WOOLGOOLGA SURF LIFE SAVING CLUB

SILVER SALTIES

2025/26 Season Guide

August 2025

Background

Silver Salties (Woolgoolga) (hereafter SS) is a programme for older Australians (usually 65+ years) at Woolgoolga Surf Life Saving Club (WSLSC). SS programmes may also be available through other Surf Clubs.

Physical activity, social connection, and involvement in the surf lifesaving community are the SS objectives. The Programme's motto is '**Fun, fitness, and friendship for older Australians'**.

The Woolgoolga Surf Life Saving Club (WSLSC) was among the first to pilot a SS program in 2019, thanks to its Founder, Colin Morley who sadly passed away in early 2025. Colin's tenacity has led to the programme being one of the most successful in Australia. The WSLSC/SS will be six years old in October 2025.

Activities 2025/2026 Season
Activities are reviewed from time to time as membership changes and suggestions are made. Generally, the reviews are completed each year.

All formal programmes ("**Core Activities"**) are under the umbrella of WSLSC.

The SS **Core Activities** are:

> **Walk and Talk:** On Mondays, coastal walks begin at the Club House at 08:30 [1]
> **Chair Aerobics:** On Tuesdays, chair aerobics class are held upstairs at the Club House, commencing at 08:30 [2]
> Coffee after these activities is a good time for members to connect.
> **BBQs:** On weekends, during the Season, a team of SS members assists with the BBQs supporting the WSLSC Seniors (Boaties, Board and Ski) and Juniors (Nippers) programmes. On other occasions SS members assist as required by the WSLSC Seniors (Boaties, Board and Ski) and Juniors (Nippers).
> **Fundraising**: SS volunteers support fundraising events, such as Boaties Carnivals and Boaties Golf Day, serving food and assisting generally.
> **Community Volunteering**: SS "may" also volunteer to support other organisations associated with the community provided there is a close association with WSLSC.

Core Activities fit within the risk management profiles of SLSA and WSLSC. Generally, a new core activity will require a risk management assessment which must be acceptable to WSLSC.

There are many areas where the community are engaged in swimming, surfing and enjoying the ambience around our Surf Club and Beach. SS members may be seen in and around the beach, engaging in such activities. Such healthy activity is encouraged for those who are "up" for enjoying it and are fit enough to do so.

[1and 2] AEDST – times may change from season to season and time to time

Responsibilities and Requirements of SS Members

All participants in **Core Activities** must be SS Members. As a consequence, participating in activities is covered by public liability insurance provided through WSLSC.
SS Volunteers who help with BBQ's etc are required to have a current Working with Children Clearance (WWCC) and have successfully completed the NSW Government's Food Handling Basics (Food Handling).

SS members:

- Should be aware of their responsibilities as SS members.
- There is no fee to join or become a Member of SS. Membership is renewed by all members at the start of each season.
- Are encouraged to join the WSLSC as an Associate Member. Associate Members of WSLSC have access to facilities e.g. showers, change rooms and toilets. Current WSLSC fee for an Associate is $100 pa[3].
- Must accept the conditions of SS Membership and indemnity forms (See enclosed); and
- Follow WSLSC Member codes of conduct, including Child Safe, Sexual Harassment and Misconduct policies. Members must abide by Club Rules, primarily related to safety, WWCC and personal conduct. This information can be provided on request.

Safety is extremely important for all core activities;

Walk and Talk:
All participants must sign a Declaration Form (see enclosed) and be aware of procedures if they injure themselves or have a sudden health event. This is to ensure their safety and well-being. Participants are encouraged to wear hats and apply sun screen. Ideally, one participant should be qualified in CPR and First Aid, further enhancing the safety of the activity.

Chair Aerobics Class:
Participants should speak to their GP before commencing any new exercise programme. All participants should be aware of procedures if they injure themselves or have a sudden health event. Ideally, one participant should be qualified in CPR and First Aid.

BBQ and Fundraising Activities:
Participants handling food must have successfully completed the NSW Government's Food Handling Basics. Participants serving alcohol must be RSA-qualified. Participants in BBQs or fundraising activities for the Juniors' (Nippers) programme must have a current NSW WWCC.
The WSLSC provides EFTPOS machines and cash floats for BBQ and fundraising activities, such as raffles. SS participants return funds to WSLSC Senior and Junior programme representatives on the day.

Social and Educational Events: The SS group may convene social events for Members and others, such as dinners, lunches, and excursions to regional locations as well as workshops and presentations by guest speakers.

[3] Associate Fee as at March 11, 2025.

There is a community group, which undertakes body boarding on Wednesday, Thursday and Sundays at 9.00am in winter, and 8.30am in summer. This is purely at your own risk and not part of the official Woolgoolga Silver Salties Programme.

Responsibilities
The following SS members make up the Core Team assisting the Team Leader, Bob Fairclough.
The Core Team will meet from time to time to consider the progress of SS.
The roles and functions apply for the balance of the 2025/2026 Season:

Appointment/Activity	Names	Mobile phone
Team Leader/s and WSLSC SS representative/s	Bob Fairclough, Ian Warburton, Judy Jackson	0427533661 0417934087 0417923333
Membership Registry (Rev-Sport Administrators) and Roster Management	Ian Warburton, Paul and Chris Hatton Phyll Mc Laughlin Judy Jackson David Champness,	0417934087 0414942298 0412213644 0417923333 0427730703
Walk and Talk:	Ian Warburton, Kim Paul and Chris Hatton	0417934087 0426978923
Chair Aerobics	Bob Fairclough, IW Phyll McLachlan Judy Jackson,	0427533661 0412213644 0417923333
Beach and Community Engagement	Kim Hampton, Phyl McLaughlin Jo Torrens	Left Blank 0412213644 0447376469
Social and Educational Programme Suggestions	ALL	
Publicity	Bob Fairclough or Bob's delegate Judy Jackson	0427533661 Left Blank 0417923333

Should you be involved in a programme & require assistance or have questions please call any one of the above

Duties

Team Leader:
Responsible for the overall direction, governance, and compliance of the SS group; accountable to the WSLSC executive; would usually attend WSLSC executive meetings; may delegate such functions from time to time; in conjunction with Seniors and Juniors programme representatives; liaises with the Core Team of SS and SS members on matters of interest to the SS Programme or WSLSC.

Membership Registry (Rev-Sport Administrators) and Roster Management:
Responsible for the membership register, populating and managing rosters for activities, and advising SS members of their commitments; accountable to the Team Leader or a delegate who is in turn responsible for informing them of requirements on behalf of the WSLSC executive and the Seniors and Juniors programmes.

Walk and Talk:
Responsible for coordinating walking group participants and accountable to the Team Leader or a delegate for the conduct of walking activities

Chair Aerobics:
Responsible for the overall direction, governance and compliance of chair aerobics participants, facilitating Club House access to participants and accountable to the Team Leader or a delegate for the safe conduct of exercise classes

BBQs and Fundraising Activities – Resources:
The WSLSC Seniors and Juniors programmes, are responsible for advising the Team Leader or delegate of requirements and providing sufficient food and beverages, a cash float, and an EFTPOS machine.

- The SS programme does not purchase food, beverages, or other items, such as raffle prizes, except when funds from the float are needed to top up resources during an activity. All such purchases must be receipted, and receipts must be provided to Seniors and Juniors programme representatives when returning floats and funds raised after events.

BBQs and Fundraising Activities – Personnel:

- The SS Programme is responsible for providing the teams to conduct BBQs and other fundraising activities.
- **Members are responsible for confirming their participation or unavailability to the Roster Organiser or, if late, to the person nominated to be in charge on the day if they cannot participate per the roster**.
- Beginning **this year a "What's App" group for rostering communications will be established** to make it easier and quicker for a team member to contact the leader of their shift and each other. A **new email address will also be created for the Volunteer group only** for any formal communications to and from the Rostering Coordinator.

This SS Guide will be reviewed and changed as required for the 2026/27 season.

Enclosure:

1. Application for Silver Salties Membership and Indemnity Declaration.