

# Enjoying a water way of life ...our entire life



No matter our age or ability, the health and social benefits are there for us all to enjoy. Join our campaign to ensure we can all remain safe and active around the water...our entire life.



**ROYAL LIFE SAVING**  
NSW | ACT | TAS

## Overview

Australia has an ageing population, with older people living longer and having healthier lives than those of previous generations. The low impact nature of aquatic activity makes it an ideal form of physical activity and recreation for older people.

Preventing drowning in older people is a priority because Australians are remaining more active into their later years and are well placed to realise the benefits of fun fitness and recreation activities in, on and around the water but need appropriate water safety education to stay safe.

## Key Messages

Follow these six tips to help reduce drownings in people aged 65+



**Share the fun  
with someone**



**Enjoy the benefits  
of aquatic recreation**



**Wear a lifejacket  
when on the water**



**Watch your step  
around water**

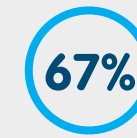


**Check in with  
yourself**



**Know your limits and  
avoid taking risks**

## Key Statistics



of all Australians 55+ years  
are either insufficiently active  
(60%) or inactive (14%)



rise on the 10 year average for  
drowning amongst adults 65+ years  
with over 60 drownings per year



of all drownings in Australia  
are persons aged 55+

If you have any questions or would like assistance  
with implementation please contact:

**Health Promotion Team**

[healthpromotion@royalnsw.com.au](mailto:healthpromotion@royalnsw.com.au)



## Objective

- Develop a campaign promoting the benefits of regular exercise in, on and around the water whilst also addressing risk factors and safety considerations to promote safe activity and reduce the risk of slips, trips and falls in older Australians.
- Develop marketing materials for stakeholders who work with older Australians to promote the benefits of exercise and attending structured programs catered to older Australians.
- To assist aquatic facilities, retirement villages and other community organisations improve aquatic recreation to older Australians.

## Target Audience

This campaign is for all adult men and women with a focus on over 55s who are more likely to have medical conditions that may affect how they exercise.



## PLEASE DO

- Download and use the marketing resources from [www.drowningprevention.org.au/adultactivities](http://www.drowningprevention.org.au/adultactivities) to promote the important Water Way of Life message
- Order additional marketing resources to display in your facility and local community
- Tag **#ActiveAdults** and **@LifeSavingNSW** in social media posts

## PLEASE DON'T

- Alter or change the RLS logos
- Change, move, or resize the design, text, images or logos
- Add text or images
- Add logos of your local sponsors as this may conflict with our supporters or incorrectly portray them as sponsors of Royal Life Saving
- Use our resource to promote other programs that are not an initiative of Royal Life Saving







## Social Media

Social media can be a powerful marketing and engagement tool so we've created some social media images and related text that you can use on your facility's Facebook, Instagram and LinkedIn channels.

Facebook / Instagram / LinkedIn	Suggested text for post	Facebook / Instagram / LinkedIn	Suggested text for post
	<p>Royal Life Saving believes that enjoying the water is an Australian way of life. Recreating in, on or around the water also has many benefits for your physical and mental health. This year we are encouraging all adults no matter your age or ability to get in, on or around the water and enjoy a water way of life, our entire life.</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>		<p>Whether it's participating in aqua aerobics, swimming or kayaking, aquatic recreation offers plenty of wellbeing benefits. Make sure you check your fitness levels and know your limits before participating. Enjoy our aquatic centres and waterways safely and responsibly.</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>
	<p>Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life. Enjoy the social, physical and mental health benefits aquatic recreation offers, but make sure you do so safely. Head to <a href="http://drowningprevention.org.au">drowningprevention.org.au</a> to learn more.</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>		<p>Exercising with a friend or group has many benefits. Not only does it keep you motivated, exercising together is great for mental health, social connections and your own safety. Share the fun with someone and stay safe when in or around the water!</p> <p>To learn more go to <a href="http://drowningprevention.org.au/activeadults">drowningprevention.org.au/activeadults</a></p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>

## Social Media

Facebook / Instagram / LinkedIn	Suggested text for post	Facebook / Instagram / LinkedIn	Suggested text for post
	<p>Did you know that the Australian Department of Health recommends that seniors aim for 30 minutes of moderate intensity activity preferably every day of the week?</p> <p>Aquatic recreation (particularly swimming and aqua aerobics) is low impact and offers a range of physical, mental and social health benefits, including:</p> <ul style="list-style-type: none"> <li>•Improved physical health</li> <li>•Reduction of blood pressure</li> <li>•Improved balance which reduces the risk of falls</li> <li>•Supports physical mobility and cognitive function</li> <li>•Enables social connections and boosts mood</li> </ul> <p>It's time to jump in and enjoy the benefits of a water way of life! Find out how you can do so safely at <a href="http://drowningprevention.org.au">drowningprevention.org.au</a></p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>		<p>Stay safe and float on! Always remember to wear a lifejacket when you're out on the water and enjoy a water way of life. It's not just a smart move, it could also save your life.</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>



## Social Media

Facebook / Instagram / LinkedIn	Suggested text for post
	<p>We know exercise has many benefits for our physical and mental health however over time, our fitness and mobility can decrease. It is essential to consider your physical ability when starting or returning to any type of aquatic recreation. Before participating in any exercise in, on or around the water Royal Life Saving recommends that you check in with yourself and your doctor about your current physical health.</p> <p>Check out our resources on <a href="http://drowningprevention.org.au">drowningprevention.org.au</a> for more information</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>

### Share with us!

Please be sure to tag **#ActiveAdults** and **@LifeSavingNSW** in your Facebook, Instagram or LinkedIn posts, so we can share your great stories and photos on our social media channels too.

Plus, if you haven't liked us yet then jump on board so you can share our posts too!

-  [facebook.com/RoyalNSW](https://facebook.com/RoyalNSW)
-  [youtube.com/@royallifesavingnsw-act-tas8453](https://youtube.com/@royallifesavingnsw-act-tas8453)
-  [linkedin.com/company/royal-life-saving-nsw](https://linkedin.com/company/royal-life-saving-nsw)
-  [instagram.com/lifesavingnsw](https://instagram.com/lifesavingnsw)
-  [drowningprevention.org.au/activeadults](https://drowningprevention.org.au/activeadults)

Facebook / Instagram / LinkedIn	Suggested text for post
	<p>All slips, trips and falls are preventable no matter your age. A few key things that can help keep you safe when around water includes building your balance, strengthening your legs and feet and watching out for unstable banks or slippery surfaces.</p> <p>Visit <a href="http://drowningprevention.org.au/activeadults">drowningprevention.org.au/activeadults</a> for more information.</p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>
	<p>Alcohol affects everyone differently. This means no amount of alcohol can be said to be safe for everyone. Even small amounts of alcohol can affect behaviour and ability, increasing the risk of drowning.</p> <p>Avoid consuming alcohol around the water and whilst supervising children. Enjoy our Australian waterways with your friends and family and leave the alcohol at home.</p> <p>For more information see our Water safety tips here: <a href="http://Water Safety Tips (drowningprevention.org.au)">Water Safety Tips (drowningprevention.org.au)</a></p> <p>#WaterWayOfLife #ActiveAdults #AustralianWayOfLife</p>

## Videos

A 30 second video has been created to support the Active Adults & Water Way of Life message.

It can be used on your organisation's social media channels including Facebook, Instagram and LinkedIn or via in house TV promotions.

Please be sure to tag **#ActiveAdults** and **@LifeSavingNSW** in any Facebook, LinkedIn or Instagram posts, so we can share your great stories and photos on our social media channels too.

Macro message – 30 sec





## Posters

Posters are simple effective way to share messages with your patrons, customers and members. They can be put around your facility, offices, noticeboards, gyms or in bathrooms.

A3 (No Bleed – for online use only)



Enjoying a  
water way of life  
...our entire life

No matter our age or ability, enjoying  
the water is an Australian way of life  
but we need to enjoy it safely

[drowningprevention.org.au](https://drowningprevention.org.au)

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## A4 Flyer

A4 Flyers are also available for the front desk of your business or to take out to clients.

### A4 Flyer – Benefits of Aquatic Recreation

> BENEFITS OF AQUATIC RECREATION



Examples of activities you could try include:

- Swimming at your local pool
- Aqua aerobics classes
- Visiting the beach or ocean pool
- Boating, Kayaking or Fishing
- Stand up paddle boarding
- Exercising by the water eg walking, cycling, yoga

### Enjoying a water way of life ...our entire life

At Royal Life Saving, we want every Australian, no matter their age, experience and background to enjoy a water way of life. Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life and enjoy our Australian waterways.

**TYPES OF WATERWAY RECREATION**

No matter your age or ability, there are plenty of opportunities to participate in an aquatic activity that suits you.

**BENEFITS OF AQUATIC RECREATION**

The Australian department of health recommends seniors aim for 30 minutes of moderate intensity activity on most days, preferably all days. Aquatic recreation (particularly swimming and aqua aerobics) is low impact and offers a range of physical, mental and social health benefits, including:

- Improved physical fitness
- Builds muscle tone
- Improves circulation and reduces blood pressure
- Improves balance which reduces the risk of falls
- Supports mobility and cognitive function
- Enable social connections and boosts mood

[drowningprevention.org.au](http://drowningprevention.org.au)



> BENEFITS OF AQUATIC RECREATION

2

**CHECK IN WITH YOURSELF**

Over time, fitness and endurance can decrease. It is essential to consider your physical ability when starting or returning to aquatic recreation for the first time or after a considerable break. Before participating in any exercise in, on or around the water Royal Life Saving recommends that you check in with yourself about your current physical health.

- When was the last time you exercised?
- Do you have any mobility issues that would restrict how you exercise now?
- Are you feeling well enough to exercise?
- Are you on any medication that affects your blood pressure, heart rate or breathing that could impact how you exercise?

**WATER SAFETY TIPS**

- Always check with your doctor before starting a new activity if you have existing medical or mobility issues
- Don't go alone
- Always let a family member or friend know where you are going and how long you expect to be
- Always take vital medication with you that you may need whilst exercising eg ventolin for asthma.
- Always swim and recreate in patrolled areas if available
- Check the weather conditions before heading out
- Wear a lifejacket when on the water
- Learn Lifesaving skills such as CPR
- Avoid alcohol around the water

On average,  
**60 older Australians**  
lose their lives each year due to drowning.

Unfortunately the drowning rate for people **over 65 years of age** has risen dramatically in recent years with a

**57% rise**  
on the 10 year average.

Maintaining physical fitness prevents the likelihood of falls by the water that could result in a non fatal or fatal drowning incident. Stay fit, have fun and stay safe around our beautiful waterways.

**DID YOU KNOW?**

Falls are one of the leading factors contributing to drowning in older Australians.

As we age, our eyesight, hearing and reflexes may not be as sharp as they once were, which can result in decreased mobility and balance, leading to an increased risk of falling.

To find out more visit our website:  
[drowningprevention.org.au](http://drowningprevention.org.au)






## A4 Flyer

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### A4 Flyer – Benefits of Aquatic Recreation

> BENEFITS OF AQUATIC RECREATION



Enjoying a water way of life  
...our entire life

Belonging to a community offers a range of social, physical and mental health benefits. Whether it provides you with a support network, a sense of purpose, camaraderie, inspiration, confidence, or opportunities to participate, your community may be the key to living a happy and fulfilled life.

**Meaningful and productive activities like volunteering or employment are a great way to get involved with your community!**

Five reasons why volunteering may be right for you:

- 1. STAY ACTIVE** – keep your body moving and your mind active.
- 2. GIVE BACK** – help others in need and contribute to your community.
- 3. CONNECT WITH OTHERS** – meet like-minded people and expand your social networks.
- 4. FILL YOUR CUP** – Revisit old hobbies or make meaningful memories with loved ones.
- 5. NEW EXPERIENCES** – Try something new to broaden your skillset and interact with people from different walks of life.

 [drowningprevention.org.au](http://drowningprevention.org.au)



> COMMUNITY

**GET INVOLVED WITH ROYAL LIFE SAVING**

**Volunteer**

- Become a coach or official for lifesaving sport
- Become a community educator and deliver water safety education to your community
- Volunteer at RLS community and industry events


**Paid Employment**


- Become a Swim Teacher
- Become a Lifesaving Teacher or Coach
- Become a Lifeguard
- Work as a customer service representative
- Become a RLS Casual Community Educator

**Study**

Royal Life Saving NSW | ACT | TAS have a number of courses available for the community:

- Teacher of Swimming and Water Safety
- Teacher of Lifesaving
- Bronze Award Facilitator
- Resuscitation Awareness Facilitator
- Provide CPR
- Provide First Aid
- Provide First Aid in an education and care setting
- Bronze Medallion Award

 To find out more visit our website: [drowningprevention.org.au](http://drowningprevention.org.au)



## A4 Flyer

A4 Flyers are also available for the front desk of your business or to take out to clients.

### A4 Flyer – Returning to Exercise

> RETURNING TO EXERCISE?



**Enjoying a water way of life  
...our entire life**

**Keeping your body moving and your mind active through regular exercise is vital for good health.**

No matter your age, physical activity offers a range of health benefits, helping to increase longevity and improve quality of life. Some of these may include:

- improved cardiovascular fitness
- boost to mood and improved energy
- stress relief
- improved sleep
- prevention of chronic illnesses
- strengthened bone density
- improved balance and mobility

It's never too late to start enjoying the benefits of physical activity.

 [drowningprevention.org.au](http://drowningprevention.org.au)

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> RETURNING TO EXERCISE? 2

**ANY MOVEMENT IS BETTER THAN NOTHING**

Exercise doesn't have to be strenuous or tiresome, it can be as simple as going for a walk with a friend, doing Tai Chi or going for a swim. No matter what you choose, exercise is a great way to socialise with others and do something you enjoy.

**AQUATIC RECREATION**

Royal Life Saving encourages all Australian's to keep active to enjoy the many benefits of physical activity. Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life. No matter your age or ability, there are plenty of opportunities to participate in an aquatic activity that suits you:

- Swimming at your local pool
- Attending an aqua aerobics class
- Yoga or Tai Chi by the lake
- Enjoying a walk along our inland and coastal waterways
- Kayaking or boating with friends and family

**CHECK IN WITH YOURSELF**

Before participating in any exercise Royal Life Saving recommends that you check in with yourself and your doctor about your current physical health.

- When was the last time you exercised?
- Do you have any mobility issues that would restrict how you exercise now?
- Are you feeling well enough to exercise?
- Are you on any medication that affects your blood pressure, heart rate or breathing that could impact how you exercise?
- Always check in with your Doctor before starting a new type of exercise

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 To find out more visit our website: [drowningprevention.org.au](http://drowningprevention.org.au)

 **ROYAL LIFE SAVING**  
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## A4 and DL Flyers

The Aqua Health Checklist and the 7 Steps of Fall Prevention are available to be given out to patrons, customers and members at community events or at the front desk or information station at your organisation.

A4 Flyer – The Aqua Health Checklist

### AQUA HEALTH CHECK

Before participating in any aquatic activity,  
Royal Life Saving recommends you  
**check in with yourself**  
and your GP.

-   
When did you last exercise?
-   
Are you feeling well enough to exercise?
-   
Do you have any mobility issues that could restrict you exercising?
-   
Are you on any medication that could impact how you exercise?
-   
If any of these questions raise further questions, check in with your GP.

Whether you are returning to exercise, starting a new type of exercise, or if you have any medical issues, it's always best to consult your GP.

[drowningprevention.org.au](http://drowningprevention.org.au)



A4 Flyer – 7 Steps of Fall Prevention

### 7 steps to preventing a fall around the water

- Keep physically active
- Strengthen your legs and feet
- Eat well and maintain a healthy diet
- Watch out for slippery surfaces or unstable banks
- Stay mentally alert around the water
- Wear suitable footwear
- Check in with your GP



## A4 and DL Flyers

The Aqua Health Checklist and the 7 Steps of Fall Prevention are available to be given out to patrons, customers and members at community events or at the front desk or information station at your organisation.

DL Flyer – The Aqua Health Checklist



**AQUA HEALTH CHECK**

Before participating in any aquatic activity,  
Royal Life Saving recommends you  
**check in with yourself**  
and your GP.

- 1** When did you last exercise?
- 2** Are you feeling well enough to exercise?
- 3** Do you have any mobility issues that could restrict you exercising?
- 4** Are you on any medication that could impact how you exercise?
- 5** If any of these questions raise further questions, check in with your GP.

Whether you are returning to exercise, starting a new type of exercise, or if you have any medical issues, it's always best to consult your GP.

[drowningprevention.org.au](http://drowningprevention.org.au)

**ROYAL LIFE SAVING**  
NSW | ACT | TAS

DL Flyer – 7 Steps of Fall Prevention



**7 steps to preventing a fall around the water**

- 1** Keep physically active
- 2** Strengthen your legs and feet
- 3** Eat well and maintain a healthy diet
- 4** Watch out for slippery surfaces or unstable banks
- 5** Stay mentally alert around the water
- 6** Wear suitable footwear
- 7** Check in with your GP

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[drowningprevention.org.au](http://drowningprevention.org.au)




# Community Activity Cards


Community Activity cards are freely available on the RLS NSW website for download by individuals or partner organisations to hand out to their community members to encourage safe, self paced exercise.

## A4 Community Activity Cards

### Aqua Aerobics



**Duration**  
30-45 mins



**Intensity**  
Low-moderate intensity

**Objective**  
Engage participants in exercise routines based in the water. Water based exercise takes pressure off joints and allows people of all swimming abilities to have fun and get fit and strong using the natural resistance of water.

**Theme**  
In the water

**Place**  
Aquatic Facility (25m/ 50m or Hydrotherapy pool)

**Safety Considerations**  
Pool lessons must be conducted by qualified aqua instructors. Lifeguards should also be present during lesson operation. If you are doing your own exercises you should always ensure you have someone watching you or you are at a supervised pool.

**Equipment**  
Swimming cap, towel, water, change of clothes, sunscreen, noodles, foam dumbbells


**Activity Outline:**

- Ask your local pool about booking into Aqua Aerobics classes.
- Ensure you inform your aqua teacher of your swimming ability and any medical or mobility issues you have before you enter the class.
- If you are not able to access an Aqua Aerobics class you can create your own using exercises listed below or the videos in our playlist on our Active Adults webpage: [Ways to Stay Active](#)
- Aqua exercise is beneficial for people with joint pain. Some example exercises that could be included in the lessons are:


> Walking/ jogging in the water
> Knee and Leg lifts
> Leg kicks
> Standing water push ups at edge of the pool
> Arm curls with foam dumbbells
> Star jumps
> Arms push and pull the water
> Squats/ Lunges

- If in a class ask your instructor for exercise modifications if you need an easier variation. If you are doing exercises yourself, check in with how you are feeling and modify exercises if you feel they are too hard.


[For more information please visit: \[drowningprevention.org.au\]\(https://drowningprevention.org.au\)](https://drowningprevention.org.au)



### Canoeing



**Duration**  
Choose your time



**Intensity**  
Moderate intensity

**Objective**  
To introduce participants to canoeing, a fun and social way of exercising in inland waterways.

**Theme**  
On the water

**Place**  
Inland waterway

**Safety Considerations**  
Always wear a lifejacket, know your physical limits, don't go alone, check the conditions before going out and always let people know where you are going. For new canoers choose a small, calm body of water on a sunny windless day.

**Equipment**  
Canoe, paddles, lifejacket (all can be hired from water sport businesses by rivers and lakes), hat, sunscreen, water, whistle, phone, water shoes, protective clothing, first aid kit

**Activity Outline:**

RLS recommends organising canoeing in pairs in double canoes.

**Launching a canoe:** Have someone help carry the canoe to a shallow area with a sloping shoreline. Have one person hold the canoe still while the other carefully gets in. Once both in, use paddles to push off the bank and begin paddling.


**Holding the paddle:**

- Have one hand on the top grip (butt of the paddle) and the other hand on the shaft of the paddle closer to the blade.
- If you are paddling on the right side of the boat your left hand will be on the top grip, the reverse for paddling on the left side.


**Basic Canoeing Strokes:**

- Forward stroke:** Use this stroke to power forward through the water. Fully immerse the paddle blade into the water on your chosen side of the canoe keeping the blade as vertical as possible. As you pull the blade towards the back of the canoe your torso should rotate to increase power and reduce the risk of injury. The limit of your rotation is where the stroke finishes and the blade comes out of the water and returns to starting point to repeat the stroke.
- Reverse stroke:** Use this stroke to slow down your canoe or reverse if the canoe is already stopped. It is the same technique as the forward stroke just done in the opposite direction starting at your hip first and stroking towards the front of the canoe to push water in front of you rather than behind.
- Sweep Stroke:** Use this stroke to turn the canoe. A sweeping stroke is done by repeating the forward stroke motion on one side of the canoe depending on which way you want to turn. The blade should be entering the water a little further away from the side of the canoe than when doing a forward stroke creating a wider paddling arc on the side of the boat. Paddling on only the right side of the boat will turn the canoe left, paddling on only the left side will turn the boat to the right.


[For more information please visit: \[drowningprevention.org.au\]\(https://drowningprevention.org.au\)](https://drowningprevention.org.au)



### Aqua Yoga



**Duration**  
20-30 mins



**Intensity**  
Low intensity

**Objective**  
Combine the best benefits of both yoga and aqua fitness into one low impact class.

**Theme**  
In the water

**Place**  
Aquatic Facility - shallow pool

**Safety Considerations**  
Pool lessons must be conducted by qualified aqua instructors, lifeguards should also be present during lesson operation. If you are doing your own exercises you should always ensure you have someone watching you or you are at a supervised pool.

**Equipment**  
Noodles


**Activity Outline:**

- Aqua Yoga boasts many benefits especially to those with restricted mobility, arthritis or joint pain. Benefits include:


> Increased flexibility
> Reduction of arthritis pain
> Improved muscle tone
> Improved range of motion
> Reduced chance of falls
> Improved balance
> Enhanced cardiovascular fitness

- If your local aquatic facilities do not offer aqua yoga classes you can follow along with the videos in our playlist at your own pool or local public pool club: [Ways to Stay Active](#)


[For more information please visit: \[drowningprevention.org.au\]\(https://drowningprevention.org.au\)](https://drowningprevention.org.au)



### Cycling by the water



**Duration**  
Choose your time



**Intensity**  
Moderate intensity

**Objective**  
Experience the fun and benefits of cycling around waterways with friends and family.

**Theme**  
Around the water

**Place**  
Bike paths around lakes, rivers or beaches

**Safety Considerations**  
Check your bike wheels, pedals and gears before heading out, always wear a helmet, check the weather before heading out.

**Equipment**  
Bicycle, helmet, water, appropriate clothing and shoes, sun protection


**Activity Outline:**

- Cycling is a fun way to work on your cardiovascular health and enjoy the scenery of cycling by the water. The benefits of cycling include:

> Increased cardiovascular fitness
> Increased muscle strength and flexibility
> Improved joint mobility and strengthened bones
> Improved posture and coordination
> Reduced stress levels

- If you don't own a bicycle, there are many bicycle hire businesses at popular waterway locations. RLS recommends doing research on cycling paths and bike hire facilities when choosing a location to exercise.
- Cycle path finders:
  - NSW - <https://roads.waterways.transport.nsw.gov.au/stayside/bicycles/cycleway-finder.html>
  - ACT - <https://www.transport.act.gov.au/travel-options/walking-and-cycling>
  - TAS - <https://www.bicyclenetnetwork.com.au/tips/resources/maps-and-rides/tasmania-maps-and-rides/>

[For more information please visit: \[drowningprevention.org.au\]\(https://drowningprevention.org.au\)](https://drowningprevention.org.au)






# Partner Activity Cards


Partner activity cards are available to Active Adult Partners and are designed to be used by aquatic facilities or community groups to run structured programs for older Australians. Activity cards are broken into 3 categories, in, on or around the water activities.

## A4 Partner Activity Cards

### Warm Up



**Duration**  
5-10 mins



**Intensity**  
Light-moderate intensity

**Objective**  
All exercise activities should start with a warm up to ensure muscles are stretched and ready for exercise.

**Theme**  
Around the water

**Place**  
Anywhere

**Safety Considerations**  
A staff member should conduct this activity. There should always be a staff member with First Aid qualifications present.


**Equipment**  
May need chairs for those who need seated exercise options or for additional stability when doing standing exercises.


**Talk Topics**  
Why warming up prior to exercise is important, modifications for various exercises, what activities are being done today.

**Activity Outline:**  
Doing a short warm up sequence before exercising is essential in minimising your risks of injury. Dynamic movements are recommended for warm ups, below are some exercises that can be included:


- > 10 x Mini or half squats
- > 10 x Mini or half lunges
- > 10 x Calf raises
- > 10 x Hamstring curls on each leg
- > 10 x Standing up and sitting down from a chair or bench seat
- > 1 min Walking or marching on the spot
- > 10 x Standing/wall push up
- > Shoulder rolls
- > Arm circles
- > Ankle circles
- > Hip circles

See our website for a playlist of videos which include warm up routines you can follow: [Ways to Stay Active](https://www.drowningprevention.org.au)


 For more information please visit: [drowningprevention.org.au](https://www.drowningprevention.org.au)



### Cool Down



**Duration**  
5-10 mins



**Intensity**  
Light-moderate intensity

**Objective**  
All activities should finish with a cool down to ensure muscles are stretched and able to recover faster after exercise.

**Theme**  
Around the water

**Place**  
Anywhere

**Safety Considerations**  
A staff member should conduct this activity. There should always be a staff member with First Aid qualifications present.


**Equipment**  
May need chairs for those who need seated exercise options or for additional stability when doing standing exercises.


**Talk Topics**  
Why cooling down post exercise is important, modifications for various exercises, recap of activities completed.

**Activity Outline:**  
Doing a short cool down sequence of static stretches after exercising is essential for muscle recovery. Below are some exercises that can be included, see Facilitator Guide for pictures and further instructions:


- > Inner thigh stretch
- > Hamstring stretch
- > Quadricep stretch
- > Hip flexors stretch
- > Triceps stretch
- > Shoulder stretch
- > Side reach stretch
- > Deep breaths (inhaler/exhaler)

See our website for a playlist of videos which include cool down routines you can follow: [Ways to Stay Active](https://www.drowningprevention.org.au)


 For more information please visit: [drowningprevention.org.au](https://www.drowningprevention.org.au)



### Water Awareness



**Duration**  
30-45 mins



**Intensity**  
Low intensity

**Objective**  
Build participants water awareness at the pool and refresh their water safety and swimming skills when starting aquatic activity for the first time or returning after some time away from the pool.

**Theme**  
In the water

**Place**  
Aquatic Facility pool (preferably shallow end of the pool)


**Safety Considerations**  
Participants should be accompanied by a qualified swim teacher and lifeguard for the duration of the activity. Participants should be mindful of their own ability and any medical issues should be brought to the attention of the staff prior to participating. Ensure there are enough staff members to provide for correct supervision ratios.


**Equipment**  
Noodles, kickboards

**Talk Topics**  
Ask about what water-based activities participants have done in the past, how confident they are in the water and what their goals are with getting back into aquatic exercise.

**Activity Outline:**

- Meet participants at the designated meeting place. Introduce the staff members and outline the objective of the session and what they will cover.
- Before starting the activity, the facilitator/ staff member should check with all participants about their confidence in the water, any mobility or medical issues and any worries the participants may have.
- Below are suggested activities to complete during the session:
  - > Safe entries and exits
    - > Stairs, wade entry, slide in entry, ramp
    - > Walking through the water
    - > Going under the water
    - > How to push off and stand back up
    - > Float and recover to standing position
      - > Front and back float – noodles and kickboards may be needed as well as teacher support from in the water
  - > Assessment of swimming ability
    - > Have participants demonstrate, if comfortable, what strokes they are able to perform including survival stroke options
    - > Make note of each participant's ability and how far they would be comfortable swimming

 For more information please visit: [drowningprevention.org.au](https://www.drowningprevention.org.au)



### Welcome to the Pool!



**Duration**  
20-30 mins



**Intensity**  
Light walking around the facility involved

**Objective**  
For participants to become familiar and confident with the local pool, facilities, safety equipment, staff members, public transport and car parking options before attending a wet session. Great for seniors who haven't been to the pool in a long time or who are attending for the first time.

**Theme**  
Around the water

**Place**  
Aquatic Facility

**Safety Considerations**  
A staff member at the Aquatic Facility should conduct this activity. There should always be a staff member with First Aid qualifications present.

**Equipment**  
Flashlights or flyers about the facility if applicable, defibrillator to show and rescue equipment that is located around the pool.

**Talk Topics**  
Point out lifeguards, signage, water depths and rescue equipment around the pools and discuss what they are there for.

**Activity Outline:**

- Meet participants at the designated meeting place. Introduce facilitator/staff members and outline the objective of the session and what they will cover.
- Walk around the facility and stop at indicated sites (if applicable) to discuss area, usage and safety considerations:
  - > Reception Desk
  - > Cafe/ shop
  - > First Aid room
  - > Pool areas, e.g., 50m pool, Learn to Swim pool, Hydrotherapy pool, diving pool
  - > Spa/ sauna
  - > Restrooms/ changerooms
  - > Accessibility ramps and amenities
  - > Gym area
  - > Car park/ public transport areas
- Hand out any information about the facility, seniors' memberships and discount information. Discuss future sessions and activities in upcoming weeks.
- Option to provide tea and coffee and have participants get to know each other after the session.

 For more information please visit: [drowningprevention.org.au](https://www.drowningprevention.org.au)





## Program Facilitator Guide

The Active Adults Program Facilitator Guide is available for download via the Active Adults Partner Portal.

### A4 Program Facilitator Guide



**ACTIVE ADULTS PROGRAM  
GUIDE FOR PARTNERS**

A guide for industry and community partners to learn more about the Active Adults program

[drowningprevention.org.au/activeadults](https://drowningprevention.org.au/activeadults)

**ROYAL LIFE SAVING**  
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## ADULT HEALTH PROFILES

At Royal Life Saving, we want every Australian, no matter their age, experience and background to enjoy a water way of life. Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life and enjoy our Australian waterways.

Research from the Australian Sports Commission into the exercise patterns of older adults has shown that majority of adults over 55 years of age are insufficiently active.

**AUSTRALIANS NOT MEETING RECOMMENDED ACTIVITY LEVELS**

**59%** of adults between **55-64 years** of age are not meeting recommended activity levels for their age.

**75%** of adults **65+ years** of age are not meeting recommended activity levels of their age.

The Australian Department of Health recommends seniors aim for a minimum of 30 minutes of moderate intensity activity on most days, preferably all days. AusPlay data of Australians and their sporting activities have shown that swimming is one of the top exercise types in adults 55 years and over.

Aquatic recreation is low impact and offers a range of physical, mental, and social health benefits, including:

1. Improves physical fitness
2. Increases muscle tone
3. Improves circulation and reduces blood pressure
4. Improves balance which reduces the risk of falls
5. Supports mobility and cognitive function
6. Enables social connections and boosts mood

Further snapshots of the sporting profiles of adults can be found on our website: <https://www.drowningprevention.org.au/activeadults>

Unfortunately, the drowning statistics for adults over the age of 65 has been steadily increasing in recent years with approximately 60 Australians losing their lives each year. Falls into water are one of the main contributing factors to these statistics. Maintaining a good level of physical fitness reduces the risk of falls by the water that could result in a fatal incident, highlighting the importance of staying physically active our entire lives.

[drowningprevention.org.au/activeadults](https://drowningprevention.org.au/activeadults)

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## Email Signature

These days, emails are the most popular form of communication for many businesses. We've created an email signature you can add below with your contact details, so that every time you send an email you promote a water way of life.

860 x 250 px



Here are some tips to add an email signature in Microsoft Outlook:

1. Open a new email
2. Select the 'Insert' tab
3. Click on 'Signatures'
4. Create a 'New' signature
5. Insert the Water Way of Life email signature by clicking the image



Active Adults  
Resource Page

# Let's all enjoy a water way of life

For further information please contact:

Health Promotions Office

Phone: 02 9634 3700

Email: [healthpromotions@royal.nsw.com.au](mailto:healthpromotions@royal.nsw.com.au)

[www.drowningprevention.org.au/adultactivities](http://www.drowningprevention.org.au/adultactivities)



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