



1. What is Silver Salties? Silver Salties is:

- A **physical activity and social connections initiative** delivered by surf lifesaving clubs across Australia.
- Aimed at **older Australians** 65 years and older, but people of ALL ages are welcome to participate!
- A suite of **20 programs** (see programs overleaf) delivered at the **park, clubhouse, beach, pool, and surf** which cater for older Australians' diversity including age, mobility, fitness, interests, and experience.
- Dependent on a surf lifesaving club's **context, capacity, and interest** to deliver **one or more** programs.

2. Background and Alignment. Silver Salties is:

- Designed by Surf Life Saving Australia (SLSA) in conjunction with states, territories, and clubs.
- Funded by **Sport Australia's Move It Aus – Better Ageing Grants Program**.
- Closely aligned to the World Health Organisation's **Healthy Ageing** focus.
- Supportive of the Australian Government's **Physical Activity Recommendations for Older Australians**.
- Cognisant of **mental health** for older Australians as promoted by organisations such as Beyond Blue.

3. Club Involvement. A Surf Lifesaving Club may choose to get involved if they:

- **See the benefits of being involved**, for example, Silver Salties is an opportunity to:
 - ❖ Reengage older club members
 - ❖ Grow the club's volunteer base
 - ❖ Attract new club members
 - ❖ Expand the club's service delivery model and options to engage a new demographic
 - ❖ Achieve the SLSA mission to 'build better communities, save lives and create great Australians'
- **Can identify one or more club champions** to drive the Silver Salties initiative e.g.:
 - ❖ Any adult club member with a passion for healthy ageing, and/or promoting physical activity and social connections across the wider community and enhancing the club's vibrancy.
 - ❖ Staff members who may work in the community engagement or education space.

4. Support Framework. SLSA provides the following support for clubs to deliver Silver Salties:

- **Free insurance cover and SLSA community membership** for Silver Salties participants who are not already club members.
- **Pilot Program Seed Grants** before 31 December 2020 i.e. \$500 per program (max \$1000) to enhance programs e.g. external provider costs, participant transport, small equipment, discounts.
- **Retrospective Subsidies** based on the number of program sessions delivered and people aged 65+ involved.
- **SLSA consultants to provide support** to clubs i.e. online, over the phone, in person.
- **Club Toolkit online resources** at www.sls.com.au/silver-salties/club-toolkit
 - ❖ Program and safety information
 - ❖ Promotional materials
 - ❖ Education tools.

5. Next steps.

- Clubs can submit their expression of interest at www.sls.com.au/silver-salties.
- For more information or support, contact the Silver Salties team at silversalties@slsa.asn.au.

PROGRAMS

Surf Life Saving Clubs can choose one or more Silver Salties programs to deliver based on club context, capacity, and participant interest. For videos, program summaries, session plans and promotional flyers, go to: www.sls.com.au/silver-salties/club-toolkit.



PARK

Walk & Talk

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

History & Horizons

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

Yoga & Mindfulness

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

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

Wisdom & Wellbeing

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

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.

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.

First Aid

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



BEACH

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 Fitness

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

Beach Surf Sports

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

Patrol

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



POOL

Pool Swim Club

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

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.



SURF

Surf Swim Group

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

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.

Catching Waves

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

Surf Rescues

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