



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

- Updates
- Discussion – Elevator pitch for Policies!
- Dates



Kate Hills, Head of Safeguarding, Ethics & Youth Development



The slide features the SWIM IRELAND logo in orange and blue, with 'Youth Development' in orange and 'Updates' in blue. A large, faint 'SWIM IRELAND' watermark is visible in the background. The slide is decorated with holly leaves and red berries in the corners. The text is as follows:

- [Club Youth Awards](#) back in stock – send me on orders
- [Xcessible Club Toolkit](#) available (Active Disability Ireland) plus training in new year
- Inclusion training – free training through [Belong To: Creating LGBTQ+ Inclusive Sports](#); link in resources
- Lead CCOs added to Club Admin role – just need to test! Anyone willing?
- Final 2024 reminder about getting roles registered

Kate Hills, Head of Safeguarding, Ethics & Youth Development

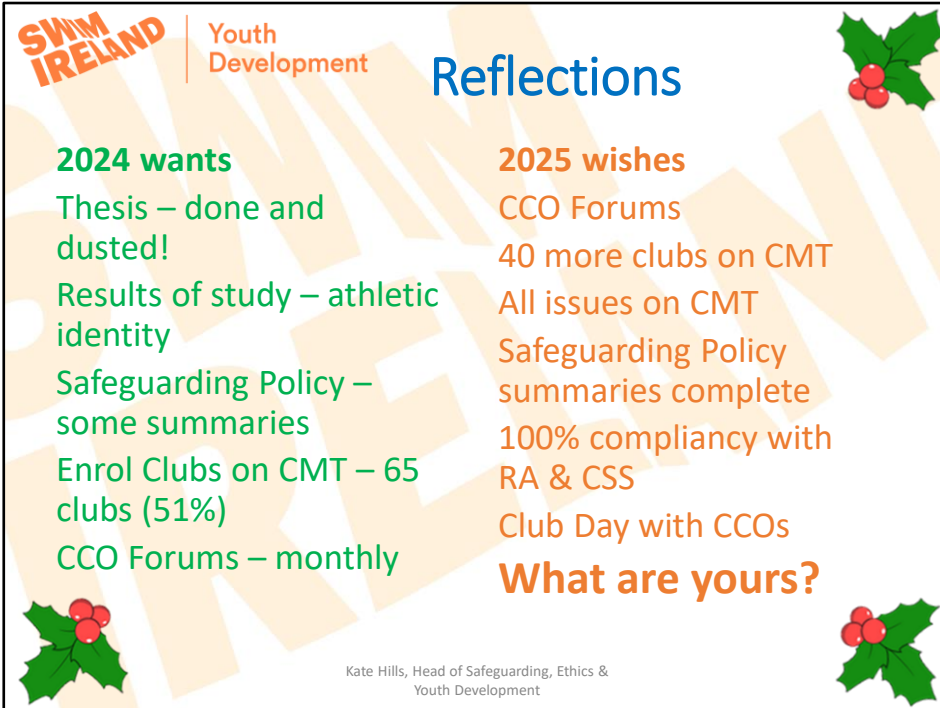
[Club Youth Awards](#) has all the information (in Safeguarding Resources and Children’s Officer Information), and this link will take you to the form for ordering <https://forms.office.com/r/rrx3hG9Ex8>

[Xcessible Club Toolkit | Active Disability Ireland](#)
[Creating LGBTQ+ Inclusive Sports](#) – advice on engaging youth in sport.

As part of the training, participants will learn about:

- Participation of LGBTQ+ youth in sport.
- The impact of casual homophobia in sport.
- Actions to create a safe, inclusive club.
- LGBTQ+ terminology and language.
- Inclusion and bias.

You will need to firstly register, assigning your own username and login. This training is a self-directed online course that takes approximately 45-minutes, so you can do it in your own time and at your own pace.



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Reflections

2024 wants

- Thesis – done and dusted!
- Results of study – athletic identity
- Safeguarding Policy – some summaries
- Enrol Clubs on CMT – 65 clubs (51%)
- CCO Forums – monthly

2025 wishes

- CCO Forums
- 40 more clubs on CMT
- All issues on CMT
- Safeguarding Policy summaries complete
- 100% compliancy with RA & CSS
- Club Day with CCOs

What are yours?

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Reflecting on the wishes stated at the end of 2023, and if achieved!
Stating the wishes for 2025 – good idea to note yours.

SWIM IRELAND | Youth Development **Discussion**

Elevator Pitch!

Describe policy in 2/3 minutes

What is it?

Who and when does it apply?

How put in place?

Kate Hills, Head of Safeguarding, Ethics & Youth Development

How to describe the policy in three or four sentences – in the time it takes you to travel in an elevator!

Think about what the policy is about, who it is for, and when does it apply. And finally, how would you put it into place.



The slide features the SWIM IRELAND logo in orange and red in the top left corner, followed by 'Youth Development' in orange. The main title 'Discussion policies' is in green. A list of seven policies is presented in green text. A stylized green Christmas tree with a yellow star is in the bottom right. The background has a large, faint 'IRELAND' watermark. At the bottom center, the name 'Kate Hills, Head of Safeguarding, Ethics & Youth Development' is written in small black text.


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Discussion policies

- Codes of conduct
- Poor practice
- Person on duty
- Away Trips
- Filming & Photography
- Role of the CCO
- Recruiting people

Kate Hills, Head of Safeguarding, Ethics & Youth Development

This is the list of policies discussed for delivering an ‘elevator pitch’.



Youth Development

Dates for 2025


CCO Forums for 2025:

Month	Wednesday 7 – 8pm	Thursday 1 – 2pm
January	22 nd	23 rd
February	26 th	27 th
March	26 th	27 th
April	23 rd	24 th
May	21 st	22 nd
June	18 th	19 th
July	16 th	17 th

Safeguarding Training

SG2 – 24th February
SG3 – 25th February

SG2 – 24th April
SG3 – 30th April



Kate Hills, Head of Safeguarding, Ethics & Youth Development

CCO Forum dates for the first part of the year. Each CCO Forum is opened when the previous one is complete.

The February SG dates are definitely going ahead – April may be pushed back. So please check your credentials and if you are out of date at any time in 2025, please sign up to the February one, it will be good to have a full course.



Thank you for your help and dedication to the CCO role in your clubs and the help you have given me over the last year.