

### 1. What is Silver Salties?



- A **physical activity** and **social connections initiative** developed by Surf Lifesaving Australia, delivered by Surf Life Saving Clubs, and funded by Sport Australia's Move It Aus - Better Ageing Grant Program.
- **For older Australians** 65 years+, however Silver Salties is inclusive and welcoming of all adults regardless of age or experience.
- A suite of **20 programs** which can be delivered near the **park, clubhouse, beach, pool, or surf** (see below and overleaf). Clubs may choose to deliver one or more programs based on context, capacity, and participant interest.
- A **free, or low-cost** participation experience!

PARK	CLUBHOUSE	BEACH	POOL	SURF
Walk & Talk	Wisdom & Wellbeing	Social Club	Pool Swim Club	Surf Swim Group
History & Horizons	Chair Aerobics	Beach Fitness	Gentle Pool Exercises	Surf Swimming
Yoga & Mindfulness	Club Volunteering	Beach Surf Sports	Swimming Skills	Catching Waves
Tai Chi & Meditation	First Aid	Patrol	Pool Rescues	Surf Rescues

### 2. Why would I want to get involved in Silver Salties?

- The programs are **fun, safe, beneficial, and accessible**.
- The physical activities can benefit **fitness, balance, strength, and flexibility**.
- The programs promote safe **social connections** including a tea/coffee and chat.
- Surf Life Saving leaders are **experts, nurturing and responsive**.
- Surf Life Saving clubs are **well equipped** organisations, support **healthy ageing**, and are **welcoming** environments.

### 3. What does a typical Silver Salties session look like?

- Participants arrive at the surf lifesaving club and meet the program leader.
- The program leader encourages a safe, warm, and welcoming atmosphere including introductions so all participants can get to know each other.
- The program leader takes the group through a warm-up (5-10min).
- The group participates in the main part of the activity (30-45min).
- The program leader takes the group through a warm-down (5-10min).
- The group is invited to enjoy a cup of coffee at the club or local café (cost tba).

### 4. Why do Surf Lifesaving Clubs get involved in Silver Salties?

- Clubs could attract new people to their club, as well as further engage older members of their club.
- Some clubs may invite participants to consider getting involved in club activities such as social events, volunteering etc.
- All clubs will see an opportunity to:
  - Promote inter-generational connections between Silver Salties participants and younger Surf Life Saving Club members.
  - Learn from older Australians' experiences, knowledge, and skills.
  - Promote water safety education to older Australians.
  - Support the health and wellbeing of older Australians.

### 5. How is safety promoted?

- Silver Salties participants who are already club members are covered by existing member insurance; while participants who are non-SLS club members will have insurance cover during their participation in Silver Salties.
- Participants are asked questions about any pre-existing medical conditions, doctor clearance etc, when they register for a Silver Salties program.
- Program leaders adapt activities to cater for all abilities, and promote sun safety, COVID-19 precautions etc.

### 6. How can I get involved?

- Participants can submit their expression of interest at [www.sls.com.au/silver-salties](http://www.sls.com.au/silver-salties) or contact the Silver Salties team at [silversalties@slsa.asn.au](mailto:silversalties@slsa.asn.au).

### SILVER SALTIES PROGRAMS

Clubs can choose one or more Silver Salties programs to deliver based on club context, capacity, and participant interest.



#### 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 skimming, 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.