

WELCOME TO SILVER SALTIES





DURING THIS PRESENTATION...

You will have the opportunity to:

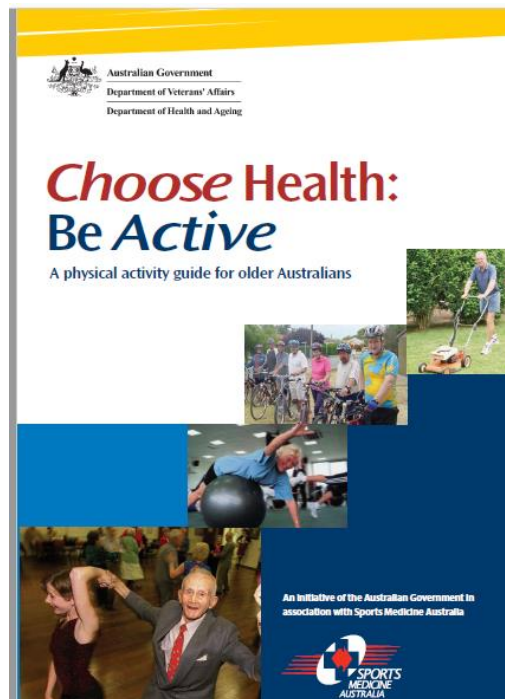
- **Reflect on your physical activity and social connections**
- **Learn about Silver Salties and upcoming programs**
- **Find out our Surf Life Saving Club's pledge to you**
- **Register in Silver Salties ... if you're interested**
- **Ask questions**

REFLECTION ACTIVITY

The following reflection activity is based on:

Australia's Physical Activity Recommendations for Older Australians (65 years and older)

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



WOULD YOU MEET THIS RECOMMENDATION?

Older people should do some form of physical activity, no matter what their age, weight, health problems or abilities.



WOULD YOU MEET THIS RECOMMENDATION?

Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.



WOULD YOU MEET THIS RECOMMENDATION?

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.



WOULD YOU MEET THIS RECOMMENDATION?

Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.





ARE YOU AS CONNECTED AS YOU WOULD LIKE TO BE?

1. Friends and family

How often do you get together with friends or family for outings, meals or special events?

- Weekly
- Monthly
- Every few months
- Once a year or less

ARE YOU AS CONNECTED AS YOU WOULD LIKE TO BE?

2. Chatting and catching up

How often do you stop for a chat, talk on the phone or chat online with other people?

- Daily
- Two to five times a week
- Weekly
- Monthly
- Every few months
- Once a year or less

3. Activities and interests

Do you belong to any formal or informal interest groups? These can include fitness, theatre, cards, cooking, hobby and cultural groups or sports, car, social and book clubs.

- Yes
- No

If **yes**, how often do you attend?

- Twice a week or more
- Weekly
- Monthly
- Every few months
- Once a year or less

ARE YOU AS CONNECTED AS YOU WOULD LIKE TO BE?

4. Helping out and volunteering

How often do you do something to help someone? For example, help a neighbour, cook a meal or clean for a sick friend, or volunteer.

- Weekly
- Monthly
- Every few months
- Once a year or less

5. Community and local events

How often do you attend community events? These can include events such as local markets, school fetes, music festivals, theatre, sporting events and local government activities.

- Weekly
- Monthly
- Every few months
- Once a year or less



INTRODUCING ... SILVER SALTIES!





WHAT IS SILVER SALTIES?

A **physical activity** and **social connections** initiative for older Australians designed by Surf Life Saving Australia 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.



WHAT'S IN IT FOR YOU?

- Physical activity options to help build your fitness, strength, flexibility and balance – and meet national recommendations
- Social connection opportunities to better connect with others
- Community Membership with Surf Life Saving and a sense of belonging to local club
- Volunteering opportunities which could tap into your skills, experiences and interests
- Other?



CLUBS CAN CHOOSE TO DELIVER ONE OR MORE OF THE 20 SILVER SALTIES PROGRAMS



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



OUR CLUB IS DELIGHTED TO DELIVER SILVER SALTIES

[INSERT SLSC LOGO]

[Insert the question relevant to your approach e.g. asking participants what they want or letting them know what your club will deliver e.g.]

What programs would interest you?

OR

The program/s our club is going to run is/are:



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.





CLUBHOUSE



First Aid

Learn basic First Aid, as well as resuscitation, to support others at home, at the beach or anywhere in between!



Club Volunteering

Volunteer at the local Surf Life Saving Club by sharing your interests & expertise e.g. typing, fixing things, mentoring younger people, being an official at events, working the BBQ, supporting Nippers etc.



Wisdom & Wellbeing

Join the Wisdom and Wellbeing group where you can learn from guest speakers about the importance of physical activity, social connections, health and well-being.



Chair Aerobics

Increase your range of movement, muscle tone, flexibility, cardiovascular fitness and social connections through movements to music from the comfort of a chair.





BEACH



Patrol

Learn about lifesaving including a tour of the patrol areas, beach safety knowledge, surf skills, radio operator skills and more.



Beach Fitness

Get fitter and stronger on the beach including a circuit of moderate, strength, balance and flexibility exercises.



Social Club

Join the Social Club for fun physical activity on the beach e.g. bocce, kites, cricket, sand darts, stone skipping, frisbee, followed by a social event e.g. BBQ



Beach Surf Sports

Participate in modified beach surf sports including fast running, relays, flags, wading activities and running-based games.

[READ MORE](#)



POOL



Gentle Pool Exercises

Do low-impact exercises in the pool such as walking, stretching and modified aqua aerobics.



Swimming Skills

Enter and exit a pool safely, floating techniques, how to move safely in the pool and how to do a range of swim strokes.



Pool Rescues

Do modified pool rescue techniques including line throw, tube rescue and brick carry.



Pool Swim Club

Join the weekly Pool Swim Club to increase your cardiovascular endurance, strength and flexibility.





SURF



Surf Swim Group

Join the weekly Surf Swimming Group to increase your physical fitness and social connections.



SILVER SALTIES

Surf Swimming

Be a more confident surf swimmer including; how to read surf conditions, do entries and exits, wade in the water, body surf and swim in the ocean.

SILVER SALTIES

Catching Waves

Catch waves including body surfing, body boarding, catching waves etiquette and general surf safety.

SILVER SALTIES

Surf Rescues

Do a Tube Rescue and a Board Rescue (simulation/ scenarios) in calm water and where appropriate, in surf conditions.



A TYPICAL SESSION

[LOOK AT THE PROGRAM SUMMARY FOR THE PROGRAM YOU ARE GOING TO RUN AND COPY THE 'A TYPICAL SESSION' ON TO THIS PAGE. SEE WALK & TALK EXAMPLE]

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 café.



ADDITIONAL DETAILS

[INSERT PROGRAM-SPECIFIC INFORMATION RELEVANT TO YOUR CLUB]

- When?
- Where?
- How could you get there?
- Session duration?
- Program duration?
- What do you need to bring?
- Any cost?



OUR PLEDGE TO YOU

- **Appropriate and Rewarding Programs**
- **Skilled and Attentive Leaders**
- **Committed and Equipped Club**



APPROPRIATE AND REWARDING PROGRAMS

Accessible

Friendly

Safe

Beneficial





SKILLED AND ATTENTIVE LEADERS

Nurturing
Expert
Responsive



COMMITTED AND EQUIPPED CLUB

Our club is committed to:

- Saving lives
- Creating great Australians
- Building better communities
- Healthy ageing
- Supporting and valuing volunteers





NEXT STEPS

- **How do you register?**
- **Any questions?**
- **Who can you contact for more information?**



ARE YOU INTERESTED IN BEING INVOLVED?

Please complete a registration form today or you can go online later to register



sls.com.au/silver-salties

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 explore opportunities to launch programs to match your interest.



DO YOU HAVE ANY QUESTIONS?





THANK YOU FOR YOUR TIME!

[For more information please contact:

Name

Club Role

Club Name

Phone

Email]