

1. What is Silver Salties?

- A **physical activity** and **social connections initiative** developed by Surf Lifesaving Australia and funded by Sport Australia's Move It Aus - Better Ageing Grant Program to improve older Australians' health and wellbeing.
- An **ongoing SLSA participation program** following a pilot phase throughout 2020.
- **For older Australians** 65 years+, however is inclusive and welcoming of all adults regardless of age or experience.
- A suite of **21 programs** (see programs overleaf) delivered near the club at either the **park, clubhouse, beach, pool, or surf**.
- A **recruitment tool** to encourage non-club member participants to consider club membership beyond their experience with Silver Salties.

2. Why should a club consider getting involved in Silver Salties?

- A club could consider Silver Salties as an opportunity to:
 - Reengage older club members.
 - Grow the club's volunteer base.
 - Attract new club members.
 - Expand the club's service delivery model to engage a new demographic.
 - Build better communities, save lives, and create great Australians.
 - Engage passionate club champions to drive the Silver Salties initiative.

3. What membership category does a Silver Salties participant come under?

- Silver Salties participants could be existing SLS club members, as well as non-club members from the wider community, some of whom may have had little to no involvement at the club prior to Silver Salties.
- Non-SLS club member participants come under the "**SLSA Silver Salties Community Membership**" category, which is a SLSA membership category; NOT a state/territory or club membership category. This "**SLSA Silver Salties Community Membership**" **exists to ensure insurance cover for participants**.

4. What insurance does a Silver Salties participant have?

- Silver Salties is an officially sanctioned SLSA program, therefore participants are covered by existing member insurance.
- Silver Salties participants who are non-SLS club members will have insurance cover during their participation in Silver Salties.

5. How is a club protected in relation to Silver Salties-related issues, accidents, deaths etc?

- All Silver Salties participants and program leaders are covered by some form of insurance while participating in a Silver Salties program. Participants and program leaders must be registered in the online system to be covered by insurance.
- The Silver Salties **Safety and Risk Management resource** outlines safety procedures, control measures and checklists to support clubs to deliver safe Silver Salties programs.

6. What support can a club access to plan and deliver a Silver Salties program?

- **One (1) Seed Grant** before 30 June 2021 i.e. \$500 to enhance programs e.g. external service provider costs, participant transport, small equipment, catering options, discounts etc.
- **65+ Target Grants** upon completion of each program, based on the number of sessions delivered and the number of people aged 65+ involved.
- **SLSA Silver Salties Team to provide support** to clubs e.g. administration, marketing, planning via online or in-person meetings or over the phone.
- **Online Club Toolkit** at www.sls.com.au/silver-salties/club-toolkit including a range of promotional templates and ready-to-use resources.

7. How can a club get involved?

- Clubs can submit their registration at www.sls.com.au/silver-salties.
- Clubs can 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 the program.

MULTI Program



SILVER SALTIES 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.