

The graphic features the 'SWIM IRELAND' logo in orange and 'Youth Development' in blue. The main title 'CCO Forum Five May 2024' is in blue. A large, faint 'PRELIMINARY' watermark is in the background. A blue speech bubble says 'BE KIND'. Below it is a quote: 'I may forget what you've said ~ but I'll remember how you made me feel.' with a drawing of a swimmer. At the bottom are five colored speech bubbles: 'CONNECT' (teal), 'KEEP LEARNING' (green), 'BE ACTIVE' (purple), 'TAKE NOTICE' (orange), and 'Give' (pink). The name 'Kate Hills, Head of Safeguarding, Ethics & Youth Development' is at the bottom.

SWIM IRELAND | Youth Development

CCO Forum Five

May 2024


BE KIND

"I may forget what you've said ~ but I'll remember how you made me feel."

CONNECT KEEP LEARNING BE ACTIVE TAKE NOTICE Give

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Added in **Be Kind** to the five (now six!) ways of well-being

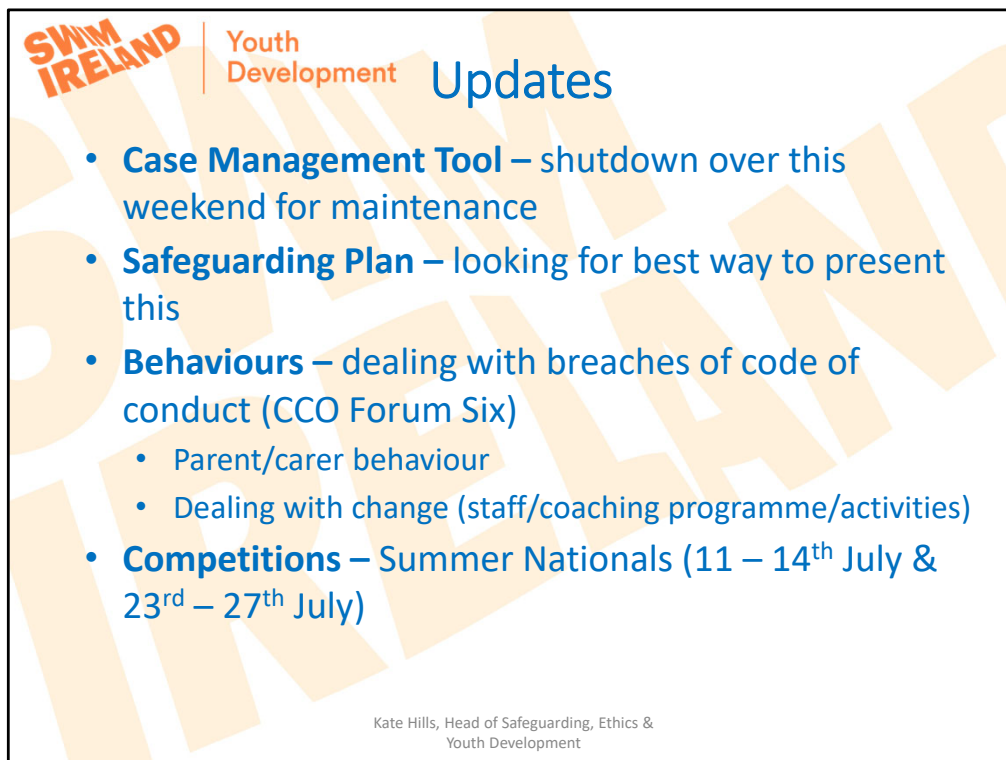


SWIM IRELAND | Youth Development

Today's Topics

- Updates
- CCO Forum on website
- Discussion
- Dates

Kate Hills, Head of Safeguarding, Ethics & Youth Development

A presentation slide for SWIM IRELAND Youth Development. The slide features the organization's logo in the top left corner, which includes the text 'SWIM IRELAND' in orange and 'Youth Development' in blue. To the right of the logo, the word 'Updates' is written in a large, blue, sans-serif font. Below the title, there is a bulleted list of four items, each starting with a blue dot and a bolded title. The background of the slide is white with a large, faint, orange watermark that reads 'SWIM IRELAND'. At the bottom center of the slide, there is a small line of text identifying the speaker as Kate Hills, Head of Safeguarding, Ethics & Youth Development.

SWIM IRELAND | Youth Development **Updates**

- **Case Management Tool** – shutdown over this weekend for maintenance
- **Safeguarding Plan** – looking for best way to present this
- **Behaviours** – dealing with breaches of code of conduct (CCO Forum Six)
 - Parent/carer behaviour
 - Dealing with change (staff/coaching programme/activities)
- **Competitions** – Summer Nationals (11 – 14th July & 23rd – 27th July)

Kate Hills, Head of Safeguarding, Ethics & Youth Development

CMT – need to update people on this; being shut down over the weekend for maintenance

Safeguarding plan – if anyone ideas on the best way to present this, let me know

Next CCO Forum, dealing with behaviours – there are some worrying trend with regards parent/carer behaviour and also the communication of change in clubs.

National competitions coming up – please note that qualifications close

The image is a screenshot of the Swim Ireland website's Safeguarding Resources page. At the top left, the 'SWIM IRELAND' logo is displayed in orange, followed by 'Youth Development' in a smaller font. The main heading is 'CCO Forums on website' in blue. Below this, a URL is provided: 'Go to: <https://swimireland.ie/safeguarding/>'. A callout box with a yellow arrow points to the 'Safeguarding Resources' button in a navigation menu. The page content includes a section titled 'Safeguarding Resources' with the text 'Below you will find a list of Safeguarding Resources.' and a sub-section for 'CCO Forum' containing a bulleted list of three forums from 2024. The footer identifies Kate Hills as the Head of Safeguarding, Ethics & Youth Development.

SWIM IRELAND | Youth Development **CCO Forums on website**

Go to: <https://swimireland.ie/safeguarding/>

Click Safeguarding Resources:

Safeguarding Policies Safeguarding Resources

Safeguarding Resources

Below you will find a list of Safeguarding Resources.

[CCO Forum](#)

- CCO Forum Two 2024
- CCO Forum Three 2024
- CCO Forum Four 2024

Kate Hills, Head of Safeguarding, Ethics & Youth Development

How to find the CCO Forums on the Safeguarding page

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Discussion topic

Areas of potential difficulties:

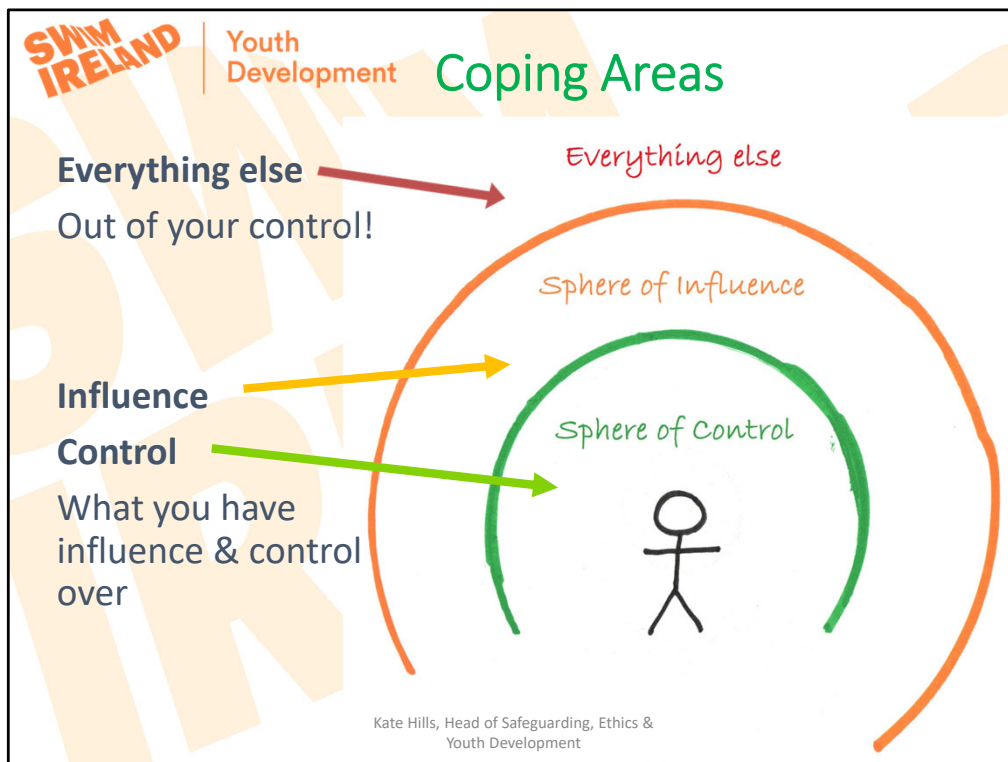
- Competitions
- End of the season
- Squad movements
- Injury
- Illness
- Exams/study
- Moving schools
- Returning to training (after break)

Difficulties need coping skills or strategies

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Coming up to end of season, tired children, tired volunteers – lot happening and the potential for a lot of disappointment

Dealing with things i.e. coping mechanisms is simple to think about when not in the midst of a difficulty; help yourself and young people by identifying what these are before needed



First – recognise what you can have influence over:

What you say, how you say it, actions, what you eat, what you feel etc.

Second, what can you influence:

Way in which other people react if you have an opportunity to talk with them, encourage family time, making suggestions for group of friends,

Third, what is out of our control:

Other people's feeling, actions, weather, government, school, work,



The image is a poster titled "Coping skills" from SWIM IRELAND Youth Development. It features a list of 20 coping strategies arranged in two columns. The background has a large, faint watermark that says "SWIM IRELAND".

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Coping skills


- Take a moment
- Breathe
- Exercise
- Talking with someone
- Swimming
- Meeting friends
- Sleep
- Rant to self or someone
- Cook/eat good food
- Reading
- Taking a trip
- Chocolate milk
- Music
- Watching something funny
- Photos
- Playing piano
- Talk to the cat
- Pilates
- Laughing
- Running
- Riding motorbike
- Walking the dog
- Shouting
- Clean the house

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Coping skills – it can be anything that helps.

Working with YP

Individual squads or groups & involve coach in plan
Discuss how you might cope with difficulties in your sport




Area	To do
Safe space	Do as a workshop – encourage groups to work together to come up with ideas
Have a voice	Suggested questions: What might be difficult to cope with in your sport? e.g. moving squad, not achieving a time, not achieving a goal etc. What ways might someone cope with such difficulties? e.g. going for a walk; talking; listening to music; doing another favourite activity etc. Who might someone talk with?
Audience	CCO to collect ideas and collate; be sure to make this anonymous 1. What is difficult 2. How might I cope 3. Who might I talk with
Influence	Share the ideas with Coach and Parents/Carers Discuss with Committee & Coach if anything can be provided in the Club

Kate Hills, Head of Safeguarding, Ethics & Youth Development

This is a suggested workshop for a group;

Don't try to do this for individuals – it is a good team building exercise, as the groups can suggest working together and looking out for each other i.e. supporting and cheering at a competition.



SWIM IRELAND | Youth Development

Dates

CCO Forum Six:
Wednesday 19th June 7pm – 8pm
Thursday 20th June 1pm – 2pm

Safeguarding Training:
Safeguarding 2: Tuesday 3rd September 6pm – 9pm
Safeguarding 3: Wednesday 4th September 6pm – 9pm

CMT and Network
If not already signed up, in chat write to sign up:
CMT for CMT
Network for CCO Network (still working on this!)

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Dates for future.