



Volunteer Walk Leader Role Description

The Walks4All project aims to improve the health and wellbeing of people in the community by encouraging them to increase their level of physical activity through participation in regular health walks.

Purpose of Role

Assist with developing, planning and implementing a health walk programme which will involve leading short, accessible, community-based health walks for people wishing to improve their health through regular physical activity.

Knowledge, Skills and Responsibilities

As a volunteer walk leader you will be knowledgeable about the benefits of walking to contribute to the health and wellbeing of participants

- Enthusiasm for walking with a commitment to deliver and improve the health walk programme
- Commit to leading walks on a regular basis however volunteer walk leaders can participate in as many or as few walks as they wish although it is hoped they wish to participate on an ongoing basis
- Good communication skills to encourage, motivate and provide support to participants and others
- Friendly, sociable personality to develop good relationships with participants and others
- Ability to plan, organise and manage health walks and a range of appropriate activities and resources
- Ability to research and plan routes for walks and identify any potential risks or hazards
- Be familiar with hazard identification and carry out risk assessment of routes you are walking
- Reliability and punctuality to ensure health walks planned run as scheduled
- Keep participants' information confidential
- Willingness to undergo basic training and work as part of a team with others
- Able to undergo the Walk Leader training course

Key Tasks

- Lead health walks and research and plan walking routes
- Undertake risk assessments of walking routes and complete risk assessment forms
- Ensure that new walkers complete a health walk questionnaire before they take their first walk
- Maintain a register of all people on the walk and keep records
- Welcome the walking group and give a brief talk before starting off, including information on the walking route and potential risks and hazards
- Ensure that everyone completes the walk, or if anyone needs to stop early, ensure they get back to the start safely.
- Ensure all relevant paperwork is kept up to date and stored appropriately

Other activities might include but are not limited to contributing to newsletters, photography, attending events to promote the project and distributing promotional material for the project.

Location

Walks can take place anywhere in the community as long as the route has been assessed as suitable for health walks. A commitment of 2/3 hours would be expected from volunteer walk leaders for a health walk.

Training and support

All Walk Leaders will be required to attend a one-day health walk training course prior to leading any walks to enable leaders to effectively lead walks, risk assess, and comply with the necessary procedures. Additional training sessions will be organised to address any specific areas identified by Walk Leaders. Walk Leaders can assist on health walks prior to leading on their own health walk.