

Safety and Risk Assessment


Silver Salties will include a series of precautions to ensure the safety of older Australian participants.

1. **Insurance.** All Silver Salties participants will be insured for injury or other more serious complications under SLSC-arranged insurance.
2. **Safety Promotion.** All promotions about Silver Salties to older Australians will include suggested safety precautions while participating in activities including:
 - **Sun-safety** (e.g. put sunscreen on, wear a wide-brimmed hat, wear sun-safe clothing/swimwear)
 - **Supportive equipment** (e.g. shoes, assistive equipment e.g. walker, wheelchair, cane, other)
 - **Hydration** (e.g. bring a water bottle, stop for water breaks, promote water fountain locations)
3. **Participant Registration.** When participants register for Silver Salties, it will be compulsory for them to:
 - Provide information about any pre-existing medical conditions they have e.g. cardiac conditions
 - Declare that they have had medical clearance to get involved e.g. General Practitioner
 - Rate their aquatic skills and level of understanding about water safety.
4. **Participant Details.** The SLSC leader/s for each program will have:
 - A print-out of participant registrations (or hand-written details of late-comers) including key details, so that leaders can modify their delivery of programs accordingly.Some clubs may consider giving each participant a lanyard or sticker which includes a space for participants' names and possibly their emergency contact, and any important medical details, however, this is not compulsory.
5. **Risk Assessment.** The SLSC leader/s will be responsible for assessing and managing any potential risks associated with programs being delivered at the park, clubhouse, beach, pool or surf. The key steps involved are:
 - Identify potential hazards which could occur during program delivery; and
 - Implement relevant control measures to address potential hazards.

See the following ***"Risk Assessment Form for Silver Salties Program"***.

The following is a list of possible hazards and potential control measures. This list is for example purposes only and is not intended to be a comprehensive list of all hazards that may be encountered. Consider the range of options available for conducting the event ensuring that the level of risk is tolerable and risk reduction strategies are implemented to bring risk As Low As Reasonably Practicable (ALARP).

Risk Assessment Form for Silver Salties Programs

Potential Hazard	Control Measure <i>Identify relevant control measures for the program being delivered.</i>	Implemented 
Physical environment	<ul style="list-style-type: none"> Check weather, water and beach conditions using Beach safe APP and Bureau of Meteorology (BOM) website. Assess water dangers e.g. rip currents, sand banks, debris, stingers, recreational swimmer numbers, position in relation to flags. Check pool area including entry point, workout area, pool edges for slippery or sharp surfaces or objects in the bottom. Check pool for water clarity, smell, presence of marine/other creatures (particularly ocean pools), and waves coming into the pool (ocean pool). Modify activity to address physical hazards e.g. move position. Promote sun safety including rashie shirts, wide-brimmed hats, sunscreen. Provide beach mat where applicable. Assess SLSC clubhouse for age-friendly attributes e.g. seating, wheelchair access, ease of moving to restrooms, water availability. 	
Equipment	<ul style="list-style-type: none"> Ensure SLS equipment including safety, repair and rescue equipment conforms to the SLSA safety guidelines. Provide rescue equipment that is quickly and easily accessible. Promote the use of fins, hand-paddles etc for any relevant aquatic activity. Promote comfortable clothing, swimwear and shoes. 	
Activity	<ul style="list-style-type: none"> Demonstrate and explain each activity clearly. Ensure participants participate at their own level of comfort and reassure that an activity can be left out if it causes discomfort, pain etc. Tell participants to stop an activity if they feel short of breath or unwell. Provide support e.g. volunteers assisting movement, encouraging words. Modify activities to best cater for all levels of ability e.g. change space, change activity (e.g. distance, time), change equipment (e.g. do activity with or without weights), change participant grouping. 	
Participant background	<ul style="list-style-type: none"> Ensure participant has completed registration form including pre-existing medical conditions, aquatic experience, medical clearance. Assess participants in a proficiency test before program begins. 	
Supervision	<ul style="list-style-type: none"> A relevant amount of qualified SLSC representative/s supervising activity including Bronze Medallion or Surf Rescue Certificate awards. Ensure patrol supervising surf programs. Ensure all participants know emergency procedures e.g. DRABCD. Ensure the SLSC leader has access to a radio or phone to call for help. 	