

TEAM WELL BEING

HANDBOOK



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We acknowledge the Aboriginal and Torres Strait Islander peoples of the lands, skies, oceans and beaches where we deliver our Life Saving services. They are the First Custodians, and those same sands and waters where we patrol, learn, compete and serve have been cared for by them for millennia, and we recognise their connection with these places continue to this day. We pay our respect to the Elders, past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples.

This handbook was produced by SLSQ Member Welfare for Team Wellbeing across Queensland. Content is general guidance only and does not constitute clinical or legal advice. For any questions contact memberwelfare@lifesaving.com.au



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WELCOME TO TEAM WELLBEING

By joining Team Wellbeing you have chosen to be the kind of person who shows up for others. That matters more than you know.

Surf lifesaving is built on looking out for each other in the water. Team Wellbeing extends that same care to everything that happens off the beach too, the pressures, the highs, the hard days, and the moments in between. You are now part of a statewide network of members who believe that a healthy club culture does not happen by accident. It is built, one conversation, one activation, and one check in at a time.

This handbook covers everything you need to know to make the most of your time in Team Wellbeing. Read it, refer back to it, and reach out to Member Welfare any time you need support.



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WHAT IS TEAM WELLBEING

Team Wellbeing is a statewide member wellbeing initiative for Surf Life Saving Queensland designed to shift culture across the organisation. The program invites clubs to establish their own Team Wellbeing group, a collective of genuinely invested members who champion wellbeing at club level and act as a link between their club and Member Welfare.

It weaves wellbeing into the rhythm of the surf lifesaving year through challenges, social events, storytelling, and recognition, creating a community where looking after each other is just part of who we are.

Team Wellbeing members are encouraged to run activations that suit their club, their members, and their season. A full bank of activities and resources will be available at any time, giving clubs the flexibility to do as much or as little as works for them.

Team Wellbeing sits alongside, not within, the existing Peer Support Officer program. Where the PSO program is reactive, stepping in when members need structured support after a critical or difficult event, Team Wellbeing is deliberately proactive. It is about building the everyday culture, conversations, and environment that keep members well in the first place.

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YOUR ROLE AS A TEAM WELLBEING MEMBER

As a Team Wellbeing member you are the heartbeat of the program at club level. You are not a counsellor or crisis support, that responsibility sits with the PSO program and professionals. You are the person who organises the post patrol coffee, remembers a mate's tough week, and creates the conditions where checking in on each other feels normal.

Your role includes:

- Championing wellbeing within your club and leading activations throughout the year.
- Completing a Jotform after every activation to track attendance, activation type, and feedback for program reporting purposes.
- Acting as a link between your club and Member Welfare.
- Looking out for members and referring to the PSO program or Member Welfare when someone needs more support than you can provide.

There is no set number of Team Wellbeing members required per club. Multiple members are encouraged, and if you know like minded people in your club, bring them in.

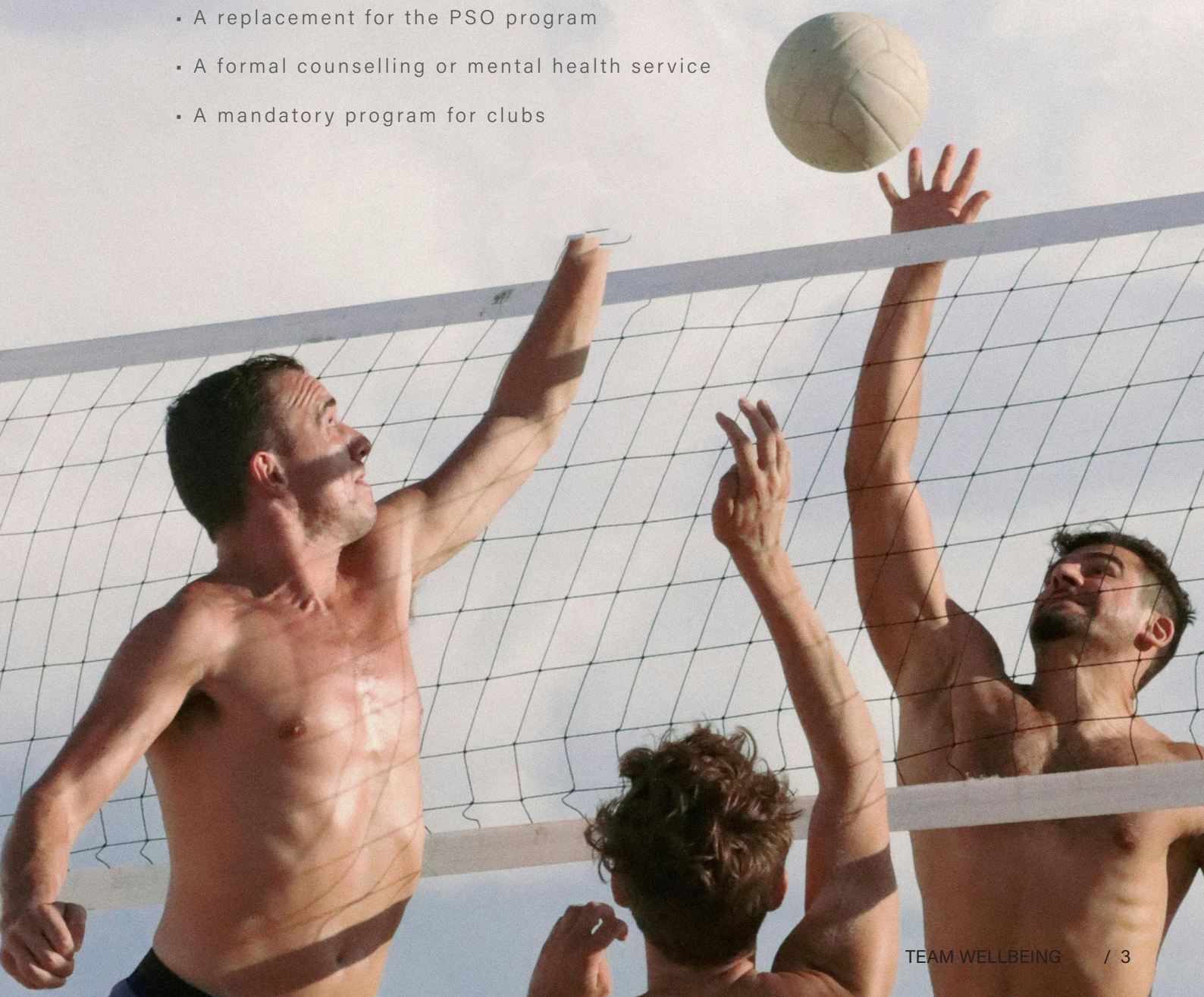
WHAT TEAM WELLBEING IS AND IS NOT

Team Wellbeing is:

- A proactive wellbeing program focused on everyday culture and connection
- A network of invested members who champion wellbeing at club level
- A link between clubs and Member Welfare
- A resource hub for activations, content, and support

Team Wellbeing is not:

- A crisis support service
- A replacement for the PSO program
- A formal counselling or mental health service
- A mandatory program for clubs



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HOW IT WORKS

Team Wellbeing members choose which activations they run, when they run them, and how many they take on across the year. There is no requirement to complete every activation, the goal is simply to do something that works for your club and your members.

The Full Activation List included in this handbook is yours to use however works best for your club. Pick what resonates, run it in a way that works for your members, and build from there.

Each month Member Welfare will send a newsletter to all Team Wellbeing members with suggested activations, resources, and wellbeing content to help guide and inspire what you run that month. These are suggestions only, there is no obligation to follow them.

Please note: All activations involving water, physical activity, or time on the beach should be conducted safely and within your club's standard operating procedures. Ocean based activities should only take place in suitable conditions, within patrolled areas where possible, and with appropriate supervision in place. The safety of your members always comes first. If conditions are not suitable, postpone or choose an alternative activation.

TRACKING AND REPORTING

After every activation you run, you are required to complete a short Jotform provided by Member Welfare. This helps us track the program's reach and impact across Queensland and ensures we can continue to secure funding and resources for the program.

The Jotform will capture:

- Activation name and date
- Number of members who participated
- Any feedback or observations from the activation

The form takes only a few minutes to complete. See below for the link.

<https://form.jotform.com/262310802005844>

SUBSIDY AND GRANTS

Team Wellbeing members can apply for a grant of up to \$200 to help cover the cost of putting on activations, including food, drinks, speakers, and printing. Venue costs are not covered. Each club is entitled to a maximum of two grants per financial year so use them wisely.

To apply, download the grant application form from the SLSQ website, complete it, and email it to Member Welfare. Please allow at least one month before your activation for processing. Grants will not be approved retrospectively so applications must be submitted before the event. The final application date for each financial year is 30 April.

Your application will need to include the activation name, date, approximate attendance, and a breakdown of intended costs.

[GRANT APPLICATION LINK]

CONTACTS

For any questions, support, or resources related to Team Wellbeing, contact Member Welfare directly at memberwelfare@lifesaving.com.au

If a member in your club needs mental health support, please refer them to the following:

Peer Support Program

memberwelfare@lifesaving.com.au

If a member in your club needs **immediate** mental health support, please refer them to the following:

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 22 4636

beyondblue.org.au



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FREQUENTLY ASKED QUESTIONS

WHAT IF NO ONE IN MY CLUB WANTS TO JOIN TEAM WELLBEING?

That is okay. Team Wellbeing is opt in and there is no pressure on clubs to participate. If you are interested but do not have support yet, reach out to Member Welfare for advice on how to get the conversation started.

WHAT IF I AM NOT SURE HOW TO RUN AN ACTIVATION?

Refer to the Full Activation List in this handbook for step by step guidance on every activation. You can also reach out to Member Welfare at any time for support.

CAN I RUN ACTIVATIONS THAT ARE NOT ON THE LIST?

Absolutely. The activation bank is a starting point, not a limit. If you have an idea that suits your club and your members, go for it. Please contact Member Welfare first to run it by them and make sure you complete the Jotform afterwards so we can track it.

WHAT IF A MEMBER DISCLOSES SOMETHING SERIOUS DURING AN ACTIVATION?

Your role is not to provide crisis support. If a member discloses something serious, refer them to the PSO program or Member Welfare immediately. You do not need to handle it alone. Contact details are included in this handbook.

HOW OFTEN DO I NEED TO COMPLETE THE JOTFORM?

After every activation you run. The form is short and takes only a few minutes to complete.

CAN I STEP DOWN FROM TEAM WELLBEING IF I NEED TO?

Yes, absolutely. Your own wellbeing comes first. If you need to step back, let Member Welfare know and we will support you through the transition.

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ACTIVATIONS

An activation is any activity, event, or initiative that Team Wellbeing members run at club level to support the wellbeing of their members. Activations can be big or small, physical or social, serious or fun. The goal is simply to create moments where members connect, look after each other, and feel part of something. There is no right or wrong way to run an activation. What works for one club may not work for another, and that is completely fine. Use the list below as a starting point and adapt anything to suit your club and your members.

COLLATERAL AND GRANTS

Member Welfare will provide marketing collateral for each activation including posters and digital tiles. To request collateral, simply email memberwelfare@lifesaving.com.au with the activation name, date, and location and Member Welfare will take care of the rest.

If you need financial support to run an activation, you may be eligible for a Team Wellbeing grant of up to \$200. See the Grants section of this handbook for more information.

MONTHLY SUGGESTIONS

Each month Member Welfare will send a newsletter to all Team Wellbeing members with suggested activations, resources, and wellbeing content to help guide and inspire what you run that month. These are suggestions only, there is no obligation to follow them. If an activation feels like a better fit at a different time of year, swap it in. What matters is that your club is doing something, not that it happens on a specific date.

AWARENESS AND EDUCATION ACTIVATIONS

ALCOHOL AWARENESS

Clubs share resources around healthy relationships with alcohol, framed around social occasions and club culture.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials throughout the month or at a time that suits your club
- Keep the messaging positive and non judgmental, framed around making informed choices rather than telling members what to do
- A Team Wellbeing member can raise the topic briefly at a patrol briefing, opening the door for members to reflect without pressure
- Member Welfare will provide ready made content and resources so clubs do not need to source anything themselves
- Consider timing this activation around a busy social period in the club calendar when alcohol is more likely to be present

WHY IT WORKS:

Alcohol misuse is one of the most common but least discussed wellbeing risks in volunteer and community sport settings. Normalising honest conversations around alcohol in a non judgmental way reduces harm and supports members to make healthier choices. For more information visit <https://www.drinkwise.org.au>

ASK THE EXPERT

Clubs invite a psychologist, counsellor or wellbeing professional to answer anonymous member questions at a club session.

HOW TO RUN IT:

- Identify a suitable professional to invite, a local psychologist, counsellor, GP, or wellbeing coach all work well
- In the lead up to the session collect anonymous questions from members via a simple online form or suggestion box at the club
- Keep the format relaxed, a casual Q&A over coffee or lunch at the club works better than a formal presentation
- The expert works through the submitted questions and opens up for further discussion where the group feels comfortable
- Member Welfare can assist with identifying suitable professionals and providing a list of questions to get the conversation started
- Run this at any point during the year that feels right for your club

WHY IT WORKS:

Anonymous question formats remove the barrier of shame or embarrassment that often prevents members from asking about sensitive topics. Having a trusted professional present in a relaxed setting significantly increases mental health literacy and normalises help seeking behaviour. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BEACH CLEAN UP

Clubs organise a collective beach clean, tied to Clean Up Australia Day on the first Sunday of March. Consider running it on the day itself or making it a regular club habit throughout the year.

HOW TO RUN IT:

- Register your club for Clean Up Australia Day at www.cleanup.org.au to receive official resources and be counted in the national effort
- Organise a meeting time and point at or near the surf club, before or after a patrol works well
- Member Welfare will provide gloves and bags but clubs are encouraged to bring their own if possible
- Split members into teams and assign different sections of the beach to cover
- Share photos and results on club socials and tag SLSQ so Member Welfare can celebrate your club's contribution across Queensland

WHY IT WORKS:

Participating in environmental care activities is linked to improved mood, increased sense of purpose, and stronger community connection. Research shows that collective acts of service strengthen group identity and give members a shared sense of pride in their environment. For more information visit <https://www.cleanup.org.au/why-clean-up>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BODY IMAGE AWARENESS

Clubs share content around body confidence and healthy self image, relevant for members of all ages in a surf environment.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials at a time that suits your club
- Keep the messaging inclusive and relevant to all ages and genders, body image pressures exist across the whole membership not just younger members
- A Team Wellbeing member can raise the topic briefly at a patrol briefing, normalising the conversation without making it feel heavy
- Consider timing this activation during a period when body image pressures are likely to be heightened, the start of summer when members are back in their uniforms is a natural fit
- Encourage members to share the content with friends and family outside the club to extend the reach

WHY IT WORKS:

Surf lifesaving is a uniform based sport and members spend significant time in a highly visible physical environment. Research shows that body image concerns are prevalent across all ages and genders in sport settings and that proactive awareness reduces shame and increases self compassion. For more information visit <https://www.butterfly.org.au/resources>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BURNOUT AWARENESS

Clubs share information about recognising and preventing burnout, particularly relevant for long serving members and club leaders.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials at a time that suits your club
- Encourage club leaders and long serving members specifically to engage with the content, burnout is most common in those who give the most
- A Team Wellbeing member can raise the topic briefly at a patrol briefing, normalising the conversation without making it feel like a warning
- Encourage members to share the content with others in the club who may benefit from it

WHY IT WORKS:

Burnout is one of the leading causes of volunteer attrition in community sport and emergency services. Research shows that early awareness and open conversation about burnout significantly reduces its impact and helps members recognise the signs before they reach a crisis point. For more information visit <https://www.beyondblue.org.au/mental-health/work-and-study/work/workplace-burnout>

GRIEF AND LOSS AWARENESS

Clubs acknowledge that members may be carrying loss and create space for that to be recognised, particularly relevant after a difficult season.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials at a time that suits your club
- Keep the messaging warm, gentle, and non prescriptive, the goal is to acknowledge that loss is part of life and that members do not have to carry it alone
- A Team Wellbeing member can raise the topic briefly at a patrol briefing, a simple acknowledgement that this is a space for whatever members may be carrying goes a long way
- Consider timing this activation after a particularly difficult period where members may have experienced loss collectively or individually
- Encourage members to reach out to Member Welfare or the PSO program if they are struggling with grief or loss and need more structured support

WHY IT WORKS:

Surf lifesavers are regularly exposed to traumatic and loss related events as part of their role. Research shows that creating space for grief within a community setting reduces isolation and helps members process difficult experiences more effectively. For more information visit <https://www.grief.org.au/resources>

IT'S OKAY TO NOT BE OKAY

Clubs dedicate a patrol briefing to normalising struggles, led by a Team Wellbeing member or club leader.

HOW TO RUN IT:

- At the start of a patrol briefing a Team Wellbeing member or club leader takes two to three minutes to acknowledge that not everyone is doing okay all the time and that is completely normal
- Keep the message simple and genuine, no scripts needed, just an honest acknowledgement that the club is a safe space to struggle
- Share the PSO contact details and Member Welfare resources at the end of the briefing so members know where to turn if they need support
- Member Welfare will provide a simple talking points guide so Team Wellbeing members feel confident leading the conversation
- Consider running this at a natural pressure point in the season, start of season, mid season, or after a particularly demanding period

WHY IT WORKS:

Normalising struggle within a group setting is one of the most effective ways to reduce stigma and increase help seeking behaviour. Research shows that when leaders openly acknowledge that it is okay to not be okay members are significantly more likely to reach out for support when they need it. For more information visit <https://www.beyondblue.org.au/mental-health/what-is-mental-health>

KNOW THE SIGNS

Clubs share information about the signs that a mate might not be doing well and what to do about it.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials at a time that suits your club
- The content will cover practical signs to look out for such as withdrawal, changes in behaviour, irritability, and loss of enthusiasm
- A Team Wellbeing member can walk through the key signs briefly at a patrol briefing, keeping it practical and actionable rather than clinical
- Encourage members to act on what they learn, if they notice a sign in a mate the next step is a simple check in
- Member Welfare will provide a simple one page resource that members can keep on their phone or display at the club

WHY IT WORKS:

Low mental health literacy is one of the biggest barriers to early intervention in community settings. Research shows that when people know what to look for and feel confident acting on it they are significantly more likely to reach out to a mate who is struggling before the situation escalates. For more information visit <https://www.ruok.org.au/how-to-ask>

MENS HEALTH CHECK REMINDER

Clubs share information and encourage male members to book a health check with their GP. Consider running this during Mens Health Week in June or at any time that suits your club.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials
- Keep the messaging straightforward and non judgmental, a simple reminder that regular health checks save lives is enough
- A Team Wellbeing member can raise it briefly at a patrol briefing, encouraging male members to book an appointment if they have not had one recently
- Consider sharing personal stories or statistics that resonate with the surf lifesaving demographic to make it feel relevant and real
- Member Welfare will provide ready made content and resources so clubs do not need to source anything themselves

WHY IT WORKS:

Men are significantly less likely than women to attend regular health checks, with research showing that late detection of preventable conditions is a leading cause of premature male death in Australia. A simple reminder in a trusted community setting can be the nudge a member needs to take action. For more information visit <https://www.menshealthweek.org.au>

MENTAL HEALTH FACT OF THE WEEK

Clubs share one mental health fact every week throughout a designated period, simple and educational.

HOW TO RUN IT:

- Member Welfare will provide a pre-made set of weekly facts, one for each week of the period you choose to run this
- Share each fact via group chat and club socials at the start of each week
- Keep the tone conversational and accessible, facts should feel relevant to surf lifesavers not clinical or overwhelming
- Encourage members to respond or share their thoughts in the group chat, even a simple reaction keeps the conversation alive
- A Team Wellbeing member can reference the fact briefly at a patrol briefing each week to reinforce the message in person

WHY IT WORKS:

Regular exposure to accurate mental health information gradually builds mental health literacy and reduces stigma over time. Research shows that consistent low effort awareness activities have a compounding positive effect on community attitudes towards mental health. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MOVEMBER

Clubs get behind members who are participating in Movember and raise awareness of mens health throughout November. Consider running it across the whole month or tying it to a specific club moment.

HOW TO RUN IT:

- At the start of November ask members via group chat or at a patrol briefing who is participating in Movember this year
- Create a simple tracker or display at the club showing who is growing and how their mo is progressing throughout the month
- Share regular updates on club socials throughout November celebrating participants and their journey
- Encourage members to donate to their clubmates Movember pages and share the links via group chat
- At the end of the month celebrate all participants at a club gathering and acknowledge the funds raised and conversations started

WHY IT WORKS:

Movember has become one of the most recognisable and effective mens health awareness campaigns in the world. Participating as a club creates a visible and fun moment that opens the door to deeper conversations around mens mental and physical health. For more information visit <https://au.movember.com>

NUTRITION WEEK

Clubs share practical tips around fuelling well as an active volunteer, focused on energy and performance not diet culture. Run this for a week or extend it across a month, whatever suits your club.

HOW TO RUN IT:

- Member Welfare will provide a pre made set of nutrition tips, focused on practical and accessible advice for active people
- Share each tip via group chat and club socials throughout the period you choose to run this
- Keep the messaging positive and performance focused, the goal is to help members feel energised and well fuelled not to promote any particular diet or body ideal
- A Team Wellbeing member can reference the tips briefly at a patrol briefing to reinforce the message in person
- Encourage members to share their own favourite pre or post patrol snacks or meals in the group chat to keep the conversation going

WHY IT WORKS:

Good nutrition directly impacts energy levels, concentration, mood, and physical performance, all of which are critical for active volunteers spending long hours in demanding conditions. Framing nutrition as a performance and wellbeing tool rather than a diet topic makes it more accessible and relevant for all members. For more information visit <https://www.health.gov.au/topics/food-and-nutrition>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

R U OK DAY

Clubs mark R U OK Day, which falls on the second Thursday of September each year. Consider running it on the day itself or making it a focus for the whole month.

HOW TO RUN IT:

- Mark R U OK Day on the club calendar and let members know in advance via group chat and club noticeboard
- At a patrol briefing or club gathering on the day a Team Wellbeing member takes a few minutes to acknowledge R U OK Day and remind members how to have a meaningful check in conversation
- Share the R U OK conversation steps via group chat and club socials on the day, are you okay, listen, encourage action, check in
- Consider setting up a small display at the club with R U OK resources and conversation starters
- Member Welfare will provide ready made content and resources so clubs do not need to source anything themselves

WHY IT WORKS:

R U OK Day is one of the most recognised mental health awareness moments in Australia and provides a natural and low pressure entry point for clubs to start conversations around wellbeing. Research shows that simple structured check in conversations significantly reduce feelings of isolation and increase the likelihood of members seeking help. For more information visit <https://www.ruok.org.au>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

RANDOM ACTS OF KINDNESS DAY

Clubs participate in the global Random Acts of Kindness Day on 17 February each year. Consider running it on the day itself or making kindness a focus for the whole month.

HOW TO RUN IT:

- In the lead up to 17 February share the challenge with your club via group chat and club socials, encourage members to start thinking about what acts of kindness they can perform on the day and throughout the month
- On the day encourage members to perform at least one act of kindness, big or small, for a clubmate, a family member, or someone in the community
- Members log their acts of kindness via a simple form provided by Member Welfare, all submissions are counted towards the collective SLSQ total
- Share acts of kindness on club socials throughout the month to inspire others and keep the energy going
- Member Welfare will reveal the collective SLSQ total at the end of February and celebrate the clubs who contributed

WHY IT WORKS:

Performing acts of kindness has well documented benefits for both the giver and receiver, including improved mood, reduced stress, and increased feelings of connection and purpose. For more information visit <https://www.randomactsofkindness.org/the-science-of-kindness>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

STRESS LESS WEEK

Clubs share one stress reduction tip every day for a week or across a longer period that suits your club.

HOW TO RUN IT:

- Member Welfare will provide a pre made set of daily stress reduction tips
- Share each tip via group chat and club socials every morning throughout the period you choose to run this
- Keep the tips practical and accessible, examples include breathing exercises, time in nature, moving your body, and reaching out to a mate
- A Team Wellbeing member can reference the daily tip briefly at patrol briefings to reinforce the message in person
- Encourage members to try the tip for the day and share how it went in the group chat, even a simple reaction keeps the conversation alive

WHY IT WORKS:

Chronic stress is one of the leading contributors to burnout, poor mental health, and physical illness in volunteer and first responder communities. Building awareness of simple and accessible stress reduction strategies gives members practical tools they can use immediately. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

SUICIDE PREVENTION WEEK

Clubs mark World Suicide Prevention Day on 10 September each year. Consider running it on the day itself or making it a focus for the whole month.

HOW TO RUN IT:

- Mark World Suicide Prevention Day on the club calendar and let members know in advance via group chat and club noticeboard
- At a patrol briefing or club gathering on or around the day a Team Wellbeing member takes a few minutes to acknowledge the day and remind members that support is available
- Share the PSO contact details and Member Welfare resources at the end of the briefing so members know where to turn if they or someone they know needs support
- Share content provided by Member Welfare via group chat and club socials on the day
- Keep the tone warm, hopeful, and community focused rather than heavy or clinical, the message is that no one in our movement has to carry the weight alone

WHY IT WORKS:

Suicide is the leading cause of death for Australians aged 15 to 44 and rates among first responders and volunteers are disproportionately high. Creating a visible moment of acknowledgement within a trusted community setting reduces stigma and reminds members that help is available. For more information visit <https://www.lifeline.org.au/get-help/topics/suicide-prevention>

IMPORTANT NOTE:

Always make sure you speak sensitively about this topic and disclaim a trigger warning.

SUN SAFETY MONTH

Clubs dedicate a period to sun safety awareness, particularly relevant for members spending long hours on the beach. Run this for a week or extend it across a month, whatever suits your club.

HOW TO RUN IT:

- Share content provided by Member Welfare via group chat and club socials throughout the period you choose to run this
- Encourage members to check their sunscreen habits, reapplying every two hours, wearing rash vests and hats, and seeking shade during peak UV hours
- A Team Wellbeing member can raise sun safety briefly at patrol briefings, keeping it practical and relevant to the conditions on the day
- Consider setting up a sunscreen station at the club as a visible and practical reminder
- Encourage members to book a skin check with their GP if they have not had one recently, particularly long serving members who have spent years on the beach

WHY IT WORKS:

Skin cancer is the most common cancer in Australia and surf lifesavers are among the highest risk groups due to extended sun exposure over many years. Regular awareness and practical habit reinforcement significantly reduces long term skin cancer risk. For more information visit <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

WELLBEING READING LIST

Team Wellbeing shares a curated list of books, podcasts and articles around wellbeing for members to explore. Run this at any time that suits your club.

HOW TO RUN IT:

- Share the list via group chat and club socials with a simple message encouraging members to explore whatever resonates with them
- Encourage members to share their thoughts on anything they read or listened to in the group chat, even a short recommendation keeps the conversation going
- A Team Wellbeing member can highlight one item from the list at a patrol briefing each week to draw attention to specific resources

WHY IT WORKS:

Self directed learning around wellbeing is one of the most accessible and low pressure ways to build mental health literacy. Research shows that people who actively seek out wellbeing information are more likely to apply it in their own lives and share it with others. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CHALLENGES

30 DAY CHECK IN CHALLENGE

Members commit to checking in on one person every day for 30 days, tracked and celebrated at club level.

HOW TO RUN IT:

- Share the challenge with your club at the start of the period
- Encourage members to pick someone different each day or focus on one person they know needs support
- Set up a simple tracking sheet at the club or via group chat so members can log their check ins
- Celebrate completions at the end of the challenge, a shoutout at a briefing or a small club recognition goes a long way
- Run this at any time of year that feels right for your club

WHY IT WORKS:

Regular social connection is one of the strongest protective factors for mental health. Research shows that consistent low effort check ins build trust and reduce the likelihood of members struggling in silence. For more information visit <https://www.beyondblue.org.au/mental-health/what-is-mental-health>

BUDDY SWIM

Every member chooses a buddy and they commit to completing one swim together across a period that suits your club.

HOW TO RUN IT:

- At the start of the period pair members up, either by choice or randomly drawn
- Encourage pairs to organise one swim together at a time that suits them both, it does not have to be during patrol
- Share a simple sign up or pairing list via the club group chat or noticeboard
- At the end of the period give pairs a shoutout at a briefing or on club socials

WHY IT WORKS:

Shared physical activity strengthens social bonds and improves mood. Research shows that exercising with others increases motivation, accountability, and feelings of belonging. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB AQUATHON

A fun informal swim and run event at the club, teams not individuals, social not competitive.

HOW TO RUN IT:

- Organise a date that works for your club, a weekend morning or after a patrol works well
- Split members into teams of three to four, mix up experience levels and ages
- Set a simple course, a swim leg followed by a run leg, keep distances short and accessible for all fitness levels
- Focus on fun and participation over times or results, cheer every team across the finish line
- Follow up with a casual breakfast or coffee together afterwards to keep the social energy going

WHY IT WORKS:

Team based physical activity builds connection and belonging. Research shows that participating in shared physical challenges increases trust between team members and improves overall group cohesion. For more information visit <https://www.sportaus.gov.au/participation/why-sport-matters>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB SWIM CHALLENGE

Members log their ocean swims across a period that suits your club, tracking collective distance together.

HOW TO RUN IT:

- Set a collective distance goal for the club at the start of the period, something ambitious but achievable
- Members log their swims via a shared tracking sheet, group chat, or noticeboard
- Any swim counts, patrol swims, morning dips, training sessions, casual swims with a mate
- Share progress updates throughout the period to keep momentum going
- Celebrate hitting the goal as a club, a shoutout at a briefing or a small gathering works well

WHY IT WORKS:

Regular ocean swimming is linked to improved mood, reduced stress, and increased feelings of vitality. Collective goals also strengthen team identity and give members a shared sense of purpose. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

FITNESS BINGO

Like Wellbeing Bingo but focused on physical and mental health habits, members tick off activities across a period that suits your club.

HOW TO RUN IT:

- Member Welfare will provide a pre made bingo card with a range of physical and mental health activities across different difficulty levels
- Share the card with members via group chat, noticeboard, or printed and displayed at the club
- Members complete activities in their own time and tick them off as they go
- Encourage members to share their progress with the club, a photo or a quick update in the group chat keeps energy up
- Celebrate members who complete a line, full card, or any participation at the end of the period

WHY IT WORKS:

Gamifying healthy habits makes them more accessible and less intimidating. Research shows that small consistent actions across physical and mental health have a compounding positive effect on overall wellbeing. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

HABIT KICKSTART

Members commit to one new healthy habit for a period that suits your club, checked in on regularly.

HOW TO RUN IT:

- Encourage members to choose one small healthy habit they want to build, examples include drinking more water, going to bed earlier, or spending time outside each day
- Members share their habit with the club either publicly or privately with a Team Wellbeing member
- Check in regularly via group chat or at patrol briefings, a simple how is your habit going keeps it front of mind
- At the end of the period members share how they went, celebrate effort not perfection
- Encourage members to carry their habit forward if it is working well, the goal is to build something sustainable not just tick a box

WHY IT WORKS:

Small consistent habits are the foundation of long term wellbeing. Research shows that habit formation is most successful when it is social, specific, and tracked over time. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

LAP THE FLAGS

Members collectively walk or run the length of their beach as a group, simple and accessible for all fitness levels.

HOW TO RUN IT:

- Choose a date and time that works for your club, early morning before a patrol or on a quieter weekend works well
- Invite all members regardless of fitness level, this is about showing up together not performance
- Walk or run the length of the beach between the flags as a group, keep it social and relaxed
- Encourage members to pair up or chat along the way rather than treating it as a solo workout
- Follow up with a coffee or breakfast together afterwards to extend the connection

WHY IT WORKS:

Walking and light exercise in a natural environment, particularly near the ocean, is linked to reduced stress, improved mood, and greater feelings of calm. Doing it as a group adds a social connection benefit on top. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

MENTAL HEALTH TRAINING CHALLENGE

Clubs commit to getting a set number of members trained in Mental Health First Aid or General PFA across a period that suits your club.

HOW TO RUN IT:

- Set a realistic target for how many members your club will get trained, even two or three is a great start
- Share the SLSQ Mental Health and General PFA courses with your club and encourage members to register, details and registration links will be provided by Member Welfare
- Encourage Team Wellbeing members to lead by example and complete training first
- Track progress throughout the period and share updates with the club to keep momentum going
- Celebrate hitting your target at the end, recognise the members who completed training at a club gathering

WHY IT WORKS:

Mental health literacy is one of the biggest barriers to help seeking behaviour in volunteer and first responder communities. Having trained members within a club creates a more psychologically safe environment and reduces stigma around asking for support. For more information visit <https://mhfa.com.au/about-mental-health-first-aid>

Please note that members are also welcome to attend an external Mental Health First Aid course at their own cost. Details can be found at <https://mhfa.com.au/mental-health-first-aid-training>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

MOVE EVERY DAY

Members commit to 30 minutes of movement every day for a period that suits your club, any kind of movement counts.

HOW TO RUN IT:

- Launch the challenge with a simple message to the club explaining the goal
- Encourage members to choose whatever movement works for them, a walk, swim, stretch, surf, or gym session all count
- Members log their movement each day via a shared tracking sheet or group chat update
- Share updates every few days in the group chat to keep energy and accountability up
- Celebrate everyone who completes the period at the end, and acknowledge anyone who gave it a go even if they did not finish

WHY IT WORKS:

Regular physical movement is one of the most well evidenced strategies for improving mental health, reducing anxiety, and building resilience. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

OCEAN DIP

Members commit to a cold ocean dip together before or after patrol, just for the joy of it. Run this as a one off or make it a regular club ritual.

HOW TO RUN IT:

- Pick a patrol day and let members know in advance that you will be doing a group dip before or after the patrol
- Keep it simple, a quick swim together, no distance or time requirements
- Encourage every member to join regardless of fitness level or swimming ability, this is about the experience not performance
- Make it a regular ritual if the club enjoys it, a weekly or fortnightly dip builds a sense of tradition and belonging
- Share a photo or video on club socials to celebrate the moment and encourage other clubs to do the same

WHY IT WORKS:

Cold water swimming is linked to improved mood, reduced stress, and increased energy. Regular ocean exposure has also been shown to strengthen social bonds when done as a group activity. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

PADDLE TOGETHER

Clubs organise a group paddle session at a time that suits your club. Could be board, ski or just a swim, focused on being in the water together.

HOW TO RUN IT:

- Organise a date and time that works for your club, early morning or after a patrol works well
- Encourage members to bring whatever equipment they have, boards, skis, or no equipment at all
- Keep the session relaxed and social, paddle together along the beach or out to a buoy and back
- Mix up experience levels and pair newer members with more experienced ones to build confidence and connection
- Follow up with a coffee or breakfast together afterwards to extend the social time

WHY IT WORKS:

Being in and around the ocean has well documented benefits for mental health and stress reduction. Shared water based activity also strengthens team bonds and creates a sense of shared identity that is unique to surf lifesaving communities. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

PHONE FREE PATROL

Clubs commit to no personal phone use during an entire patrol, just being present with each other. Run this as a one off or make it a regular monthly ritual.

HOW TO RUN IT:

- Announce the phone free patrol at the briefing at the start of the shift, keep the tone light and fun not preachy
- Ask members to put phones away for the duration of the patrol, exceptions for emergencies and operational use only
- Encourage members to use the time to have real conversations, check in on each other, and just be present
- At the end of the patrol ask members to share one thing they noticed or appreciated about being phone free
- Consider making it a regular ritual if the club responds well to it

WHY IT WORKS:

Excessive phone use is linked to reduced social connection, increased anxiety, and lower mood. Removing phones even for a short period creates space for genuine human connection and presence. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

PLANK CHALLENGE

Clubs collectively hold a plank for as long as possible, total time tracked and celebrated. A nod to the viral plank challenge of the 2010s, but make it yours.

HOW TO RUN IT:

- Set a date for the challenge, a patrol day or training session works well
- Members take turns holding a plank, each person holds for as long as they can and tags the next person in
- Track the total collective time across all members and share the result with the club
- Try to beat your club record each time you run it, tracking progress over time adds a fun competitive element
- Share the result on club socials and challenge another club to beat your time

WHY IT WORKS:

Core strength and physical resilience are directly linked to overall health and injury prevention for active volunteers. Framing physical challenges as collective rather than individual removes pressure and makes participation more accessible for all fitness levels. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

RUN CLUB

Clubs organise a regular group run together, focused on movement and connection. Start with once a month and build from there as momentum grows.

HOW TO RUN IT:

- Start with once a month and see how your club responds, if there is good energy and attendance consider moving to fortnightly and then weekly as momentum builds
- A standard distance of 5km is recommended, accessible for most fitness levels and achievable for beginners and experienced runners alike
- Keep the route consistent so members know what to expect, starting and finishing at the surf club gives everyone a home base
- Keep the pace inclusive, the goal is to get members moving together not to train for a race, no one gets left behind
- After the run encourage members to stay and have a coffee, breakfast, or a cold drink at the club, the social time after is just as important as the run itself
- Celebrate consistency and participation along the way, a shoutout at a briefing or recognising milestones keeps the energy up

WHY IT WORKS:

Group running combines the benefits of physical exercise with social connection, both of which are strongly linked to improved mental health and reduced stress. Research shows that people who exercise with others are more likely to stick to a routine and report higher enjoyment. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SLEEP WEEK

Clubs share tips around good sleep habits across a period that suits your club. Run this for a week or extend it to a month.

HOW TO RUN IT:

- Share the challenge with your club at the start of the period with a simple message about why sleep matters for active volunteers
- Share one practical sleep tip regularly via group chat or club socials throughout the period, examples include setting a consistent bedtime, limiting screens before bed, and avoiding caffeine in the evening
- Encourage members to track how they feel each morning on a simple scale of one to ten and share in the group chat
- At the end of the period invite members to share one change they made and how it affected them
- Consider running it across a particularly busy or high pressure period in the season when members are most likely to be running on empty

WHY IT WORKS:

Sleep is one of the most underrated pillars of both physical and mental health. Research shows that poor sleep is directly linked to increased anxiety, reduced concentration, and lower mood, all of which impact performance and wellbeing for active volunteers. For more information visit <https://www.sleepfoundation.org/mental-health>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

STEP IT UP

A club step challenge running across a period that suits your club. Teams within clubs compete, with physical activity tied to wellbeing.

HOW TO RUN IT:

- Split members into teams of three to five at the start of the challenge, mix up experience levels and ages
- Each member tracks their daily steps using their phone or a fitness tracker across the period
- Teams submit their collective step count regularly via a shared tracking sheet or group chat
- Share a leaderboard update regularly to keep the competitive energy going, keep the tone fun and lighthearted not intense
- Celebrate the winning team at the end with a small club recognition, a shoutout at a briefing or a round of coffees works well

WHY IT WORKS:

Incidental physical activity like walking has significant benefits for mental and physical health. Team based challenges increase motivation and accountability while also building connection between members who may not usually interact. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SURF LIFESAVING SKILLS CHALLENGE

Members brush up on a lifesaving skill they have not used in a while, tracked and celebrated at club level.

HOW TO RUN IT:

- At the start of the period ask members to nominate a lifesaving skill they want to refresh or improve
- Organise a session where members can practice their chosen skill, this could be run alongside a regular training session
- Track participation and celebrate members who completed the challenge at a briefing or club gathering
- Encourage members to share what they refreshed and why it matters with the rest of the club
- Consider making this a regular seasonal activity to keep skills sharp and confidence high

WHY IT WORKS:

Keeping lifesaving skills sharp builds confidence and self efficacy, both of which are strongly linked to positive mental health outcomes for first responders. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SWIM THE DISTANCE

Clubs set a collective swimming distance goal and track progress together across a period that suits your club.

HOW TO RUN IT:

- Set a collective distance goal for the club at the start of the period, Member Welfare will provide a suggested target based on average club size but clubs are encouraged to set something ambitious and achievable for their group
- Any swim counts, patrol swims, morning dips, training sessions, or casual swims with a mate
- Members log their swims via a shared tracking sheet, group chat, or noticeboard at the club
- Share progress updates throughout the period to keep momentum going, a regular update at patrol briefings works well
- Celebrate hitting the goal as a club at the end of the period, recognise top contributors and acknowledge everyone who participated

WHY IT WORKS:

Collective goals build team identity and give members a shared sense of purpose. Regular swimming is also one of the best forms of exercise for both physical and mental health, reducing stress and improving mood. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

WELLBEING BINGO

Clubs receive a bingo card of wellbeing activities to complete across a period that suits your club. Fun, low pressure, and gets clubs doing things without it feeling like a program.

HOW TO RUN IT:

- Member Welfare will provide a pre made bingo card at the start of the period with a range of wellbeing activities across different categories, physical, social, reflective, and fun
- Share the card with members via group chat, noticeboard, or printed and displayed at the club
- Members complete activities in their own time and tick them off as they go, activities can be done individually or as a group
- Encourage members to share their progress with the club, a photo or a quick update in the group chat keeps energy up
- Celebrate members who complete a line, a full card, or any participation at the end of the period, no pressure to finish just encouragement to try

WHY IT WORKS:

Presenting wellbeing activities as a game removes barriers to participation and makes engagement feel optional and fun rather than mandatory. Research shows that low pressure wellbeing initiatives have higher participation rates and more sustained engagement over time. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

YOGA ON THE SAND

Clubs organise a casual beach yoga session, open to all levels, no experience needed. Run this as a one off or make it a regular club ritual.

HOW TO RUN IT:

- Pick a date and time that works for your club, early morning before a patrol or on a quieter weekend works well. You do not need a qualified yoga instructor, a simple guided session via a free YouTube video or app works perfectly, Member Welfare can provide recommendations
- Set up on the beach near the surf club, all members need is a towel or mat
- Keep the session short and accessible, 20 to 30 minutes is plenty for a first session
- Encourage members to stay for a coffee or light breakfast afterwards to extend the social time. Consider making it a regular occurrence if the club responds well, even once a month builds a nice rhythm

WHY IT WORKS:

Yoga combines physical movement with mindfulness and breathing, all of which are strongly linked to reduced stress and improved mental health. Doing it outdoors near the ocean adds an additional layer of wellbeing benefit. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

COMMUNITY AND CONNECTION

BEACH VOLLEYBALL COMP

A fun informal beach volleyball competition between club teams, social not serious.

HOW TO RUN IT:

- Organise a date that works for your club, a weekend morning or after a patrol works well
- Split members into teams of four to six, mix up experience levels and ages to keep it fun and social
- Set up a simple court on the beach using existing flags or markers
- Keep the format relaxed, a round robin or simple knockout works well, focus on participation over results
- Follow up with a casual lunch or drinks at the club afterwards to extend the social time

WHY IT WORKS:

Team sport and informal competition builds connection, laughter, and a sense of belonging. Research shows that shared positive experiences strengthen group identity and improve overall club culture. For more information visit <https://www.sportaus.gov.au/participation/why-sport-matters>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BLOKES BREAKFAST

A casual breakfast specifically for male members, no agenda just food and conversation. Consider running during Mens Health Week in June or at any time that suits your club.

HOW TO RUN IT:

- Pick a date that works for your club, a weekend morning before or after a patrol works well
- Keep it simple, a BBQ at the club, a local cafe, or a shared breakfast on the beach all work
- No agenda, no structured activities, just food and time together
- Encourage male members to bring a mate from outside the club if they want, the more the merrier
- A Team Wellbeing member can gently open the conversation around how everyone is going but there is no pressure to make it formal

WHY IT WORKS:

Men are significantly less likely to seek help or talk about how they are going in structured settings. Informal social gatherings built around food and shared experience are one of the most effective ways to create space for honest conversation without pressure. For more information visit <https://au.movember.com/mens-health/mental-health>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BRING YOUR PET DAY

Members bring their pets to a casual club gathering, lighthearted and fun.

HOW TO RUN IT:

- Pick a date and let members know in advance so they can arrange to bring their pet along, a casual weekend gathering or after a patrol works well
- Set up a relaxed space at or near the club where members and their pets can mingle
- Encourage members to share photos on club socials, pets are a guaranteed way to get people smiling and interacting
- Keep it simple, no structured activities needed, just members, their pets, and good conversation
- Consider making it an annual event if the club enjoys it, it is the kind of moment members remember and look forward to

WHY IT WORKS:

Interaction with animals is well documented to reduce stress, lower blood pressure, and improve mood. Bringing pets into a club setting also creates an easy and natural conversation starter that helps members connect across different social groups. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BUDDY UP

Members pair up and commit to checking in on each other throughout a period that suits your club.

HOW TO RUN IT:

- Pair members up, either by choice or randomly drawn, try to mix up experience levels and ages where possible
- Share a simple commitment with each pair, just a reminder to check in on each other at least once a month throughout the period
- Keep it informal, a text, a chat before patrol, or grabbing a coffee together all count
- Check in with pairs at key points throughout the period to acknowledge how it is going
- At the end of the period celebrate the pairs who stayed connected

WHY IT WORKS:

Having a designated person to check in on reduces the likelihood of members struggling in silence. Research shows that structured peer connection initiatives significantly improve feelings of belonging and reduce social isolation. For more information visit <https://www.beyondblue.org.au/mental-health/what-is-mental-health>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB BREAKFAST

Members gather for a casual breakfast together before a big patrol day.

HOW TO RUN IT:

- Pick a big patrol day on the calendar, a competition day, a busy weekend, or the first patrol of the season works well
- Keep it simple, a BBQ at the club, a shared spread of food, or a trip to a local cafe all work
- Aim to have breakfast ready before the patrol begins so members can eat together and connect before the day kicks off
- For larger clubs this is a great opportunity for members who do not usually interact to sit together and get to know each other
- For smaller clubs who may already do something like this regularly, consider inviting a neighbouring club along to extend the community feel

WHY IT WORKS:

Shared meals are one of the oldest and most effective ways humans build connection and trust. Research shows that eating together as a group improves team cohesion, increases feelings of belonging, and sets a positive tone for shared activity. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB BUCKET LIST

Members collectively build a list of things they want to do together across a period that suits your club.

HOW TO RUN IT:

- Invite members to submit ideas for things they want to do together as a club, anything goes from a sunrise swim to a road trip to another club
- Compile the submissions into a club bucket list and share it with all members
- Display the list at the club on a noticeboard or share it digitally so it stays visible throughout the period
- As items get ticked off share the moment on club socials and celebrate the memory together
- At the end of the period reveal how many items the club ticked off and carry any remaining ones forward

WHY IT WORKS:

Having shared goals and anticipated experiences gives members something to look forward to and strengthens their sense of belonging to the club community. Research shows that anticipation of positive shared experiences is itself a significant wellbeing booster. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB LOCALS GUIDE

Members collectively build a guide of their favourite local spots, cafes, walks, and hidden gems near the club.

HOW TO RUN IT:

- Invite members to submit their favourite local spots via group chat or a simple online form, cafes, walking tracks, beaches, parks, and hidden gems all count
- Compile the submissions into a simple digital or printed guide that can be shared with all members and displayed at the club
- Include a mix of categories, places to eat, places to walk, places to swim, and places to just sit and decompress
- Share the guide with new members at the start of the season as a welcome to the community resource
- Update it each season as members discover new spots and add to the list

WHY IT WORKS:

Encouraging members to explore and connect with their local environment supports mental health and reduces stress. Sharing local knowledge also builds a sense of community pride and gives members easy, accessible ways to look after themselves outside of patrol. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB RECIPE BOOK

Members submit their favourite recipe, compiled into a digital cookbook for the club.

HOW TO RUN IT:

- Invite members to submit their favourite recipe to Member Welfare via a simple online form or email, any recipe counts from a post patrol snack to a family dinner
- Member Welfare will compile all submissions into a digital cookbook and share it back with the club
- Encourage members to try each other's recipes and share photos in the group chat when they do
- Consider theming the recipe book around the club, names like the [Club Name] Cookbook or The Patrol Kitchen add a personal touch
- A new edition can be produced each season as members submit fresh recipes, building a collection over time

WHY IT WORKS:

Food is one of the most universal ways humans connect and share culture. Collaborative projects like a recipe book give members a low pressure way to contribute something personal to the club community and strengthen their sense of belonging. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB TRIVIA

A casual trivia session hosted at the club focused on wellbeing.

HOW TO RUN IT:

- Pick an evening or a quieter weekend session and invite members along for a casual trivia night at the club
- Member Welfare will provide a pre made trivia pack with a mix of fun general knowledge and wellbeing themed questions
- Split members into teams of three to five, mix up experience levels and ages to keep it social
- Keep the tone light and fun, prizes do not need to be expensive, a round of coffees or a small club prize works well
- Consider running it at a natural social moment in the calendar, end of season, mid season, or during Wellbeing Month in October

WHY IT WORKS:

Social gatherings that involve friendly competition and laughter are strongly linked to improved mood, reduced stress, and stronger team bonds. Weaving wellbeing themed questions into a fun format normalises the conversation without making it feel heavy. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

COFFEE WITH TEAM WELLBEING

Team Wellbeing hosts an informal open chat session. No agenda, just an open door for members to connect. Consider running this during Wellbeing Month in October or at any time that suits your club.

HOW TO RUN IT:

- Set a date and let members know via group chat and club noticeboard
- Keep it simple, a table set up at the club with coffee and something to eat is all you need
- No agenda, no structured activities, Team Wellbeing members are simply present and available for members to chat to
- Encourage all members to drop in at any point, even for five minutes, the goal is visibility and approachability
- Consider running a second session later in the season if the first one is well received, the more touchpoints the better

WHY IT WORKS:

Informal access to a trusted person within the club reduces barriers to help seeking and normalises conversations around wellbeing. Research shows that visible, low pressure wellbeing touchpoints are more effective at reaching members who would not otherwise seek support. For more information visit <https://www.beyondblue.org.au/mental-health/what-is-mental-health>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

GUEST SPEAKER NIGHT

Clubs invite a local mental health professional, coach or community leader to speak informally at the club.

HOW TO RUN IT:

- Identify a speaker who would resonate with your club, a local psychologist, GP, coach, or community leader all work well
- Keep the format informal, a short talk of 20 to 30 minutes followed by an open question and answer session works better than a formal presentation
- Set up at the club with comfortable seating, food and drinks help create a relaxed atmosphere
- Promote the event to members in advance so they can submit anonymous questions if they prefer not to ask publicly
- Member Welfare can assist with identifying suitable speakers and providing resources to share on the night

WHY IT WORKS:

Hearing from trusted professionals in a relaxed setting normalises conversations around mental health and reduces stigma. Research shows that community based mental health education significantly improves help seeking behaviour and mental health literacy. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

LADIES BREAKFAST

A casual breakfast specifically for female members, no agenda just food and connection. Consider running during Womens Health Week in September or at any time that suits your club.

HOW TO RUN IT:

- Pick a date that works for your club, a weekend morning before or after a patrol works well
- Keep it simple, a BBQ at the club, a local cafe, or a shared breakfast on the beach all work
- No agenda, no structured activities, just food and time together
- Encourage female members to bring a friend or family member along if they want, the more the merrier
- A Team Wellbeing member can gently open the conversation around how everyone is going but there is no pressure to make it formal

WHY IT WORKS:

Women are more likely to open up and connect in informal social settings built around shared experience. Research shows that female social connection is strongly linked to improved mental health, reduced stress, and greater resilience. For more information visit <https://www.jeanhailes.org.au/health-a-z/mental-health-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

LUNCHTIME LEGENDS

Clubs commit to taking a proper lunch break together once a period, no phones, just food and conversation.

HOW TO RUN IT:

- Nominate a regular lunch day and time that works for your club
- Encourage members to step away from whatever they are doing and gather together for at least 30 minutes
- No phones at the table, the goal is genuine face to face connection over food
- Keep the food simple, a shared BBQ, a potluck, or even just everyone bringing their own lunch and sitting together works perfectly
- Reflect on how it felt and whether the club wants to make it a regular habit going forward

WHY IT WORKS:

Taking proper breaks and sharing meals with others are two of the simplest and most effective ways to reduce stress and build connection. Research shows that volunteers who take regular social breaks report higher satisfaction, lower burnout rates, and stronger team relationships. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

NIPPERS VS SENIORS

A fun informal competition between nippers and senior members, any activity, just for laughs.

HOW TO RUN IT:

- Pick an activity that works for both age groups, beach flags, a relay race, a sandcastle competition, or a tug of war all work well
- Keep the format simple and the tone lighthearted, the goal is laughter and connection not competition
- Mix in some activities where experience beats fitness and others where youth has the advantage, keeping it balanced makes it more fun for everyone
- Involve parents and families where possible, the more the merrier and it extends the community feel beyond just members
- Celebrate both teams at the end regardless of the result, a shared snack or lunch afterwards brings everyone together

WHY IT WORKS:

Intergenerational connection is one of the strongest predictors of community belonging and resilience. Bringing nippers and senior members together in a fun and relaxed setting builds relationships that extend beyond the activity and strengthen the fabric of the club. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

POST PATROL HANG

Clubs commit to staying back for 15 minutes after patrol, no agenda just time together. Run this as a one off or make it a regular ritual.

HOW TO RUN IT:

- Let members know that the club is committing to a 15 minute hang after patrol
- Keep it completely unstructured, grab a drink, sit on the beach, or hang around the club, no agenda required
- Encourage everyone to stay, even members who need to leave quickly can commit to just 15 minutes
- A Team Wellbeing member can be present to keep the energy warm and welcoming but there is no need for facilitation
- Reflect on how it felt and whether the club wants to make it a permanent fixture after patrols

WHY IT WORKS:

The period immediately after a patrol is one of the most natural times for members to decompress and connect. Building in a structured but informal wind down reduces the likelihood of members carrying the weight of a difficult patrol home alone. For more information visit <https://www.beyondblue.org.au/mental-health/what-is-mental-health>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SUNSET PATROL

Members stay back after a patrol to watch the sunset together. No phones, just present.

HOW TO RUN IT:

- Pick a patrol day where the conditions and timing are likely to produce a good sunset, summer evenings work particularly well
- Let members know in advance so they can plan to stay back rather than rushing off after the patrol ends
- Gather together on the beach, no phones, no agenda, just members being present in the moment together
- Keep it short and simple, even 15 to 20 minutes of shared stillness is enough to create a meaningful moment
- Share a photo on club socials afterwards to celebrate the moment and inspire other clubs to do the same

WHY IT WORKS:

Spending time in nature, particularly near the ocean at transitional moments like sunrise and sunset, is strongly linked to reduced stress, improved mood, and increased feelings of calm and perspective. Doing it together as a group adds a powerful social connection benefit. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

TWO GOOD THINGS

At the end of every patrol briefing two members share two good things happening in their life. A simple habit with a big culture shift. Run this as a regular ritual at any time that suits your club.

HOW TO RUN IT:

- At the end of every patrol briefing invite two members to share two good things happening in their life, these can be big or small, personal or patrol related
- Rotate through different members each patrol so everyone gets a turn
- Keep it light and low pressure, there are no wrong answers and members should never feel put on the spot
- Over time this simple ritual shifts the energy of briefings from purely operational to human and connected
- Acknowledge and celebrate the practice at the end of the season

WHY IT WORKS:

Regularly sharing positive experiences activates gratitude and shifts focus away from stress and pressure. Research shows that simple positive reflection practices significantly improve mood, team cohesion, and overall sense of wellbeing over time. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

WELLBEING RELAY

A fun informal competition between nippers and senior members, any activity, just for laughs.

HOW TO RUN IT:

- Member Welfare will coordinate the relay and let each club know when it is their turn to receive the baton
- When your club receives the baton, run a wellbeing activity of your choice, it can be anything from the activation bank or something your club comes up with on their own
- Share the activity on your club socials, tag the next club in the relay, and pass the baton on
- Keep the content authentic and fun, a short video or a photo with a caption works perfectly
- Member Welfare will track the relay across Queensland and share highlights throughout the period

WHY IT WORKS:

Peer visibility is one of the most powerful drivers of cultural change. When clubs see other clubs taking wellbeing seriously it normalises the behaviour and creates positive social pressure to participate. Building a chain of connection across Queensland also strengthens the broader SLSQ community identity. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

WOMEN IN LEADERSHIP CHAT

A casual conversation with a female club leader or guest about their experience in surf lifesaving and how they look after themselves. Consider running during Womens Health Week in September or at any time that suits your club.

HOW TO RUN IT:

- Identify a female club leader, long serving member, or external guest who would be willing to share their story in a relaxed setting
- Keep the format conversational, a chat over coffee or lunch at the club works better than a formal presentation
- Prepare a few loose questions in advance to guide the conversation, things like what has kept you going, what do you wish you had known earlier, and how do you look after yourself
- Open it up to questions from members towards the end, encourage anonymous submissions in advance for members who prefer not to ask publicly
- Member Welfare can assist with identifying suitable guests if clubs are unsure who to approach

WHY IT WORKS:

Representation and shared storytelling are powerful tools for normalising wellbeing conversations and inspiring others to reflect on their own experience. Research shows that hearing from relatable role models significantly increases help seeking behaviour and self care practices. For more information visit <https://www.jeanhailes.org.au/health-a-z/mental-health-wellbeing>



FUN AND LIGHT TOUCH

BEACH GAMES DAY

Clubs set up a range of casual beach games for members to enjoy together, bocce, frisbee, cricket, whatever works for the club.

HOW TO RUN IT:

- Pick a date that works for your club, a quieter weekend morning or after a patrol works well
- Set up a range of simple games on the beach near the club, no special equipment needed, bocce, frisbee, cricket, touch footy, or anything the club enjoys
- Keep it completely informal, no teams, no scores, no structure unless the club wants it
- Invite families and friends along to extend the community feel beyond just members
- Follow up with a BBQ or snacks at the club afterwards to keep the social energy going

WHY IT WORKS:

Unstructured play and informal social activity are strongly linked to reduced stress, improved mood, and stronger team bonds. Research shows that shared laughter and lighthearted experiences are some of the most effective ways to build genuine connection within a group. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

BEHIND THE SCENES

Members document a day in the life of the club through photos or short videos, shared on socials.

HOW TO RUN IT:

- Pick a patrol day or club event and nominate one or two members to be the official documenters for the day
- Encourage them to capture the real, unfiltered moments, the pre patrol setup, the team in action, the post patrol wind down, the laughs in between
- Keep it authentic and fun, this is not a polished production it is a genuine look at what the club is really like
- Compile the photos and videos into a simple post or story and share on club and SLSQ socials at the end of the day
- Consider making it a regular feature, a monthly behind the scenes gives members and the broader community an ongoing window into club life

WHY IT WORKS:

Authentic storytelling builds community pride and gives members a sense of visibility and value. Research shows that feeling seen and represented within a community increases belonging and long term engagement. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

BODY SURF CHALLENGE

Members compete to catch the best wave body surfing, judged by the club for style not skill.

HOW TO RUN IT:

- Pick a patrol day or weekend session with good surf conditions and let members know in advance
- Keep the format simple, members take turns body surfing and are judged by their clubmates on style, creativity, and commitment rather than technical skill
- Create a few fun categories to keep it interesting, best wipeout, most creative ride, longest wave, best style all work well
- Keep the judging lighthearted and the scores irrelevant, the goal is laughter and time in the water together
- Follow up with a casual snack or drink at the club afterwards to extend the social time

WHY IT WORKS:

Play and laughter in a natural environment are some of the most effective and accessible tools for reducing stress and building connection. Time in the ocean specifically has well documented benefits for mood and mental health. For more information visit <https://www.bluemind.org/science>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB JERSEY DAY

Everyone wears their club gear on a designated day, celebrating identity and belonging.

HOW TO RUN IT:

- Pick a designated day and let members know in advance via group chat and club noticeboard, a patrol day or training session works well
- Encourage every member to wear any piece of club gear they have, a rashie, a cap, a hoodie, or the full uniform all count
- Share photos on club socials throughout the day celebrating the sea of club colours
- Consider tying it to a meaningful moment in the club calendar, the first patrol of the season, a club anniversary, or a big competition day adds extra significance
- Encourage members to tag the club and SLSQ on socials so the moment can be shared across the broader community

WHY IT WORKS:

Shared identity symbols like uniforms and club colours are strongly linked to feelings of belonging and group cohesion. Research shows that visible displays of shared identity strengthen team bonds and increase members sense of pride in their community. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

CLUB MEME DAY

Members submit their best club related meme, shared internally for a laugh.

HOW TO RUN IT:

- Let members know via group chat that Club Meme Day is coming and invite them to start creating or finding their best club related meme
- Members submit their meme via group chat or a simple online form provided by Member Welfare
- Share all submissions in the group chat or display them at the club on the day, no judging required just enjoying the laughs together
- Consider a lighthearted vote for the best meme with a small club prize for the winner, a round of coffees or a club snack works well
- Keep the content positive and inclusive, memes should celebrate club life not target individual members

WHY IT WORKS:

Shared humour is one of the most powerful and accessible tools for building connection and reducing tension within a group. Research shows that laughter and lighthearted shared experiences significantly improve mood, team cohesion, and overall sense of belonging. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

DECK THE CLUB

Members decorate the clubhouse together for a seasonal occasion, Christmas, end of season, or just for fun.

HOW TO RUN IT:

- Pick a seasonal occasion that works for your club, Christmas, end of season, or any other moment that feels worth celebrating
- Invite members to come together for a casual decorating session at the club, keep it low key and fun
- Encourage members to bring decorations from home or pool a small budget for supplies, nothing needs to be expensive or elaborate
- Put on some music, grab some food, and make the decorating session itself a social event not just a task to get done
- Share photos of the finished clubhouse on club socials to celebrate the effort and invite other clubs to do the same

WHY IT WORKS:

Collaborative creative activities are strongly linked to improved mood, reduced stress, and stronger group bonds. Working together on a shared physical space also gives members a sense of ownership and pride in their club environment. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

FIRST TIME STORIES

Young members share their first memory of surf lifesaving, compiled into content for the club. Consider running during Youth Wellbeing Month in April or at any time that suits your club.

HOW TO RUN IT:

- Invite young members to share their first memory of surf lifesaving, it could be their first patrol, their first nippers session, or the moment they knew they belonged
- Keep the format flexible, a short written paragraph, a voice memo, or a short video all work
- Member Welfare will provide a simple submission form so clubs can collect stories easily
- Compile the stories into a piece of content that can be shared on club socials and displayed at the club, Member Welfare can assist with this
- Celebrate the contributors publicly within the club and on socials, seeing their story valued and shared is a powerful experience for young members

WHY IT WORKS:

Sharing personal stories builds connection, validates individual experiences, and strengthens belonging within a community. For young members in particular, feeling seen and heard within the club is one of the strongest predictors of long term involvement and positive wellbeing. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

FRESH START WALK

Clubs organise a group walk together at the start of the year, low key and accessible for all.

HOW TO RUN IT:

- Pick a date at the start of the year and let members know via group chat and club noticeboard, a weekend morning works well
- Keep the walk short and accessible, 30 to 45 minutes along the beach or through the local area is plenty
- Start and finish at the surf club so members have a home base and can stay for a coffee or breakfast afterwards
- Keep the pace relaxed and social, the goal is conversation and connection not exercise
- Encourage members to bring a friend or family member along, the more the merrier and it extends the community feel beyond just members

WHY IT WORKS:

Walking in nature is one of the most accessible and effective tools for improving mental health and reducing stress. Starting the year with a shared physical activity also sets a positive and connected tone for the season ahead. For more information visit <https://www.health.gov.au/topics/physical-activity-and-exercise>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

HOTTEST MOMENTS

Members submit and vote on their favourite wellbeing moments, memories, stories, and people from their club throughout a period that suits your club. Compiled and revealed as an end of season countdown celebration.

HOW TO RUN IT:

- Let members know that Hottest Moments will be running and encourage them to start taking note of standout moments, memories, and people
- Member Welfare will provide a simple submission form that members can use to nominate moments and people throughout the period
- Promote submissions regularly throughout the period via group chat and club socials to keep the momentum going
- Member Welfare will compile all submissions and work with clubs to produce a countdown of the top moments, revealed as an end of season celebration. Share the countdown on club and SLSQ socials to celebrate the year and inspire other clubs

WHY IT WORKS:

Reflecting on and celebrating positive shared experiences strengthens group identity and increases feelings of belonging. Research shows that collective celebration of community achievements improves morale, motivation, and long term engagement. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SEASON SOUNDTRACK

Each club submits 20 songs that represent their season. Compiled into a club playlist and released as a look back on the year.

HOW TO RUN IT:

- Let members know that the Season Soundtrack will be running and encourage them to start noting songs that feel relevant to their season
- Member Welfare will provide a simple submission form that members can use to nominate songs throughout the period, with a deadline set by the club
- Encourage members to think broadly, songs that played at the club, songs that got them through a tough patrol, songs that remind them of a great moment with their crew
- Member Welfare will compile all submissions from each club into a playlist and release it as part of the end of season celebration. Share the playlist on club and SLSQ socials and encourage members to listen back as a way of reflecting on the year together

WHY IT WORKS:

Music is one of the most powerful triggers for memory and emotion. Research shows that shared music experiences strengthen social bonds and that reflecting on positive memories through music improves mood and feelings of connection. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SILLY SKILLS COMPETITION

Members compete in fun non lifesaving skills, best sandcastle, longest breath hold, most creative wave ride.

HOW TO RUN IT:

- Pick a patrol day or weekend session and let members know in advance so they can start thinking about what skills they want to showcase
- Set up a range of fun and accessible categories, best sandcastle, longest breath hold, most creative wave ride, best handstand in the shallows, or anything the club comes up with
- Keep the judging completely lighthearted, a panel of three members scores each entry on enthusiasm and creativity not technical ability
- Make sure every member feels welcome to participate regardless of age or fitness level, the sillier the better
- Award fun prizes for each category, a certificate, a small club prize, or just bragging rights all work well

WHY IT WORKS:

Play and lighthearted competition are strongly linked to reduced stress, improved mood, and stronger team bonds. Creating a space where members can be silly and vulnerable together without judgment builds trust and deepens connection within the club. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

SUNRISE CHALLENGE

Members commit to watching one sunrise together as a club across a period that suits your club.

HOW TO RUN IT:

- Pick a period and let members know via group chat and club noticeboard
- Choose a morning that works for the majority, a weekend morning or before an early patrol works well
- Meet at the club or on the beach at a set time, no equipment needed just showing up together
- Keep it relaxed and unstructured, watch the sunrise, have a chat, and enjoy the moment together
- Encourage members to share a photo on club socials to celebrate the moment and inspire other clubs to do the same
- Consider making it a seasonal ritual if the club enjoys it

WHY IT WORKS:

Watching the sunrise combines time in nature, early morning light exposure, and shared experience, all of which are linked to improved mood, better sleep patterns, and increased feelings of calm and connection. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

WELLBEING MYTH BUSTERS

Short content busting common myths around asking for help, mental health, and looking out for mates. Run this at any time that suits your club.

HOW TO RUN IT:

- Member Welfare will produce myth buster content throughout the year, no action required from clubs to create it. Share each myth buster via group chat and on your club noticeboard or socials when it lands
- Team Wellbeing members can reference the content briefly at patrol briefings to spark conversation
- Clubs can suggest myths or topics they want addressed by submitting ideas to Member Welfare at any time
- The content is designed to be short and shareable, members are encouraged to forward it to family and friends beyond the club

WHY IT WORKS:

Misconceptions around mental health and help seeking are one of the biggest barriers to early intervention. Regular myth busting content gradually shifts attitudes and builds a culture where asking for help is seen as a strength not a weakness. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

YOUTH SHOUTOUT

Members nominate a young person in their club who has shown up, worked hard, or supported a mate. Recognised publicly within the club. Consider running during Youth Wellbeing Month in April or at any time that suits your club.

HOW TO RUN IT:

- Invite members to nominate a young person in the club who deserves a shoutout, nominations can be submitted via a simple form provided by Member Welfare or via group chat
- Keep the criteria broad, showing up consistently, going above and beyond, supporting a mate, or just bringing good energy to the club all count
- A Team Wellbeing member or club leader announces the shoutout at a patrol briefing or club gathering, keeping the tone warm and celebratory
- Share the shoutout on club socials to extend the recognition beyond the club and make the young member feel genuinely valued
- Consider running a shoutout regularly if the response is positive, recognition is most powerful when it is consistent

WHY IT WORKS:

Recognition is one of the strongest drivers of belonging and motivation particularly for young people. Research shows that feeling valued and seen within a community significantly increases engagement, self esteem, and long term involvement. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

YOUTH TAKEOVER

Young members run a patrol briefing, social media post, or club activity for the day, giving them a voice and ownership. Consider running during Youth Wellbeing Month in April or at any time that suits your club.

HOW TO RUN IT:

- Invite young members to take ownership of one club moment, options include running the patrol briefing, creating a club social media post, organising a small activity, or leading a warm up
- Keep the brief open and let the young members decide what they want to do, the goal is genuine ownership not a scripted performance
- A Team Wellbeing member or club leader is available to support but should step back and let the young members lead
- Celebrate the takeover publicly within the club and on socials, acknowledge the young members by name and thank them for stepping up
- Consider making it a regular opportunity if the response is positive, giving young members a voice builds confidence and long term investment in the club

WHY IT WORKS:

Giving young people genuine responsibility and ownership within a community setting is one of the strongest predictors of confidence, belonging, and long term engagement. Research shows that youth leadership opportunities significantly improve self esteem and mental health outcomes. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>



REFLECTION AND STORYTELLING

CLUB INTENTIONS WALL

A physical or digital wall where members post their intention for a period that suits your club, added to and reflected on throughout.

HOW TO RUN IT:

- Set up a physical noticeboard or digital space where members can post their intention, one word, a short phrase, or a sentence all work
- Encourage every member to contribute, no intention is too small or too big
- Display the wall somewhere visible at the club so members are reminded of their intentions throughout the period
- At key points throughout the period invite members to reflect on how their intention is tracking
- At the end celebrate the wall as a collective moment, how did the club show up for itself

WHY IT WORKS:

Setting intentions is a well evidenced practice for improving focus, motivation, and self awareness. Research shows that writing down and publicly sharing intentions significantly increases the likelihood of following through on them. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

CLUB SCRAPBOOK

Members contribute photos, notes, and memories across a period that suits your club, compiled into a digital scrapbook at the end.

HOW TO RUN IT:

- Let members know that the club will be building a scrapbook and encourage everyone to contribute
- Set up a simple way for members to submit content, a shared folder, a group chat channel, or a dedicated email address all work well
- Encourage members to submit photos, short written memories, funny moments, and highlights as they happen rather than all at the end
- Member Welfare will provide a digital scrapbook template that clubs can populate and share with all members at the end of the period
- Consider presenting the scrapbook at a club gathering at the end as a celebration of the time together

WHY IT WORKS:

Collective memory making strengthens group identity and gives members a tangible record of shared experiences. Research shows that reflecting on positive shared moments improves feelings of belonging and increases motivation to stay connected to the community. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

GOAL SETTING SESSION

Members share one personal wellbeing goal with their club, checked in on at the end of the period.

HOW TO RUN IT:

- Set aside five to ten minutes at a patrol briefing or club gathering for members to write down one personal wellbeing goal
- Goals can be physical, social, mental, or anything in between, there are no wrong answers
- Encourage members to share their goal with a buddy or with the group if they feel comfortable, sharing publicly increases accountability
- Store goals somewhere accessible, a sealed envelope at the club, a shared digital document, or with a Team Wellbeing member all work
- At the end of the period revisit the goals and celebrate progress, acknowledge effort and growth not just achievement

WHY IT WORKS:

Goal setting is one of the most well evidenced strategies for improving motivation, self awareness, and follow through. Research shows that sharing goals with others significantly increases the likelihood of achieving them. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>

MARKETING COLLATERAL AVAILABLE: Poster and digital content provided by Member Welfare. Email memberwelfare@lifesaving.com.au with your date and location to request.

HABIT KICKSTART

Members commit to one new healthy habit for a period that suits your club, checked in on regularly.

HOW TO RUN IT:

- Encourage members to choose one small healthy habit they want to build, examples include drinking more water, going to bed earlier, moving their body every day, or spending time outside
- Members share their habit with the club either publicly or privately with a Team Wellbeing member
- Check in regularly via group chat or at patrol briefings, a simple how is your habit going keeps it front of mind without adding pressure
- At the end of the period invite members to share how they went, celebrate effort and consistency not perfection
- Encourage members to carry their habit forward if it is working well, the goal is to build something sustainable not just tick a box

WHY IT WORKS:

Watching the sunrise combines time in nature, early morning light exposure, and Small consistent habits are the foundation of long term wellbeing. Research shows that habit formation is most successful when it is social, specific, and tracked over time. For more information visit <https://www.health.gov.au/topics/mental-health-and-suicide-prevention/mental-health-and-wellbeing>



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