



SILVER SALTIES

Fast Facts

1 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 Aus – Better Ageing Grants Program. While Silver Salties targets people aged 65+ years, it welcomes all ages.

2 Silver Salties includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience.

3 Surf Life Saving Clubs can choose one or more Silver Salties activities to run over 10 weeks / a season based on club capacity and capability, and participant interest.

4 Silver Salties gives Surf Life Saving Clubs an opportunity to engage older Australians in the community, broaden their service and 'sport' offerings to older Australians, capitalise on older Australians' life experiences, educate older Australians about water safety to reduce the risk of drownings, attract new "Community" members to the club community, and receive subsidies to run approved Silver Salties programs and/or to develop innovative approaches/programs. Each Silver Salties participant receives SLSA Community Membership.

5 Silver Salties is underpinned by safety strategies including club risk assessment, full beach patrol supervision for surf activities, trained club leaders, request for participant personal information including pre-existing medical information, recommended medical clearance and availability of emergency equipment. Each Silver Salties participant will be covered by insurance when they register for the program.

6 Silver Salties will target older Australians through a range of existing and new networks e.g. older members within Surf Life Saving Clubs, local seniors groups, aged care facilities, regional council programs, and health professionals; and methods e.g. in-house campaign (i.e. word of mouth, flyers) and community campaign (Come and Try sessions, advertisements, posters, strategic partnerships, community education sessions, program ambassador talks, launch morning tea/dinner).

7 Silver Salties supports:

- Australia's Physical Activity Guidelines for Older Australians (65 years and older) by including a range of physical activity options that incorporate fitness, strength, balance and flexibility
- Healthy Ageing, the World Health Organisation's policy supporting people to live long and healthy lives by creating age-friendly environments including positive attitudes, access to resources, space, safety
- Best practice framework for engaging older people in physical activity, Victorian Active Ageing Partnership (MOVE muscle, bone & joint health)
- COTA For Older Australians' vision, purpose and values including respect, diversity, collaboration and integrity of older Australians
- Beyond Blue's Connections Matter – Helping older people stay socially active
- Older Australians can submit their expression of interest/register for programs by going online at www.sls.com.au/silver-salties or by phoning or visiting their local Surf Life Saving Club.

PROGRAMS

Surf Life Saving Clubs can choose one or more Silver Salties programs to deliver based on club capacity and capability and participant interest



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.