



# REGNUM CHRISTI

**RC Annual Safe Environment Training | April 18, 2024**



Lay Regnum Christi Member

1.



Regnum Christi  
Catholic  
Group, Inc.



REGNUM CHRISTI



# INTRODUCTION

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2024

## RC FEDERATION SAFE ENVIRONMENT COMMISSION

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### Regnum Christi Federation

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### Legion of Christ

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# SUPPORT

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## Regnum Christi Event Administration Support

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## Legion of Christ – Program Coordinator for Pastoral Care

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## OBJECTIVES

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- Ensure that all youth event leadership and volunteers know who to contact
- Understand your responsibility as a youth event organizer to manage the RC Volunteer Certification process and follow up.
- Camp directors, staff and volunteers to understand new active shooter training requirement.
- That all those working with youth understand what self-care is, how it applies, and the importance of setting self boundaries.



# High Risk Activities

Most summer camps provide activities during the camp which may be considered high-risk. The RC Activities' liability insurance provider mandates that there are certain "High-Risk activities" in which participation is not allowed and guidelines for participation in other High-Risk activities.

A list of these High-Risk Activities can be found in the guidebooks on the Administrative Support page. This list notes some of the most common activities and the guidelines to be followed at an RC Activities sponsored event. Please contact the Mission Support office for guidance if you do not see an activity on this list.

Which of the following activities do you think are not allowed?

- Unmanned Aircraft / Drones
- Canoeing and kayaking
- Swimming
- Paintball
- Night Games
- Archery
- Inflatable Slides and Bouncy Houses
- Horseback Riding
- Trampoline
- Slip-and-Slides
- Zip Lines
- White Water Rafting
- Mechanical Bull



# High Risk Activities – Poll Results

- X Unmanned Aircraft / Drones - NOT Permitted
- ✓ Canoeing and kayaking
- ✓ Swimming
- ✓ Paintball
- ✓ Night Games
- ✓ Archery - Permitted with listed exceptions
- X Inflatable Slides and Bouncy Houses

- ✓ Horseback Riding
- X Trampoline
- ✓ Slip-and-Slides
- ✓ Zip Lines
- ✓ White Water Rafting
- X Mechanical Bull

Permitted activities have certain guidelines and stipulations that must be followed. Please refer to the *High Risk Activities Guide* which can be found in the *Administrative Guide* and *Camp Handbook*, and is also posted directly on the Administrative Support Page for summer camps and overnight youth events.

The screenshot shows the website header with navigation links: Home, Donate, Locality Admin Support, Register, Volunteers, Regnum Christi, My Account (highlighted), Cart, and Logout. Below the header is the RC Activities, Inc. logo and name. The main content area displays the user profile for 'Anna test' with tabs for View, Edit, My Event Registrations, My Organized Events (highlighted), My Certificates, and Order history. Below the tabs, a message states 'This page shows the local events you organized.' A table lists the following event:

Date	Title	Support	Operations
September 6, 2024 to September 8, 2024	Weekend Retreat	view support page (highlighted)	edit



# VOLUNTEER CERTIFICATION

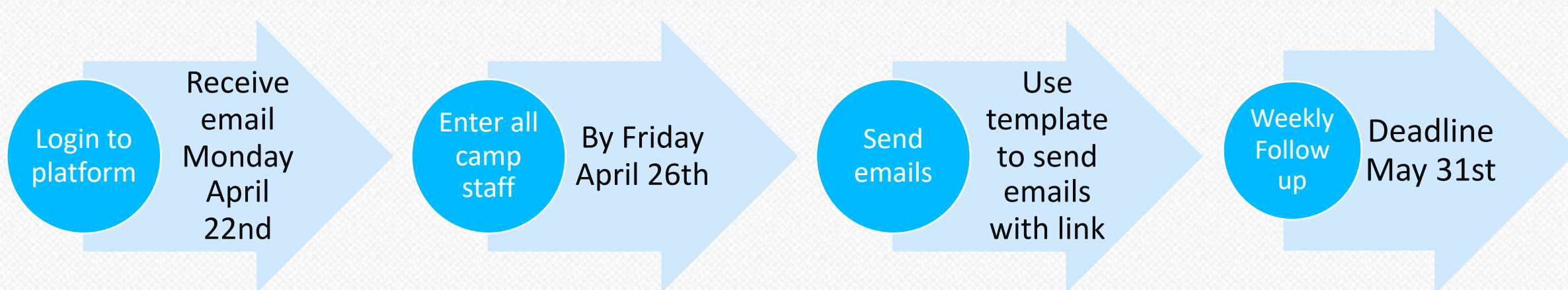
- EVERY adult volunteer at a day or overnight events with minors MUST be certified, no exceptions.
- All youth event must have chaperones. A “chaperone” is defined as 25 years or older. Anyone 18 years or older must also be certified and can assist as volunteers, however they are not deemed legal chaperones.
- **IT IS THE COMPLETE RESPONSIBILITY OF THE EVENT ORGANIZER to ask for and obtain a copy of each adult (18+) valid RCA Volunteer Certificate.**
- It is not enough that they said they did it. Volunteers can download their certificate from their account and send to the event leader.
- They must also have completed the diocesan local Safe Environment training.
- Volunteers can apply at <https://rcactivities.com/volunteers>





## CAMPS – ACTIVE SHOOTING TRAINING

- All camp directors, staff and volunteers will be required to access the Navigate360 training platform and receive Active Shooter Training.
- Camp directors must initiate the process and follow up.
- The camp director and all adult staff must have watched the two required videos, passed the test and receive certification by **May 31<sup>st</sup>**.





# Self-Care and Boundaries

Abby Foley

Safe Environment

Legionaries of Christ



"The dignity of the human person is rooted in his creation in the image and likeness of God."

CCC 1700



- Self-care
- Boundaries with others
- Negative effects of helping professions
- Tool time: checking in
- Learning more







- Fill up your own cup before filling up others. You cannot pour from an empty cup.
- Put on your own oxygen mask before putting on others'.



## Matthew 15:32

"Jesus summoned his disciples and said, "My heart is moved with pity for the crowd, for they have been with me now for three days and have nothing to eat. **I do not want to send them away hungry, for fear they may collapse on the way.**"





## Psalm 23:1-3

"The Lord is my shepherd; there is nothing I lack.

**In green pastures He makes me lie down; to still waters He leads me; He restores my soul. He guides me along right paths for the sake of his name."**







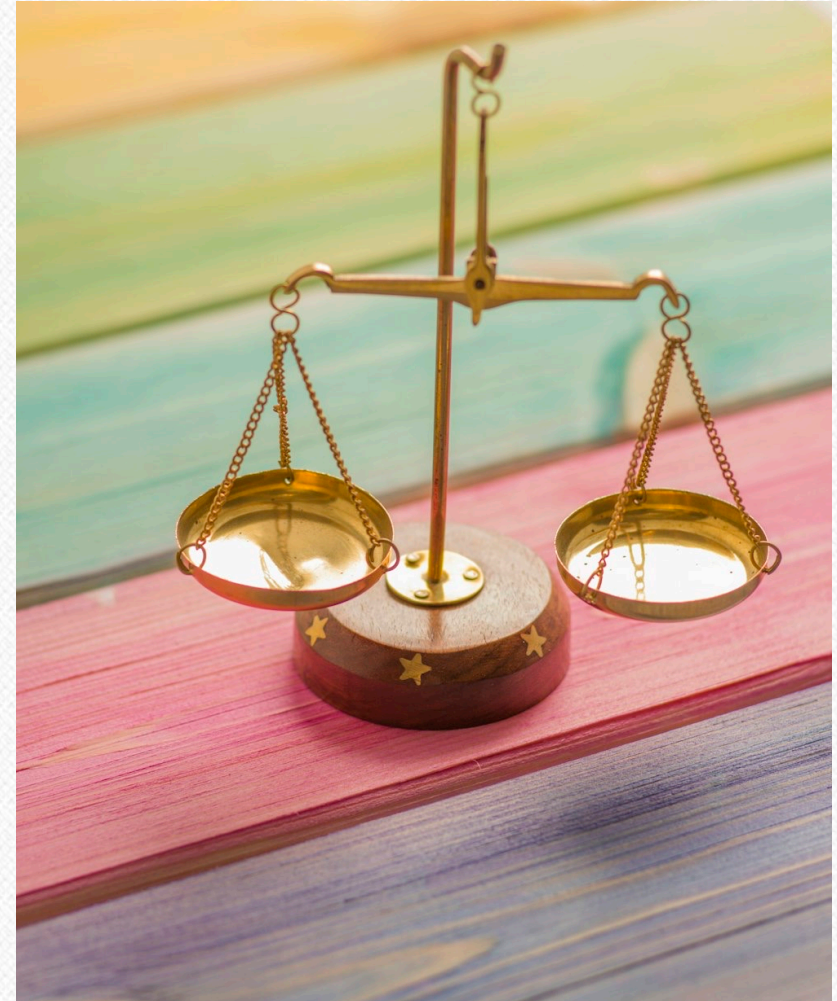


Exhausted v. well rested

Hungry v. full

Pain v. comfort

Confusion v. clarity



- Compassion fatigue occurs when psychologists or others take on the suffering of patients who have experienced extreme stress or trauma. **It is an occupational hazard of “any professionals who use their emotions, their heart,”** Charles R. Figley, PhD, founder of the Traumatology Institute at Tulane University says, and represents the psychological cost of healing others.

[APA](#)







- Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.
- What's the difference between burnout and stress?
  - Amount of time
  - Feelings that accompany the stress
- Burnout can be exacerbated by vicarious trauma and compassion fatigue.
- PSYCHOLOGY TODAY





# TAKE 5

## Physical Needs

- Eating, sleeping, resting

## Psychological Needs

- Reflecting, reading, learning

## Emotional Needs

- Doing hobbies, crying, playing

## Spiritual Needs

- Praying, walking/hiking, singing

## Workplace Needs

- Balancing tasks, receiving support, setting limits

# TAKE 5

Do I feel dehydrated?

Do I feel tired?

Do I need to process today's events?

Do I need to read my book?

Do I need to let my emotions out?

Do I need to kick a ball around?

Do I need to spend time with God?

Do I need to go for an outdoor walk?

Do I need to reevaluate my tasks?

Do I need to reach out to my friend?







## Short term (immediate action)

- Glass of water, breathe, quick walk, quick talk
- Calling in support, go to ER

## Long term (prevention)

- Daily schedule, staff/volunteer numbers and training, eating habits, therapy, policies and protocols









# Summing it Up

Take care of yourself!

It is okay to say no!

Know the signs of breakdown and burnout!

Check in with yourself!

Reach out for help!





QUESTIONS?





# Thank You!

## Legionaries of Christ

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