



## Volunteer Walk Leader Role Description

### Purpose of Role

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.

As a walk leader you will be leading short, accessible, community- based health walks for people wishing to improve their health through regular walking, ensuring walks are friendly, safe and well run.

### Skills & Attitudes

- Enthusiasm for walking
- Friendly, sociable personality to develop good relationships with participants
- Good communication skills to encourage, motivate and provide support to participants
- Sensitive to the needs of others
- Reliable and punctual to ensure health walks planned run as scheduled
- Commit to leading walks on a regular basis however 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
- Ability to work independently and as part of a team
- Willingness to undergo training

### Key Tasks

*As a walk leader you may be responsible for the following tasks:*

- Plan routes for health walks ensuring they are safe
- Check walking routes and familiarise yourself with it prior to leading the walk
- Welcome participants and provide a short summary of the walk and making sure they feel welcomed
- Lead health walks ensuring they are friendly and enjoyable
- May be required to risk assess 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
- 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 assisting Walks Development Officer but are not limited to contributing to newsletters, social media, attending events to promote the project and distributing promotional material for the project.

### Location

- Walks will normally take place within the Letham community.

### Time Commitment

- A health walk can vary from 30 – 90 minutes and approximately 2 hours would be expected from volunteer walk leaders for a health walk.

### Training

- All Volunteer Walk Leaders will be required to attend a one-day training prior to leading any walks.
- Ongoing support and guidance from the Walks Development Worker.

If you would like to become a volunteer with Walks4All contact the Walks Development Worker on 07483424490, email: [walks4all@letham4all.org.uk](mailto:walks4all@letham4all.org.uk)