

## SESSION PLAN – CLUB VOLUNTEERING

### Introduction and Volunteering Preferences Session

#### 1. Welcome to Silver Salties Participants

Preferably a senior member of the SLS Club can welcome the group. Include the following key points:

- **The benefits of the Silver Salties program for the club including:**

Silver Salties gives Surf Life Saving Clubs an opportunity to engage older Australians in the community, broaden their service and 'sport' offerings to older Australians, educate older Australians about water safety to reduce the risk of drownings, attract new "Community" members to the club community AND capitalise on older Australians' life experiences, interests and skills.

- **The importance of volunteering for the club and for individuals including:**

Our club is made up of volunteers (outline some of the roles) who provide their time, knowledge and skills to keeping our club running. We also appreciate that volunteering provides individuals with meaning and purpose, an increase in [self-esteem](#) and wellbeing, a stress reliever, a depression fighter, a way of giving back and making a positive impact on the community and a way of connecting socially with others.

- **Our club appreciates you and any time, knowledge, skills you can share with our club.**



**2. Outline of some of the club roles where Silver Salties could volunteer. See table for ideas below.**

| Club Support   | Events Help   | Nippers Help   | Club Management Support   | Lifesaving Support   |
|--|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Typing</li> <li>• Processing registrations</li> <li>• Maintenance</li> <li>• Canteen helper</li> <li>• Fundraising</li> <li>• Uniform shop</li> <li>• Photographer</li> <li>• Historian helper</li> </ul> | <ul style="list-style-type: none"> <li>• Sports Official</li> <li>• Gear steward</li> <li>• Photographer</li> <li>• Canteen helper</li> <li>• BBQ coordinator</li> <li>• Registrar</li> <li>• Water Safety Officer</li> </ul> | <ul style="list-style-type: none"> <li>• Parent Liaison Officer</li> <li>• Assistant</li> <li>• Manager</li> <li>• Water Safety Officer</li> <li>• Canteen helper</li> <li>• BBQ manager</li> <li>• Chaperone</li> </ul> | <ul style="list-style-type: none"> <li>• Lifesaving Committee Member</li> <li>• Mentoring Club Management</li> <li>• Youth Assistant</li> <li>• Peer Support Officer</li> <li>• Fundraising Committee Member</li> </ul> | <ul style="list-style-type: none"> <li>• Patrol Member - First Aid, Radio Operator, Resusciation</li> <li>• Observer's Award</li> <li>• Surf Rescue Certificate</li> <li>• Drone helper</li> </ul> |

**3. Outline SLSA and the club’s commitment to meeting national standards for volunteer involvement**

Share that the club is aware that Volunteering Australia has a National Standards for Volunteer Involvement and the club tries to use these standards to maximise the benefits of volunteer involvement develop effective volunteer involvement strategies and practices, involve volunteers in meaningful and useful ways, and ensure the rights of volunteers are protected.

You could share the Standards or provide a link to them: <https://www.volunteering.com.au/wp-content/uploads/2015/05/National-Standards-for-Volunteering-2015.pdf>. There are 8 standards addressing the key areas of volunteer involvement:

1. Leadership and management
2. Commitment to volunteer involvement
3. Volunteer roles
4. Recruitment and selection
5. Support and development
6. Workplace safety and wellbeing
7. Volunteer recognition
8. Quality management and continuous improvement

**4. Invite Silver Salties participants to complete a Club Volunteering “About You” form which outlines their strengths, interests, experiences, knowledge, skills; and provides an opportunity for them to state which volunteering roles they could support.**



## CLUB VOLUNTEERING - ABOUT YOU FORM

Silver Salties Participant Name: \_\_\_\_\_ Email: \_\_\_\_\_

What skills/experience/qualifications do you have that you could share/would like to use?

*For example: typing, writing, cooking, gardening, accounting, coaching, bar management, speaking, working with youth, etc.*

What knowledge do you have which you would like to share?

*For example: club governance, health topics, history topics, financial matters, etc.*

What are some of your interests in your spare time?

Which of the club volunteering options below sound the most like you?

| Club Support  | Events Help   | Nippers Help   | Club Management Support   | Lifesaving Support   |
|---|---|--|---|--|
| <ul style="list-style-type: none"><li>• Typing</li><li>• Processing registrations</li><li>• Maintenance</li><li>• Canteen helper</li><li>• Fundraising</li><li>• Uniform shop</li><li>• Photographer</li><li>• Historian helper</li></ul> | <ul style="list-style-type: none"><li>• Sports Official</li><li>• Gear steward</li><li>• Photographer</li><li>• Canteen helper</li><li>• BBQ coordinator</li><li>• Registrar</li><li>• Water Safety Officer</li></ul> | <ul style="list-style-type: none"><li>• Parent Liaison Officer</li><li>• Assistant</li><li>• Manager</li><li>• Water Safety Officer</li><li>• Canteen helper</li><li>• BBQ manager</li><li>• Chaperone</li></ul> | <ul style="list-style-type: none"><li>• Lifesaving Committee Member</li><li>• Mentoring Club Management</li><li>• Youth Assistant</li><li>• Peer Support Officer</li><li>• Fundraising Committee Member</li></ul> | <ul style="list-style-type: none"><li>• Patrol Member - First Aid, Radio Operator, Resuscitation</li><li>• Observer's Award</li><li>• Surf Rescue Certificate</li><li>• Drone helper</li></ul> |

What are you hoping to get out of your Club Volunteering role?

Do you have any questions for the Surf Life Saving Club? YES / NO

*If yes, please write your questions below.*

Thank you for completing this form. Please return to the Surf Life Saving Club Leader. We thank you in advance for your time and support as a volunteer! It is greatly appreciated.