



# SILVER SALTIES

## Surf Swimming

**Objective** To promote the health benefits of doing a 30+ minute moderate to vigorous surf swim including fitness, social interaction and connections with the Surf Life Saving Club.

### Duration

45min – 1hr per session

### Frequency

One session a week

### Program

10 weeks (or ongoing)

### Place

Meet at the beach flags

### Intensity

Moderate to Vigorous.

### Speed

The surf swimming activities will cater for all speeds i.e. Slow, medium and fast. No participant will be alone.

### Criteria

All participants should:

- Have good to very good mobility and high to very high fitness levels.
- Be able to swim 200m comfortably in a pool.

### Safety

All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- Use relevant support equipment e.g. Flippers
- A SLS patrol, along with the SLS club leader will monitor participants.

### A Typical Session

- Welcome, introductions, group check in, safety and session overview by SLS club leader – 5min
- Warm-up on the beach and/or in the surf – 5-10min
- Main swimming set including fun challenges to build up fitness and swimming confidence – 25-30min
- Cool-down in the surf e.g. Catching waves, easy swim etc or on the beach e.g. Easy jog or walk.
- Morning tea – participants can meet up for morning tea with the rest of the group e.g. Bring a plate and meet at the park or meet at a local café.

## Surf Swim Activities

The Surf Swimming Activities will include swimming, floating and treading water, bodysurfing, diving and techniques for entering and exiting the surf.

Example Surf Swimming Activities. These are like the activities undertaken in the Surf Swim Club.



## Example Challenge Sessions

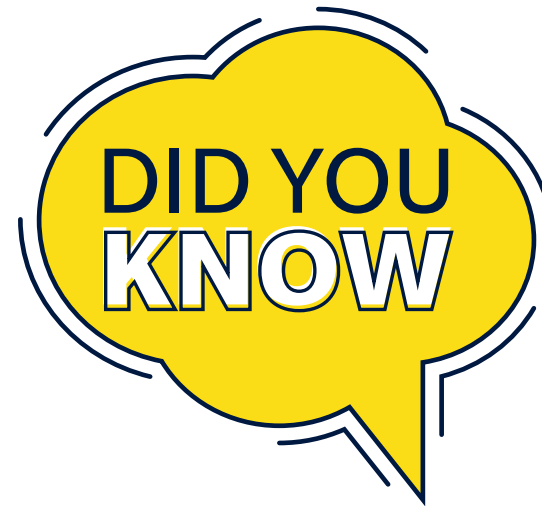


### Pyramid

This set requires teamwork as all swimmers build up from 10 strokes, rest, 20, rest, 30, rest, 40 rest, 50 rest, then back down the pyramid i.e. 50-10.

### Relays

A set where everyone takes their turn in teams to win some fun challenges.



### Ins and Outs

A set to test entry and exit. Test out your wading and dolphin diving whilst you negotiate the surf. Increase your heart rate as the team meets up on the beach to reform and go again.

The Australian coastline stretches over more than 36,000 kilometres. Aboriginal people used the beach as a source of food and enjoyment, and early reports mention them swimming and fishing along the coast. The first British settlers were less enthusiastic. The ocean was a reminder of the long and dangerous voyage that separated them from home. Instead, they kept to the calm waters of rivers, bays and harbours.

Source: <https://www.nma.gov.au/exhibitions/between-the-flags/discovering-beach>

## Benefits

Swimming in seawater can help increase your immune system function, improve circulation, promote overall well-being and hydrate your skin.

Source: <https://www.livestrong.com/article/400377-what-are-the-health-benefits-of-swimming-in-sea-water/>, viewed 14/08/19

### Descending

This set encourages teamwork as everyone does the same number of strokes e.g. 50, takes a rest, then does a smaller number e.g. 40, descending to 10.

### U-turns

A challenging set to cater to the faster and slower swimmer with break negotiation and wave catching.

### Medley

A set with variety including streamlining with kick, breaststroke, backstroke and butterfly for the adventurous.

### Zig Zags

This set involves ins and outs and swimmers progressively move down the beach on each return.