


Silver Salties Program Criteria

Objectives

The following Silver Salties Program Criteria is designed to help Surf Life Saving Australia and Surf Life Saving Clubs:

1. Plan, design, and/or consider the appropriateness of any proposed additional Silver Salties programs;
2. Monitor or evaluate a Silver Salties program underway; and/or
3. Consider any support required to successfully implement a Silver Salties program e.g. funding, information etc.

Program Criteria	
INITIATIVE DESIGN	Achieved 
<p>Caters for diversity</p> <ul style="list-style-type: none"> • Caters for broad range of abilities, mobility and experience* • Appeals to older Australians and reflects the “Best practice framework for engaging older people in physical activity” i.e. appropriate and rewarding programs (i.e. fun, energising, welcoming, supportive, social, safe, accessible and affordable), skilled and attentive leaders, and equipped organisations. • Inclusive of different genders, backgrounds, interests. • Tailored to SLSC capacity and capability • Meets a local need and/or creates a local opportunity <p>Underpinned by safety and risk management strategies</p> <ul style="list-style-type: none"> • Follows Silver Salties safety procedures including participant registration details/process, use of the risk assessment matrix, the use of qualified external or internal instructors, relevant supervision ratios. <p>Promotes physical activity</p> <ul style="list-style-type: none"> • Includes moderate physical activity – and/or light or vigorous • Promotes strength training, balancing and flexibility activities • Aligns with National Physical Activity and Sedentary Behaviour Guidelines <p>Supports social connections</p> <ul style="list-style-type: none"> • Includes a structured or non-structured social aspect. <p>Promotes involvement in the SLSC family</p> <ul style="list-style-type: none"> • Provides opportunity for participant involvement in SLSC activities e.g. volunteering • Grows SLA Community Membership. • Encourages inter-generational social activity. 	

<p><i>*While Silver Salties is not focussed on athletes, training or competition, a Surf Life Saving Club could develop an existing Masters' Training Group (maximum of ONE group) into a Silver Salties program as long as it meets most criteria including catering for diversity and being inclusive. SLSC would determine if it meets the Silver Salties program criteria before giving endorsement.</i></p>	
IMPACT	Achieved
<p>Increases Participation</p> <ul style="list-style-type: none"> Includes 5 or more 65yr+ participants <p>Promotes of Health and wellbeing</p> <ul style="list-style-type: none"> Contributes to 30 minutes of daily moderate physical activity Includes regular opportunities to promote strength, balance or flexibility each session. Includes dedicated time for social interaction. Participants can share a testimonial/case study about the impact of the program on their health and wellbeing <p>Enhances the Surf Life Saving Club community</p> <ul style="list-style-type: none"> Provides new volunteers for SLSC and volunteering time. Promotes professional development for SLSC staff. Anecdotal feedback from SLSC representatives about the program's positive impacts on the SLSC. 	
INVESTMENT	Achieved
<p>Affordable for participants</p> <ul style="list-style-type: none"> Minimal to no cost for participants e.g. community membership, transport subsidy, reduced fee for external provider/deliverer, specialised equipment, morning tea, social aspects etc. <p>Affordable for clubs</p> <ul style="list-style-type: none"> Specific program requirements, e.g. access to water, external providers, morning tea, printing costs, equipment, can be catered for by the club regardless of Silver Salties pilot program funding/subsidies. <p>Appropriate human resources</p> <ul style="list-style-type: none"> Volunteer hours by SLSCs are manageable, appropriate and acknowledged Planning time to organise and deliver Silver Salties sessions is acknowledged by SLSC. SLSC leaders/session deliverers are skilled i.e. nurturing, encouraging, inclusive, enthusiastic and responsive, trained. <p>Accessible equipment</p> <ul style="list-style-type: none"> Safe, comfortable and relevant equipment / infrastructure is available for participants Reduced or no cost sun-safety Silver Salties apparel. 	
SUSTAINABILITY	Achieved
<p>Meets SLSC and SLSC mission/values</p> <ul style="list-style-type: none"> Contributes to one or more of the following goals: saving lives, creating great Australians, building better communities. 	