet the threshold of an emergency<sup>2</sup>. Adult Participants should document emergency situations and submit them to their Club or USA Cycling<sup>3</sup>.

Currently, USA Cycling does not have the need for a PCA exception. If the need arises, USA Cycling will grant exceptions on an individual request basis.

The Center recommends parents take training on child abuse prevention before providing consent to the above exceptions. The Center offers a free Parent Course at [safesporttrained.org](https://safesporttrained.org).

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<sup>2</sup> An emergency may include dangerous or unexpected weather, injuries, unexpected events and last-minute changes, or threat to personal safety or reporting a concern. Please reference the MAAPP Manual [Appendix C](#) to help determine if something meets the threshold of an emergency and for information on how to document it.

Emergency Exceptions should be documented (e.g., Word document) and stored electronically. Documentation should include the following information (as relevant):

- Times, locations, and activities impacted by the emergency, and individual(s) involved
- Cause of emergency (e.g., weather, injury, etc.)
- What steps were taken to address the emergency
- Steps taken in an attempt to comply with relevant policies (where possible).
  - o For example: “narrated steps taken to Minor Athlete”, “called Parent/Guardian”, “kept Parent/Guardian on the phone”
- Outcome and steps taken following the emergency

This should be documented electronically and saved in an email folder so it can be accessed if requested. Please include the following details (at a minimum): Date; Location; Time; Names of individuals involved [including Minor Athlete(s) and Adult(s)]; Description of the situation (including what caused it – e.g., injury, weather); Efforts made to comply with MAAPP (e.g., narrated steps taken to Minor Athlete; Outcomes and steps taken following the emergency.

## MEETINGS

Sexual abuse often happens when children are alone with their abusers. This section provides policies for meetings to limit one-on-one interactions between children and adults, including mental health care professionals and licensed health care providers.

### A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program meetings with Minor Athletes be observable and interruptible, unless an exception exists.

2. Meetings with licensed mental health care professionals and health care providers (other than athletic trainers<sup>4</sup>)

If a licensed mental health care professional, licensed health care provider, or a student under the supervision of a licensed mental health care professional or licensed health care provider, meets one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USAC's, an LA's or Club's jurisdiction, the meeting must be observable and interruptible except:

- a. If the door remains unlocked; and
- b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and
- c. USAC, it's LA or Club is notified that the professional or provider will be meeting with a Minor Athlete; and,
- d. The professional or provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

### B. Recommended Components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

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<sup>4</sup> Athletic trainers who are covered under these policies must follow the "**Manual Therapy and Therapeutic and Recovery Modalities**" policy.

## **INDIVIDUAL TRAINING SESSIONS**

Some abusers will single out athletes for special one-on-one instruction. This kind of isolation provides opportunities for abuse to occur. This section establishes rules for individual training sessions to protect youth athletes from uncomfortable or unsafe situations.

### **A. Mandatory Components**

1. Observable and Interruptible

Adult Participants must ensure all In-Program individual training sessions with a Minor Athlete must be observed and interruptible unless an exception exists; and,

2. Consent

The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and,

3. Parent Observation

Parents/guardians must be allowed to observe the individual training session.

### **B. Recommended Components**

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USAC, an LA or a Club's jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

# MANUAL THERAPY AND THERAPEUTIC AND RECOVERY MODALITIES<sup>5</sup>

Many athletes require therapies to prevent or treat injuries. However, these treatment sessions can place children in vulnerable positions, especially if they involve physical contact with adults. This section establishes standards for therapeutic and recovery modalities and manual therapy to reduce the risk of inappropriate contact between youth and adults.

## A. Mandatory Components

Note: Only the emergency exception applies within this policy.

### 1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact during manual therapy and therapeutic modalities and recovery modalities with Minor Athletes are observable and interruptible.

### 2. Manual Therapy and Therapeutic and Recovery Modalities Requirements

Adult Participants must ensure all In-Program manual therapy and therapeutic and recovery modalities meet the following requirements:

- a. Have another Adult Participant physically present for the modality or manual therapy; and
- b. Have documented consent as explained in subsection (3) below; and
- c. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- d. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing; and
- e. The provider must narrate the steps in the modality before taking them, seeking assent of the Minor Athlete throughout the process.

### 3. Consent

- a. Providers of manual therapy, therapeutic modalities, or recovery modalities must obtain consent at least annually from Minor Athletes' parents/guardians before providing any manual therapy, therapeutic modalities, or recovery modalities.
- b. Minor Athletes or their parents/guardians can withdraw consent at any time.

## B. Recommended Components

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<sup>5</sup> Manual therapy and therapeutic and recovery modalities can include, but are not limited to: first aid, taping, stretching, physical therapy, cupping, electrical stimulation, arm flushing, massage, chiropractic adjustments, or other modalities within the scope of a health care provider's credentials.

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive a manual therapy, therapeutic modality, or recovery modality.

2. When possible, techniques should be used to reduce physical touch of Minor Athletes.

3. Only licensed providers should administer manual therapy, therapeutic modalities, or recovery modalities.

4. Coaches, regardless of whether they are licensed massage therapists, should not massage Minor Athletes.

## LOCKER ROOM AND CHANGING AREAS

Young athletes may be especially vulnerable to abuse in changing areas where they are undressing and possibly showering. Appropriate monitoring is necessary in these areas to prevent abuse and other inappropriate conduct. This section outlines policies for locker rooms and changing areas to ensure privacy and safety.

*Not all cycling events have locker rooms or changing area. Some races take place in sport stadiums where changing facilities are readily available while other races take place in rural or public settings where there are no such facilities. USAC requires all athletes to utilize a locker room or changing area when available.*

### A. Mandatory Components

#### 1. Observable and Interruptible

Adult Participants must ensure that all one-on-one In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, unless an exception exists.

#### 2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.
- b. Adult Participants must not remove their clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groin, or genitals to a Minor Athlete in a locker room or changing area.
- c. Adult Participants must not shower with Minor Athletes unless:
  - i. The Adult Participant meets the Close-in-Age Exception; or
  - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USAC, the LA or the Club and the Adult Participant(s) must abide by this request.
- e. USA Cycling does not permit recording or photography in locker rooms or changing areas.

#### 3. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

- a. USAC, an LA or Club must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at sanctioned events or facilities partially or fully under USAC's, an LA's or Club's jurisdiction.
- b. USAC, an LA or Club must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USAC's, an LA's or Club's jurisdiction.

## ELECTRONIC COMMUNICATIONS<sup>6</sup>

Technology has made it easier for teams to communicate and share information. Unfortunately, it also makes it easier for abusers to contact children without supervision or share inappropriate images and video. This section sets standards for appropriate electronic communications between youth and adults.

### A. Mandatory Components

#### 1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be open and transparent, unless an exception exists.
- b. “Open and Transparent” means that the Adult Participant copies or includes the Minor Athlete’s parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant on every communication.
  - If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

#### 2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include the Minor Athlete’s parents/guardians, another adult family member of the Minor Athletes, or another Adult Participant.

#### 3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception exists.

#### 4. Requests to Discontinue

Parents/guardians may request in writing that USAC, an LA, Club or an Adult Participant not contact their Minor Athlete through any form of electronic communication. USAC, an LA, Club and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

### B. Recommended Components

#### 1. Hours

Electronic communications should generally be sent between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

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<sup>6</sup> Electronic communications include, but are not limited to: email, phone calls, videoconferencing, video coaching, texting and social media, or through any other electronic medium.



2. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to have private social media connections with Minor Athletes and should discontinue existing social media connections with Minor Athletes.

## **TRANSPORTATION**

Athletes are often carpooling or traveling without the supervision of their parent/guardian to practices and competitions. This can place them in vulnerable positions where they are susceptible to abuse. This section establishes policies for adults transporting children to or from sport activities.

### **A. Mandatory Components**

#### 1. Observable and Interruptible

Adult participants must ensure that all In-Program Contact during transportation is observable and interruptible unless an exception exists or:

- a. The Adult Participant has advanced, written consent to transport the Minor Athlete one-on-one, obtained at least annually from the Minor Athlete's parent/guardian. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
  - b. The Adult Participant is accompanied by another Adult Participant or at least two minors who are at least 8 years of age.
2. Additional Requirements for Transportation Authorized or Funded by USAC
- a. Written consent from a Minor Athlete's parent/guardian is required for all transportation authorized or funded by USA Cycling at least annually.
  - b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

### **A. Recommended Best Practices**

#### 1. Shared or Carpool Travel Arrangement

Parents/legal guardians are encouraged to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

#### 2. Parent Training

Parents/legal guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to travel one-on-one with an Adult Participant.

## **LODGING AND RESIDENTIAL ENVIRONMENTS**

Youth athletes traveling overnight face greater risk of sexual abuse if they are traveling without their parent/guardian. Abusers can take advantage of the situation by trying to have unsupervised time alone with children. This section sets rules for sleeping arrangements and room monitoring to protect athletes during overnight travel.

### **A. Mandatory Components**

#### 1. Observable and Interruptible

All In-Program Contact during lodging must be observable and interruptible unless an exception exists.

- a. Lodging arrangements covered under this policy include, but are not limited to, hotel stays, rentals (e.g., Airbnb, VRBO, HomeToGo, etc.) and long-term residential environments, including lodging at training sites and billeting.

#### 2. Hotel Rooms and Other Sleeping Arrangements

- a. An Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), unless an exception exists **and** the Minor Athlete's parent/guardian has provided USAC, an LA, Club or Adult Participant with advance, written consent for each specific lodging arrangement.
- b. Written consent from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.
- c. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

#### 3. Monitoring or Room Checks During In-Program Travel

If an Adult Participant performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

#### 4. Additional Requirements for Lodging Authorized or Funded by USAC, LA or Club

Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with USAC's Education & Training Policy outlined in Part II, unless the Adult Participant meets the Close-In-Age Exception.

### **B. Recommended Components**

#### 1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for lodging arrangements under this policy.

## **Part IV**

# **RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE**

### **A. Out-of-Program Contact**

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

### **B. Gifting**

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).
2. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted.

### **C. Photography/Video**

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the Parent/Guardian and Minor Athlete's consent.

Appendix 1

<b>Adult Participants</b>	<b>Regular Contact</b>	<b>Authority</b>
USAC Staff		X
USAC BoD		X
USAC licensed Coaches		X
USAC licensed Mechanics	X	X
USAC licensed Officials		X
Adult athletes on teams selected, organized, controlled, or designated by USAC to represent the United States at an event, camp, or competition	X	X
UCI Support License categories:		
Managers		X
Sports Directors/Assistant Sport Directors		X
Soigneurs/Trainers		X
Team Doctors & Paramedical Assistant		X
Coaches		X
Mechanics	X	X
Any other UCI support licensee whom a team authorizes, approves or appoints to a position of authority over, or to have Regular Contact with athletes		X
Collegiate Conference Directors		X
Local Associations (LAs) Staff & Board Members		X
Individuals an LA authorizes, approves or appoints to a position of authority over or to have Regular Contact with a Minor Athlete	X	X
Club Staff & Board Members		X
Other individuals a Club authorizes, approves or appoints to have authority over or to have regular contact with athletes	X	X
Independent Contractors USAC authorizes, approves or appoints to a position of authority or to have regular contact with Minor Athletes	X	X
Adult Volunteers		
Collegiate License Holders		
Any non-athlete individual authorized by USAC to train, stay or work at an Olympic Training Center	X	