



SILVER SALTIES

Club Volunteering

Objective To promote wellbeing and engage older Australians in the local Surf Lifesaving community by tapping into their knowledge, skills, and interests through meaningful volunteering roles which contribute to SLSA's vision and mission.

Duration

1 - 2 hrs per session

Frequency

1+ session/week

Program

10 weeks depending on volunteer role

Club

SLS Club Clubhouse

Intensity

Light, Moderate or Vigorous. The physical activity component of club volunteering will vary based on the volunteer role.

Volunteer Roles

Each SLS Club will have different needs and each Silver Salties participant will have different interests, knowledge, skills and attributes. Some of the types of volunteer roles which may benefit both SLS Clubs and Silver Salties participants include:

Club Support

- Typing
- Processing registrations
- Maintenance
- Canteen helper
- Fundraising
- Uniform shop
- Photographer
- Historian helper

Events Help

- Sports Official
- Gear steward
- Photographer
- Canteen helper
- BBQ coordinator
- Registrar
- Water Safety Officer

Nippers Help

- Parent Liaison Officer
- Assistant
- Manager
- Water Safety Officer
- Canteen helper
- BBQ manager
- Chaperone

Club Management Support

- Lifesaving Committee Member
- Mentoring Club Management
- Youth Assistant
- Peer Support Officer
- Fundraising Committee Member

Lifesaving Support

- Patrol Member - First Aid, Radio Operator, Resuscitation
- Observer's Award
- Surf Rescue Certificate
- Drone helper

PROGRAM SESSIONS

Club Volunteering will include the following sessions over a period of approximately 10 weeks:

Introductory and Volunteering Preferences Session

SLS Club Clubhouse - 1 session

Volunteer Roles Assigned Session

SLS Club Clubhouse - 1 session

Orientation and Training Session/s

SLS Club Clubhouse or Beach - 1+ sessions depending on volunteer role

Volunteering Sessions

Various locations - Weekly, fortnightly or as required depending on volunteering role

Check ins with Volunteering Coordinator

Various locations - Ongoing

Celebration and Review Session

SLS Club Clubhouse - 1 session

The Introductory and Volunteering Preferences Session, Volunteer Roles Assigned Session, and the Celebration and Review Session will include ALL Silver Salties volunteers at the SLS Club Clubhouse (or other suitable venue). The other stages i.e. Orientation and Training Session/s, Volunteering Sessions, and Check ins with the Volunteer Coordinator will occur at various stages depending on the volunteer role undertaken.

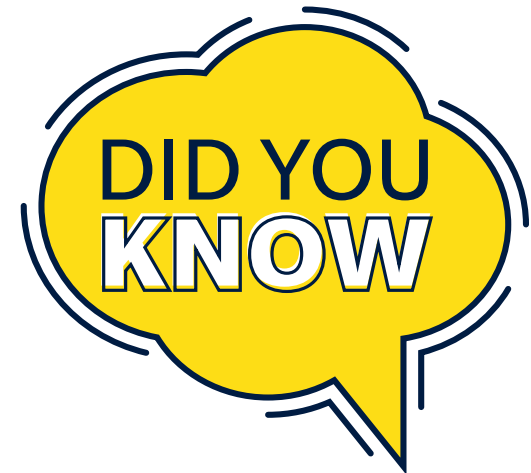


SLSA Mission: To save lives, create great Australians and build better communities

SLSA Vision: Zero preventable deaths in Australian waters

SLSA Volunteers: With 173,865 members and 314 affiliated Surf Life Saving clubs, Surf Life Saving Australia represents the largest volunteer movement of its kind in the world

Australian Volunteers: 19% of the population aged 15yr+ are engaged in voluntary work



Benefits Of Volunteering: Being a volunteer has lots of benefits. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing.

Volunteering can also relieve stress, and alleviate symptoms of depression. As well as having a positive impact on your community, volunteering can improve your relationships too.

Source: www.healthdirect.gov.au/benefits-of-volunteering, viewed 14/08/19

