

What is Silver Salties?

- A participation program for older Australians (65+years) at Surf Life Saving (SLS) Clubs promoting physical activity, social connections and involvement in the SLS community.



- Funded by Sport Australia’s Move it Aus. – Better Ageing Grant (2019-2021).
- Managed by SLSA, promoted by States and Branches, and delivered by SLS Clubs.
- 20 programs based on traditional SLS activities and popular recreational pursuits (p2).
- 1100+ older Australians have participated in Silver Salties; **90% are non-club members**.
- 31 SLS Clubs (nearly 10% of Australian SLS Clubs) are delivering Silver Salties programs.

NSW (approx. 14% of NSW clubs)		QLD (approx. 8% of QLD clubs)		VIC (approx. 3% of VIC clubs)	
Bondi Surf Bathers’ LSC	Pambula SLSC	Bilinga SLSC	Anglesea SLSC		
Bronte SLSC <i>Volunteer of the Year, 2021 Club Awards</i>	Port Macquarie SLSC	Bundaberg SLSC <i>Community Education Program of the Year; 2021 Wide Bay Capricorn Branch Awards</i>	Sandringham LSC		
Cape Hawke SLSC	Sawtell SLSC	Dicky Beach SLSC			
Cronulla SLSC	Shelly Beach SLSC	Mermaid Beach AEME SLSC		TAS (approx. 13% of TAS clubs)	
Forster SLSC	Thirroul SLSC	Southport SLSC		Bridport SLSC	
North Avoca SLSC	Umina SLSC		WA (approx. 10% of WA clubs)	Penguin SLSC	
North Bondi SLSC	Wauchope Bonny Hills SLSC	Binningup SLSC <i>Community Program of the Year; 2021 SLSWA Awards</i>			
North Cronulla SLSC	Wollongong City SLSC <i>Services Team of the Year; 2021 Illawarra Branch Awards</i>	Floreat SLSC		SA (approx. 5% of SA clubs)	
North Wollongong SLSC	Woolgoolga SLSC	Trigg Island SLSC		Seacliff SLSC	

What benefits are participants enjoying?

- **97% of participants** are highly satisfied or satisfied that Silver Salties has helped them feel part of the club community, improve their fitness, and connect with others socially.
- *This was an excellent program and I wish to thank all those involved during a global pandemic. It was a great way to meet like-minded people and you could see that fitness levels over the 6-week program increased substantially.* Participant, Cape Hawke SLSC.

What benefits are clubs enjoying?

- Growth of the club’s volunteer base to support Nippers, club championship days, etc.
- Recruitment of new club members.
- Reengagement older club members including Life Members.
- Development of a new pool of qualified water safety personnel (SRC or BM).
- Additional revenue stream e.g., café purchases, club membership etc.
- Demonstration of community engagement (which can also support grant applications).

How can clubs tailor Silver Salties to suit their context and capacity?

- Clubs can choose to deliver programs based on club capacity and participant interest.
- Clubs can deliver short, medium or long programs e.g., 4-6, 7-10, 11+ weeks/sessions.
- Clubs can tap into club experts or engage external providers to deliver programs.

What support is available for clubs?

- Club Toolkit of online resources at www.sls.com.au/silver-salties/club-toolkit.
- Online management system for recording participants and promoting programs.
- One (1) Seed Grant per year i.e., \$500/year to help clubs get programs started.
- 65+ Target Grants upon completion of each program (up to \$5,000).
- Welcome Pack including a banner, posters, lanyards, and give-aways.
- SLSA Silver Salties Team providing support online, in-person and/or over the phone.

What membership category are Silver Salties participants?

Non-club member Silver Salties participants are “SLSA Silver Salties Community Members”. While this is a national membership category, there is a growing tendency by clubs to offer Silver Salties participants club membership within an existing club membership category (e.g., Supporter, Social) or to create a new membership category or sub-category.

What participant insurance exists?

While Silver Salties participants are SLSA Silver Salties Community Members they have limited personal accident coverage including capital benefits (death - \$50,000; permanent paraplegia and quadriplegia - \$250,000; all other capital benefits - \$50,000), injury assistance benefits (up to \$1,000), and non-medicare medical expenses (up to \$5,000).

What happens after the funding period?

Silver Salties will remain a long-term participation program option for States, Branches and Clubs. The SLSA team is working with stakeholders to develop sustainable models.

What are the 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.

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

MULTI Program



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.

How do participants and clubs get involved? Clubs and participants can submit their interest/registration at sls.com.au/silver-salties or email: silversalties@slsa.asn.au.