

## SESSION PLAN - WALK & TALK

### Suggested Speaking Notes for SLSC Leaders

Note: Use the Risk Assessment Form for Silver Salties Program to identify and manage risks before every session.

1. Head over to the designated meeting point e.g. outside club, at the park swings or chairs. Make sure you have your registration list with you. SMILE, smile and smile!
2. “Welcome everyone. This is the Silver Salties Walk & Talk Group”
3. “My name is ... and I am a member and volunteer at .... Surf Life Saving Club. I will be your Walk & Talk Leader today. I wanted to be involved today so I could get active and get my steps up (I’m aiming for at least 10,000 steps today...and I have a pedometer that I use!) and have a chat with some new friends, that is you! I am looking forward to today, but something else I’m looking forward to is... e.g. a sporting event, a family birthday, a holiday....
4. “I’d love to get to know your names and a little bit about you, so before we get started, let’s hear from everyone. If you could tell us your name, why you came today, and something you’re looking forward to, that would be great. Let’s start with (points) you.”
5. You could also ask participants to put their hands up (or stand up) if they belong to one of these groups, and then ask questions of anyone who puts their hand up/stands up. Is anyone here...
  - a) From ... retirement village? Q. Is that nearby? How many people live there?
  - b) Doing any other Silver Salties programs? Q. Which one/s? How are they going?
  - c) Involved in another local recreation group e.g. Bowls? Golf? Q. Which club? What do you enjoy about them?



6. “As you know, today our plan is to go for a walk and have a chat along the way. Our guidelines will be:
- We check in at the start and we check in at the end. I will use the roll to mark off names, just to check no one has raced off on their own or having a party up the road without us.
  - We will go at our own pace and pause if needed. We will aim to always have someone nearby though. I am happy to walk at a slower pace, but I would encourage others to keep an eye out for each other.
  - If we get ahead of the group, that is ok, but we’ll loop back to the group to check in and have a chat as we go e.g. if you get 100m ahead, then come back and say Hi and then you can pace forward again.
  - We will let someone near us, or me, know if we’re not feeling well. In the case of an emergency, I will ring the appropriate help e.g. an ambulance, or your emergency contact. If I get into trouble, I’ll get you to use my phone and ring 000. The SLS Club phone number is also on my name tag/badge.
  - We will take water breaks whenever we need. And we’ll have one right now, because it’s important to hydrate before we exercise. I hope everyone has sunscreen on also and a nice wide-brimmed hat.
  - If the weather changes, we will head back to the meeting point, I will mark off the roll that I have everyone on, and then you are welcome to seek shelter back at the clubhouse, or anywhere you want to go.”
7. “Today’s walking challenge is to ... (choose from below) and our talking topic is... (choose from below)

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| <p><b>WALK options</b></p> <ul style="list-style-type: none"> <li>Distance challenge. Walk for a set amount of time and see how far you get!</li> <li>Timed challenge. Walk to a landmark e.g. lighthouse and see how long it takes.</li> <li>Exercise challenge. Walk and stop at different points to do gentle exercises.</li> <li>Pace challenge. Walk and change pace at different intervals as directed e.g. slow, medium, fast.</li> <li>Weights challenge. Walk and carry a weighted item in hand e.g. hand weights, bottles of water</li> <li>Pedometer challenge. Walk with a pedometer to see how many steps you take on your walk.</li> </ul> | <p><b>TALK topics</b></p> <p>The Walk &amp; Talk Club can operate without talk topics but using a ‘topic of the day’ can add fun and variety!</p> <ul style="list-style-type: none"> <li>Family. Who makes up your family? Where do they live?</li> <li>Career. What have you done career-wise?</li> <li>Travel. Where have you travelled in Australia? Overseas?</li> <li>Passions. What are your interests? Hobbies? Passions?</li> <li>TV. What do you like watching on TV? Favourite shows?</li> <li>Authors. Which books/authors do you like to read?</li> <li>Current Affairs. What is your opinion on today’s news?</li> <li>Mindfulness. How do you practice mindfulness?</li> <li>Technology. What technologies do you like? Miss?</li> </ul> |
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| <ul style="list-style-type: none"><li>• Senses challenge. Walk to a landmark and become aware of your senses-sight, hearing, touch, smell &amp; taste.</li></ul> | <ul style="list-style-type: none"><li>• Movies. What was the last movie you saw at the cinemas?</li></ul> |
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8. Ok, let's get ready to go. If you feel like you'll go medium to faster pace (and don't forget to loop back to the group), you can go towards the front of the group. Everyone ready, let's go!