



Six ways of well-being:

Keep connected – to those around you, and make those connections you promised you would


Keep learning – from others, what you hear and see, and share your knowledge too

Be active – take some active time for yourself, solo or in company, but make sure it's for you!

Take notice – easy one to do is to notice the change in the seasons, obvious one is the plant life around us, but it could be as simple as what people are wearing as the weather changes, the odd shape of the clouds, etc.

Give – a hard one to suggest to people who already give so much of their time but acknowledge what you do give.

Be kind – use kind words and encourage others to do the same.



SWIM IRELAND | Youth Development

Today's Topics

- Reminders
- Athlete HUB screen shots
- Discussion
- CCO role in complaints
- Dates

Kate Hills, Head of Safeguarding, Ethics & Youth Development



The slide features the 'SWIM IRELAND' logo in orange and blue at the top left, followed by 'Youth Development' in orange. The main title 'Reminders' is in a large blue font. A list of seven items is presented in blue text, with the last item having two sub-bullets. At the bottom, the name and title of the presenter are listed in a small grey font.

SWIM IRELAND | Youth Development **Reminders**

- Affiliation, safeguarding checks and RAP
- Safeguarding Plan in Safeguarding Resources
- European Aquatics DEIB Conference – 27th September, Belfast
- Digital pass – NEW for 2025
- Awards Night – Friday 8th November
- Club Day – Saturday 9th November at 10.30am
 - CCO role v Committee
 - Common scenario-based issues
- Athlete Hub – screen shots

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Reminders

Affiliation and safeguarding checks and RAP all ways of checking safeguarding requirements

Safeguarding Plan in Safeguarding Resources - [Safeguarding-Plan-Guide-for-CCOs-2024.docx \(live.com\)](#)

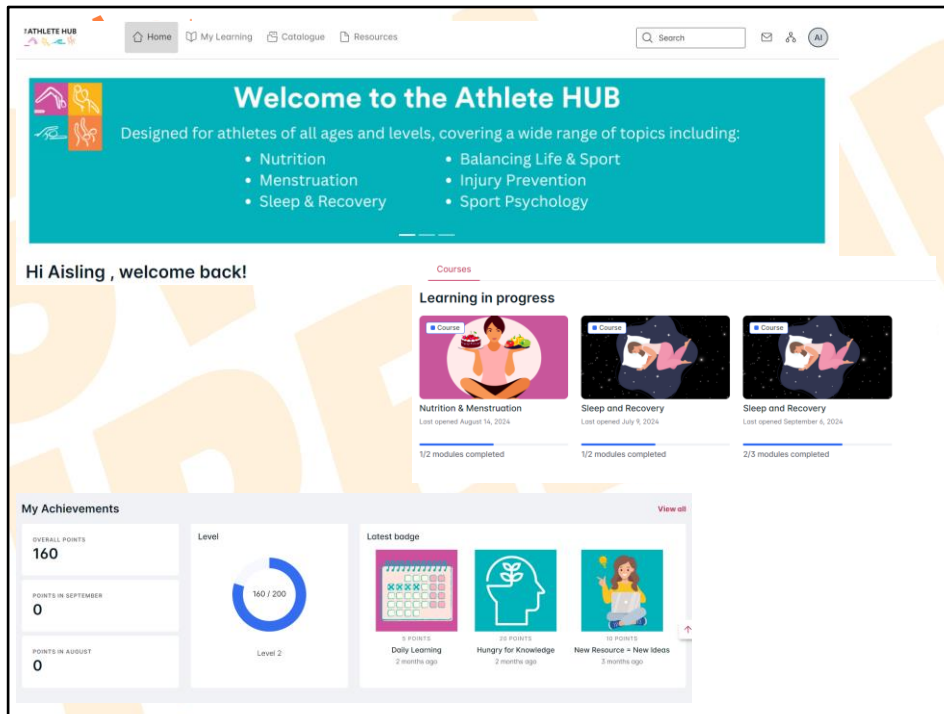
DEIB conference - [European Aquatics DEI Conference - Swim Ireland](#)

Digital pass – instant up to date safeguarding check for club roles

Awards Night – Friday 8th November

Club day – Saturday 9th November – RCOs will be delivering on topics of interest for the club, connected with the CCO role and picking out some big topic issues that everyone is affected by.

Athlete HUB – release date tbc and screen shots on the following slides

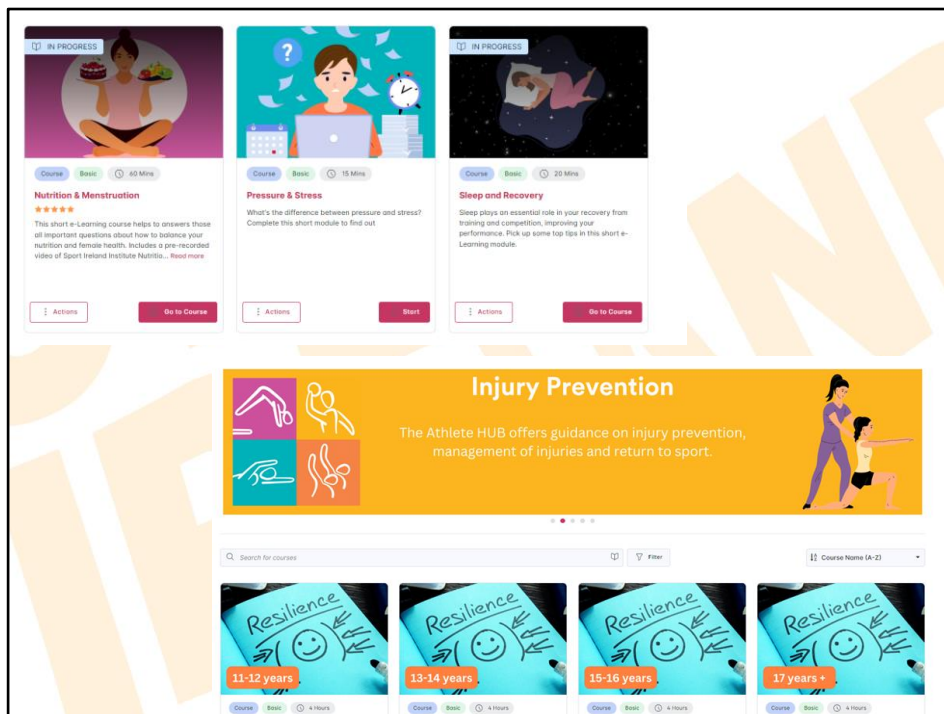


Welcome pages

Banner shows what is available

Learning in progress shows what you are currently doing

My achievements – an extra piece just to provide some motivation and recognition in what you have done



Top screen shot – show the courses signed up to, and that you can pick them up at anytime

Bottom screen shot – this is the Emotional Resilience and Leadership course, separated by age.

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Resources

Q Search Type Category Available for download Clear all

3000 Calorie Diet Updated: 19 February 2024 .png File Size: 511 KB	Image	Download
5000 Calorie Diet Updated: 19 February 2024 .png File Size: 2.02 MB	Image	Download
An Athlete's Guide to Travel Updated: 19 February 2024 .pdf File Size: 1.39 MB	Document	Download
Athlete Recipes - Frittata Updated: 19 February 2024 .pdf File Size: 141 KB	Document	Download
Athlete Recipes - Lemon spiced chicken with chickpeas Updated: 19 February 2024 .pdf File Size: 775 KB	Document	Download
Athlete Recipes - smoothie builder Updated: 19 February 2024 .pdf File Size: 457 KB	Document	Download
Athlete Recipes - wrap builder Updated: 19 February 2024 .pdf File Size: 674 KB	Document	Download
Athlete Recipes - zesty pasta salad with chicken Updated: 19 February 2024 .pdf File Size: 139 KB	Document	Download
Creating and Using a Food Diary Updated: 19 February 2024 .pdf File Size: 1.39 MB	Document	Download

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Screenshot showing the list of courses available
Will be searchable by topic or interest

SWIM IRELAND | Youth Development **Discussion**

CCO role in issues

Identify who is involved

When the CCO should be involved

When the CCO must be involved

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Discussion to highlight the specific role of the CCO in an issue or complaint.



Youth
Development

Case Study

Athlete (U18) rude to the coach and making offensive comments about others
Who is involved to resolve this?

Following this, parent/carer of the athlete intervenes and has a go at the coach

Who sorts this ?

Finally, matter goes to complaints hearing about the behaviour of the athlete and parent

Who is involved with this?

Kate Hills, Head of Safeguarding, Ethics & Youth Development

SWIM IRELAND | Youth Development **CCO Role in issues**

1. CCO, initially, and then Coach seek to resolve – issue is breach of code of conduct
2. Officer of club needs to follow up with parent/carer about behaviour – issue is breach of code of conduct. Would need input from CCO to establish facts of first intervention
3. Matter sent Club CDC by Club Sec; CDC looks for facts from **all** parties

CCO role to ensure any hearing/formal dealings with the young person is done fairly, respectfully and timely.
Copied on all correspondence involving young person

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Detail of where the CCO should be involved.

Warning – once submitted as formal complaint, your role is to uphold the welfare of children, i.e. it needs to be heard asap, a child needs to be treated fairly, and you have a role attending the hearing.

You are not part of the disciplinary/complaints panel, but you need to attend if any U18 is involved. Do not get embroiled in investigating matters that have gone to a hearing; it is up to the parties involved and the CDC to manage the process; just make sure any child involved is given respect and fairness.

Working with YP

Identifying & choosing Captains

Use group / suggestion box for ideas



Safe space	Choose a safe space to to suggest the topic e.g. 4/5mins before session starts
Have a voice	Squad decide: <ul style="list-style-type: none"> • What they want of a Captain • Nominations – nominees present their plan? • Election process?
Audience	CCO will collect their views: <ul style="list-style-type: none"> • Set out Captain role with squad • Nominees present election manifest! • Election • Report back to the coach
Influence	Inform coach Inform committee Inform parent/carers

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Choosing captains – this is also a chance to include the coach and perhaps together (athletes, coaches, CCOs) can come up with a JD for a club captain that suits the club. Also applicable to choosing squad captains.

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Dates

CCO Forum Ten:
Wednesday 23rd October 7pm – 8pm
Thursday 24th October 1pm – 2pm

Safeguarding Training:
Safeguarding 2: Monday 30th September 6pm – 9pm
Safeguarding 3: Tuesday 1st October 6pm – 9pm

CMT
New CCOs – some clubs have sign into CMT and CCO has left, need to resend sign in to new CCO.
Let me know this – please add **CMT** in chat

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Dates for future.