



SILVER SALTIES

Surf Swim Group

Objective To promote the health benefits of doing a 30+ minute moderate to vigorous surf swim including fitness, social interaction and connections with the Surf Life Saving Club.

Duration

45min – 1hr per session

Frequency

One session a week

Program

10 weeks (or ongoing)

Place

Meet at the beach flags

Intensity

Moderate to Vigorous

Speed

The surf swim group activities will cater for all speeds i.e. slow, medium and fast. No participant will be alone.

Criteria

All participants should:

- Have good to very good mobility and high to very high fitness levels.
- Be able to swim 200m comfortably in a pool.

A Typical Session

- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min.
- Warm-up on the beach and/or in the surf – 5-10min.
- Main swimming set including fun challenges to build up fitness and swimming confidence – 25-30min.
- Cool-down in the surf e.g. catching waves, easy swim etc or on the beach e.g. easy jog or walk.
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate and meet at the park or meet at a local café.

Safety

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- Use relevant support equipment e.g. fins.
- A SLS patrol, along with the SLS Club Leader will monitor participants.

Surf Swim Challenges

The Surf Swim Club can be as informal as meeting with other club members for a swim out to a designated point and back daily or weekly or can include structured sessions lead by a SLSC Leader with fun challenges.

Example Challenge Sessions:

Ins and outs

A set to test entry and exit. Test out your wading and dolphin diving whilst you negotiate the surf. Increase your heart rate as the team meets up on the beach to reform and go again.

Pyramid

This set requires teamwork as all swimmers build up from 10 strokes, rest, 20, rest, 30, rest, 40 rest, 50 rest, then back down the pyramid i.e. 50-10.

Zig zags

This set involves ins and outs and swimmers progressively move down the beach on each return.



Medley

A set with variety including streamlining with kick, breaststroke, backstroke and butterfly for the adventurous.

Relays

A set where everyone takes their turn in teams to win some fun challenges.

U-turns

A challenging set to cater to the faster and slower swimmer with break negotiation and wave catching.

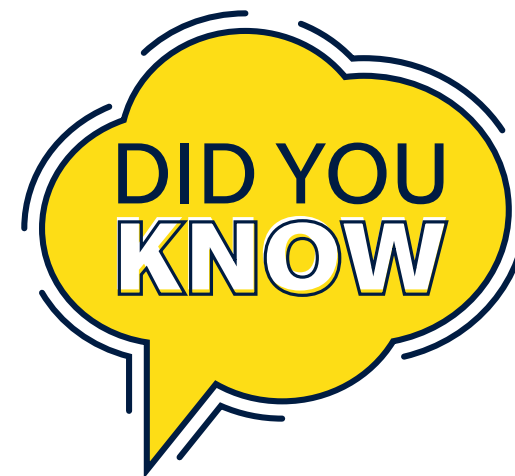
Descending

This set encourages teamwork as everyone does the same number of strokes e.g.

50, takes a rest, then does a smaller number e.g. 40, descending to 10. Rests and repetitions varied.

Discovery

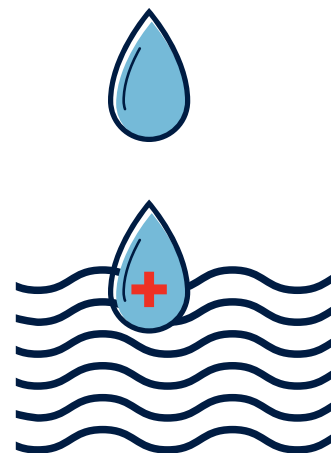
This set encourages group members to share information about the location, buildings, history, marine life or anything of interest to members of the group during the swim.



Hippocrates first used the word “thalassotherapy” to describe the healing effects of seawater, according to Pacific Naturopathic.

Ancient Greeks appreciated the health and beauty benefits of this mineral-rich water and bathed and soaked in seawater-filled pools and hot tubs.

Source: <https://www.livestrong.com/article/400377-what-are-the-health-benefits-of-swimming-in-sea-water/>, viewed 14/08/19



Benefits Swimming in seawater can help increase your immune system function, improve circulation, promote overall well-being and hydrate your skin.

Source: <https://www.livestrong.com/article/400377-what-are-the-health-benefits-of-swimming-in-sea-water/>, viewed 14/08/19