

# **SILVER SALTIES**

## **A Presentation for Surf Life Saving Clubs**

- **Background**
- **Support For Clubs**
- **Pilot Program**
- **Contacts**





# BACKGROUND

Webpage

What is Silver Salties?

Guiding Principles

Objectives

Benefits for Clubs

Community Membership

20 Programs

Program Summaries

Program Finder



## WEBPAGE



<https://sls.com.au/silver-salties/>

## WHAT IS SILVER SALTIES?

A **physical activity and social connections initiative for older Australians** designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program. While Silver Salties targets people aged 65+years, it welcomes all ages.



### PARK

Walk & Talk

History & Horizons

Yoga & Mindfulness

Tai Chi & Meditation



### CLUBHOUSE

Wisdom & Wellbeing

Chair Aerobics

Club Volunteering

First Aid



### BEACH

Social Club

Beach Fitness

Beach Surf Sports

Patrol



### POOL

Pool Swim Club

Gentle Pool Exercises

Swimming Skills

Pool Rescues



### SURF

Surf Swim Group

Surf Swimming

Catching Waves

Surf Rescues

## GUIDING PRINCIPLES

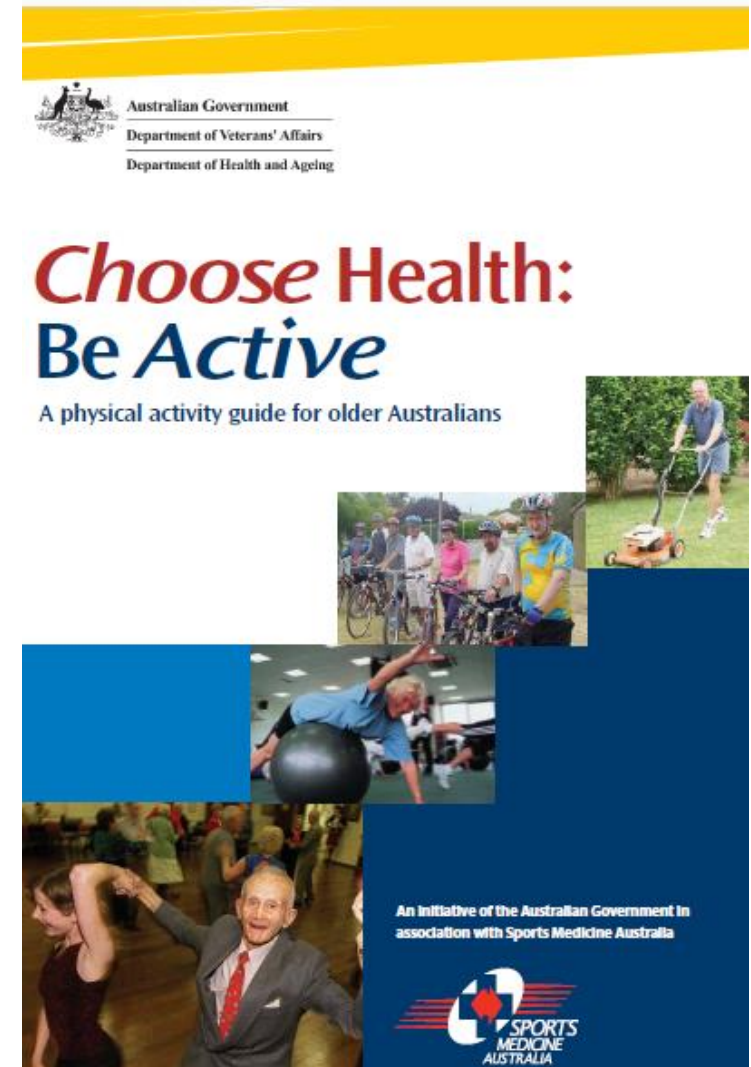
**Australia's Physical Activity Guidelines for Older Australians** (65 years and older) by including a range of physical activity options that incorporate fitness, strength, balance and flexibility

**Healthy Ageing**, the World Health Organisation's policy supporting people to live long and healthy lives by creating age-friendly environments including positive attitudes, access to resources, space, safety

**COTA For Older Australians'** vision, purpose and values including respect, diversity, collaboration and integrity of older Australians

**Beyond Blue's Connections Matter – Helping older people stay socially active.**

***\*Click on links to go to specific web pages.***





## EVIDENCE-BASED

Silver Salties has been designed using evidence-based approaches including the

### **Best practice framework for engaging older people in physical activity**

Victorian Active Ageing Partnership (MOVE muscle, bone & joint health)

Best practice framework for engaging older people in physical activity



# SILVER SALTIES OBJECTIVES

## Engagement

Engage older Australians in physical activity and active recreation at affiliated Surf Life Saving Clubs.

## Acquisition

Drive Community Membership via non-SLS members participating in programs and introducing them to SLS.

## Retention

Provide options for older members to participate in activities and share their knowledge and skill.



## BENEFITS FOR CLUBS

Silver Salties gives Surf Life Saving Clubs an opportunity to:

- Demonstrate the SLSA mission to Save lives, create great Australians and build better communities.
- Choose programs which reflect their capacity, capability, setting and context, as well as participant interest.





## BENEFITS FOR CLUBS ... *continued*

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
- Capitalise on older Australians' life experiences
- Educate older Australians about water safety to reduce the risk of drownings
- Attract new "Community" members to the club community
- Receive subsidies to run approved Silver Salties programs and/or to develop innovative approaches/programs.



## COMMUNITY MEMBERSHIP

Each Silver Salties participant, who is not already a SLS member, will receive SLS Community Membership.



# 20 PROGRAMS

be updated here soon:



## PARK



### Walk & Talk

Join the Walk & Talk group to do a coastal walk while talking with new and old friends.



### Yoga & Mindfulness

Be mindful, stronger and more flexible using gentle yoga poses and stretches.



### History & Horizons

Relax, enjoy the sea air, and gaze at the horizon while learning about surf lifesaving, indigenous and local histories.



### Tai Chi & Meditation

Get fitter, have better balance and learn about meditation trying Tai Chi – an internal Chinese martial art practiced for defense training and health benefits.



Clubs can choose one or more of the 20 Silver Salties programs to deliver. The Silver Salties webpage includes an outline of each of the programs, classified by the areas where they would occur e.g. **Park, Clubhouse, Beach, Pool or Surf.**



# PROGRAM SUMMARIES

Program summaries for each of the 20 programs can be found on the Silver Salties webpage.

They are 1-2 A4 pages, and include information for clubs and participants about:

- Objective
- Duration
- Frequency
- Program Length
- Place
- Intensity
- A typical session
- Facts / Did you know?

Walk and Talk

**Objective** To promote the physical and social health benefits of 30+ minutes of moderate physical activity by doing a group coastal walk as well as connecting with the Surf Life Saving Club.

<b>Duration</b> 30min – 45mins	<b>Frequency</b> Weekly	<b>Program</b> 10 weeks (or ongoing)	<b>Place</b> SLS Club meeting point near park/green space	<b>Intensity</b> Moderate. Suitable for participants who, at a minimum, have good mobility e.g. independent mobility and good range of movement, and sound fitness.
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**Speed**  
The walking group will cater for all speeds i.e. slow, medium and fast with a staggered approach e.g. faster walkers invited to go at the front etc. No participants will be alone.

**A Typical Session**

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
- Overview of walking route and the WALK option and TALK topic for the session by SLS Club Leader – 2min
- Warm-up including slow walking and gentle activities – 5min
- Walk and Talk – 15-30min (See Walk options and Talk topics)
- Cool-down including slow walking and gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby cafe.

**Safety**  
All participants should:

- Consult with their doctor before participating
- Be sun-safe and wear comfortable clothes, socks and shoes
- Bring any medications, asthma puffers, and water
- Be able to talk while walking (moderate intensity).

[sls.com.au/silver-salties/](http://sls.com.au/silver-salties/)

**Walking for 30min = approx 3000 to 4000 steps**

Walking helps to reduce stress, be more alert, have a healthier body and build strong relationships. It also helps you feel stronger, more energetic, happier and improves your overall quality and enjoyment of life.

Source: <https://walking.health.nsw.gov.au/en/health/benefits-of-walking> viewed 05/06/23.

Australia's Physical Activity and Sedentary Behaviour Guidelines suggest people 65yr+ do 30min of moderate physical activity, like brisk walking, on most days.

A group walk could align to various charity/ environment events e.g. Walk for Daniel Day, Clean Up Australia Day.

**DID YOU KNOW**

**WALK OPTIONS**

**Distance challenge**  
Walk for a set amount of time and see how far you get!

**Timed challenge**  
Walk to a landmark eg lighthouse and see how long it takes

**Senses challenge**  
Walk to a landmark and become aware of your senses-sight, hearing, touch, smell & taste

**Exercise challenge**  
Walk and stop at different points to do gentle exercises

**Family**  
What technology do you like? Miss?

**Current Affairs**  
What is your opinion on today's news?

**Television**

**Mobiles**

**Travel**  
Where have you travelled in Australia? Overseas?

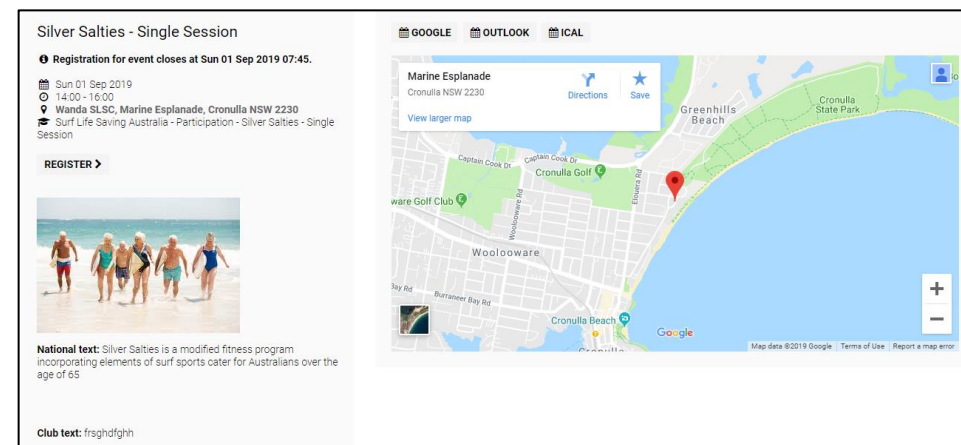
**Authors**

**Cover**

## PROGRAM FINDER

Club-based Silver Salties programs will eventually be promoted on the Silver Salties webpage program finder.

- Existing SLS members login with member credentials
- Non-members create profile and become community members
- Participants added to program via back-end – individually or in bulk



# SUPPORT FOR CLUBS

Education

Marketing

Risk Management

Financial Support

Online Management





# EDUCATION

- Engaging with older Australians online module
- Checklists and Training Manual for Club
- Session Plans: Easy to follow lesson plans for club leaders



**SILVER SALTIES**

**WALK & TALK CLUB**

SUMMARY

**OBJECTIVE:** To enjoy the health benefits of doing a 30+ minute coastal walk of moderate intensity, interacting with other people, and connecting with the local Surf Life Saving Club.

**PLACE:** SLS Club meeting point near park/green space

**DURATION:** 30min - 45min per session

**FREQUENCY:** One session a week (or more)

**PROGRAM:** 10 weeks (or ongoing)

**INTENSITY:** Moderate  
Suitable for participants who, at a minimum, have good mobility e.g. independent mobility and good range of movement, and sound fitness. Walking speed may vary e.g. slow, medium, fast.

**SAFETY:** All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear comfortable clothes, socks & shoes.
- Bring any medications, asthma puffers, and water.
- Be able to talk while walking (moderate intensity).

**A TYPICAL SESSION:**

1. Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
2. Overview of walking route and the WALK option and TALK topic (if any) for the session by SLS Club Leader – 2min
3. Warm-up including slow walking and gentle activities – 5min
4. Walk and Talk – 15-30min (See Walk options & Talk topics).
5. Cool-down including slow walking and gentle stretches – 5min
6. Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

**DID YOU KNOW?**

- Australia's Physical Activity and Sedentary Behaviour Guidelines suggest people 65yr+ do 30min of moderate physical activity, like walking, on most days.
- Walking for 30min = approx. 3000-4000 steps.
- 10,000 steps are a daily goal for healthy adults but many adults, including 65yr+, don't meet this goal for varying reasons e.g. mobility, fitness, safe paths etc.
- Any physical activity is better than none, so more steps each day is a great goal too.
- Anyone can access the free Heart Foundation Walking APP.

**KEEPING TRACK**  
Set a goal for your walking within the program and track your progress on the Silver Salties Activity Tracker.

**BENEFITS:** Walking helps to reduce stress, be more alert, have a healthier body and build strong relationships. It also helps you feel stronger, more energetic, happier and improves your overall quality and enjoyment of life.  
Source: <https://walking.heartfoundation.org.au/benefits-of-walking> viewed 9th Aug 2019.

**WALK options**

**Distance challenge.** Walk for a set amount of time and see how far you get!

**Timed challenge.** Walk to a landmark e.g. lighthouse and see how long it takes.

**Exercise challenge.** Walk and stop at different points to do gentle exercises.

**Pace challenge.** Walk and change pace at different intervals as directed e.g. slow, medium, fast.

**Weights challenge.** Walk and carry a weighted item in hand e.g. hand weights, bottles of water.

**Pedometer challenge.** Walk with a pedometer to see how many steps you take on your walk.

**Senses challenge.** Walk to a landmark and see which senses are activated i.e. sight, hearing, touch, smell & taste.

**TALK topics**

The Walk & Talk Club can operate without topics but using a topic per session can add fun and variety!

**Family.** Who makes up your family?

**Career.** What work have you done?

**Travel.** Where have you travelled?

**Passions.** What are your interests?

**TV.** What do you like watching on TV?

**Authors.** Which authors do you like to choose?

**Current Affairs.** What is your opinion?

**Mindfulness.** How do you practice mindfulness?

**Technology.** What technologies do you like? Miss?

**Movies.** What was the last cinema movie you saw?

# MARKETING

- Marketing Guide for Clubs
- Templates e.g. flyer, email content, Facebook posts, fast facts etc.



## SILVER SALTIES

### Fast Facts

**1** Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program. While Silver Salties targets people aged 65+ years, it welcomes all ages.

**2** Silver Salties includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience.

**3** Surf Life Saving Clubs can choose one or more Silver Salties activities to run over 10 weeks / a season based on club capacity and capability, and participant interest.

**4** 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, capitalise on older Australians' life experiences, educate older Australians about water safety to reduce the risk of drownings, attract new "Community" members to the club community, and receive subsidies to run approved Silver Salties programs and/or to develop innovative approaches/ programs. Each Silver Salties participant receives SLSC Community Membership.

**5** Silver Salties is underpinned by safety strategies including club risk assessment, full beach patrol supervision for surf activities, trained club leaders, request for participant personal information including pre-existing medical information, recommended medical clearance and availability of emergency equipment. Each Silver Salties participant will be covered by insurance when they register for the program.

**6** Silver Salties will target older Australians through a range of existing and new networks e.g. older members within Surf Life Saving Clubs, local seniors groups, aged care facilities, regional council programs, and health professionals; and methods e.g. In-house campaign (i.e. word of mouth, flyers) and community campaign (Come and Try sessions, advertisements, posters, strategic partnerships, community education sessions, program ambassador talks, launch morning tea/dinner).

### 7 Silver Salties supports:

- Australia's Physical Activity Guidelines for Older Australians (65 years and older) by including a range of physical activity options that incorporate fitness, strength, balance and flexibility
- Healthy Ageing, the World Health Organisation's policy supporting people to live long and healthy lives by creating age-friendly environments including positive attitudes, access to resources, space, safety
- Best practice framework for engaging older people in physical activity, Victorian Active Ageing Partnership (MOVE muscle, bone & joint health)
- COTA For Older Australians' vision, purpose and values including respect, diversity, collaboration and integrity of older Australians
- Beyond Blue's Connections Matter – Helping older people stay socially active
- Older Australians can submit their expression of interest/ register for programs by going online at [www.sls.com.au/silver-salties](http://www.sls.com.au/silver-salties) or by phoning or visiting their local Surf Life Saving Club.

# RISK MANAGEMENT

- **Risk Assessment Matrix / Checklist** for use across Silver Salties programs.
- **Insurance cover** provided to participants who are not members. Participants will be covered when they are registered in the online system.



Potential Hazard	Control Measure	Implemented
Physical environment	<ul style="list-style-type: none"> <li>Check weather, water and beach conditions using Beachsafe APP and Bureau of Meteorology (BOM) website.</li> <li>Assess water dangers e.g. rip currents, sand banks, tides, stingers, slippery or sharp surfaces or objects in the bottom.</li> <li>Check pool area including entry point, workout area, pool edges for (particularly ocean pools), and waves coming into the pool (ocean pool).</li> <li>Modify activity to address physical hazards e.g. move position.</li> <li>Promote sun safety including rashie shirts, wide-brimmed hats, sunscreen.</li> <li>Provide beach mat where applicable.</li> <li>Assess QLD clubhouse for age-friendly attributes e.g. seating, wheelchair access, ease of moving to restrooms, water availability.</li> </ul>	✓
Equipment	<ul style="list-style-type: none"> <li>Ensure QLD equipment including safety, repair and rescue equipment conforms to the QLD SA safety guidelines.</li> <li>Promote the use of fins, hand-paddles etc for any relevant aquatic activity.</li> <li>Promote comfortable clothing, swimwear and shoes.</li> </ul>	-
Activity	<ul style="list-style-type: none"> <li>Demonstrate and explain each activity clearly.</li> <li>Ensure participants participate at their own level of comfort and reassurance that an activity can be left out if it causes discomfort, pain etc.</li> <li>Tell participants to stop an activity if they feel short of breath or unwell.</li> <li>Provide support e.g. volunteers assisting movement, encouraging words.</li> <li>Modify activities to best cater for all levels of ability e.g. change space, change activity (e.g. distance, time), change equipment (e.g. no activity with or without weights), change participant grouping.</li> </ul>	-
Participant background	<ul style="list-style-type: none"> <li>Ensure participant has completed registration form including pre-existing medical conditions, aquatic experience, medical clearance.</li> <li>Assess participants in a proficiency test before program begins.</li> </ul>	-
Supervision	<ul style="list-style-type: none"> <li>A relevant amount of qualified QLD representatives supervising activity including Bronze Medalist or Surf Rescue Certificate awards.</li> <li>Ensure all participants know emergency procedures e.g. DRABCD.</li> <li>Ensure the QLD leader has access to a radio or phone to call for help.</li> </ul>	-



## FINANCIAL SUPPORT

- **Seed Grant for Pilot Clubs** - \$500 for one program undertaken; \$1000 max for two or more programs
- **Retrospective Subsidies:** Subsidies for programs attracting participants aged over 65
  - Paid retrospectively when participants are marked complete in the online system





Subsidies will vary depending on the length of the program (sessions/days) and number of participants over the age of 65 that complete the program. The table below sets out the subsidies available:

		Sessions (Days)				
		1	up to 4	up to 8	up to 12	13+
Participants Aged 65+	1	\$20	\$60	\$100	\$120	\$150
	up to 4	\$40	\$80	\$160	\$280	\$430
	up to 8	\$60	\$120	\$200	\$320	\$470
	up to 12	\$80	\$160	\$240	\$360	\$510
	13+	\$100	\$190	\$270	\$390	\$540

















Example: If you run a program once a week for 6 weeks and 7 participants aged 65 or over complete the program you will receive \$200.

# ONLINE MANAGEMENT

**Administration tool** for clubs to run programs including: registration, payments, reporting, communication etc.


<a href="#">upcoming</a> <a href="#">past</a> <a href="#">TBA</a>		Filter by: All venues <a href="#">Go</a>		
Name	Type	Date & time	Attendees	Actions
Golden Oldies Winter Swimming	 RSVP event	Sat 01 Jun 2019 06:00 - Sat 26 Jun 2021 07:00	0	<a href="#">details</a> <a href="#">edit</a> <a href="#">view live</a>
Granny Grommets	 RSVP event	Sun 01 Dec 2019 10:00 - 11:00	0	<a href="#">details</a> <a href="#">edit</a> <a href="#">view live</a>
Silver Salties - Deep Burn	  RSVP event	Sun 22 Dec 2019 07:30 - 09:30	0	<a href="#">details</a> <a href="#">edit</a> <a href="#">view live</a>

## Options

-  add registration
-  edit event
-  view event live
-  email attendees
-  sms attendees
-  invite members
-  waiver reminders
-  mark attendance
-  course completion
-  event statistics
-  event reports
-  manage officials
-  clone event
-  import registrations
-  renew members
-  delete event

## DATA COLLECTION

The Administration Tool (online management system) will provide a means of collecting data about participants. Data can also be used to promote other club activities – courses, training etc.

 North Bondi SLSC powered by revolutioniseSPORT					
Event Attendance Report					
Event	Start date	Start time	End date	End time	Registrants
Silver Salties - 4 Sessions	Sat 04 May 2019	08:00	Sat 25 May 2019	09:00	1
Silver Salties - Single Session	Wed 15 May 2019	07:30	Wed 15 May 2019	09:30	1
Golden Oldies Winter Swimming	Sat 01 Jun 2019	06:00	Sat 26 Jun 2021	07:00	0
Silver Salties - Single Session	Thu 11 Jul 2019	07:30	Thu 11 Jul 2019	09:30	0
Starfish Nippers	Sat 20 Jul 2019	09:30	Sat 20 Jul 2019	11:30	0
Granny Grommets	Sun 01 Dec 2019	10:00	Sun 01 Dec 2019	11:00	0
Silver Salties - Deep Burn	Sun 22 Dec 2019	07:30	Sun 22 Dec 2019	09:30	0
Starfish Nippers	Sat 18 Jan 2020	09:30	Sat 20 Jul 2019	11:30	0
Totals					2



# PILOT PROGRAM

Overview

Expression of Interest

Club Requirements



## OVERVIEW

- **The Pilot Program will run through to 31 December 2020.**
- All affiliated clubs can run Silver Salties Programs
- Clubs can register as a Silver Salties club via the online form
- Once registered, clubs will be provided with support tools





# EXPRESSION OF INTEREST

## GET INVOLVED



### BE A PARTICIPANT

Silver Salties has been designed for older Australians but welcomes participants of all ages.

To register your interest to participate in a Silver Salties program complete the form in the link below.

We will notify your local Surf Life Saving Club about your enquiry and work with them to



### BE A PILOT CLUB

Silver Salties is available for all affiliated Surf Life Saving Clubs across Australia to pilot. As well as launching new programs, clubs can also incorporate existing activities within Silver Salties (new programs will need to meet criteria). Seed grants are available to support clubs that are running programs during the pilot period.

To pilot Silver Salties at your club, register your details below.





## CLUB REQUIREMENTS

- Deliver at least ONE of the Silver Salties programs during the pilot period (November 2019 – December 2020).
- Use the “Engaging with older Australians” training module developed by SLSA prior to delivering the pilot program
- Use pilot project one-off seed funding to support the planning and delivery of the Silver Salties pilot program/s e.g. training, equipment, external deliverer fee, wages, incentives, other.
- Complete surveys before and after the pilot program providing feedback about your experience.
- Share the club’s experience during the pilot program through a case study template distributed by SLSA.

# CONTACTS

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