

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 **21 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 or contact the Silver Salties team at silversalties@slsa.asn.au.

NEW from 2021 – The MULTI Program
Clubs can combine two or more Silver Salties activities within a session or across a program.

MULTI Program



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.