



JOIN SILVER SALTIES! IT'S FUN, SAFE, SOCIAL AND HEALTHY!



Catching waves now at Woolgoolga

Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Australia – Better Ageing Grants Program. Older Australians are a diverse group and could be anyone e.g. 65yr+ or younger!

This Silver Salties Program is conducted on Thursday morning commencing at 8am in front of the Club. The program runs until March 2022.

Participants are required to complete a written enrolment and waiver form and to complete a basic swim and surf awareness test by swimming 100 metres in a pool and demonstrating a survival float for 30 seconds and to be able to enter and return from the ocean unaided.

During the ocean water session, the group is under the supervision of water safety conducted by club lifesavers. A risk assessment of the prevailing surf conditions is conducted daily prior to entering the water. A moderate level of fitness is necessary and insurance coverage is provided under the SLSA cover. Boogie boards, high visibility vests and caps are provided for safety. Participants usually meet for coffee after the swim at the Hub Cafe at the clubhouse!

Silver Salties Programs are:

- *Social and fun;*
- *Free surf lifesaving community membership;*
- *Friendly, safe, and beneficial activity;*
- *A small-time commitment;*
- *For all older Australians in the community.*

Join At:

Woolgoolga and be part of the surf lifesaving community!

Contact:

Woolgoolga's Silver Salties Team Leader - Colin Morley

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