



## Walk assistant role description

### Why do we need you?

If you'd like to help out on our walks, but don't want to be a walk leader then taking on a walk assistant role could be for you! Particularly on larger walks, it can be great for walk leaders to have a helping hand, and for walkers to have an extra person to talk to when they're out and about.

As a walk assistant, you'll be helping people in your community to get active and healthy, and staying active and meeting new people yourself.

As well as ensuring walks are friendly, safe and well run, walk leaders are also our ambassadors for walking, their scheme and Walking for Health - showing people that walking really can make a big difference to their lives.

### What will you be doing?

As a walk assistant your responsibilities can vary from walk to walk, but some typical activities include:

You could be helping the walk leader welcome walkers and ensure that the paperwork is all completed efficiently, or you could be the 'back marker' – staying at the back of the walk to make sure no one gets left behind. You could also be accompanying a walker, making sure they get plenty of encouragement and good company.

- Welcoming walkers to the walks, particularly new walkers. Helping the walk leader make sure walks are welcoming, friendly and enjoyable
- Helping make sure paperwork like registration forms and registers are completed
- Being the 'back marker' – staying at the back of the group to make sure no one gets left behind
- Accompanying walkers to make sure they get the support and encouragement they need – as well as great company

### What support will you receive?

- Ongoing support and guidance from your scheme coordinator and walk leaders
- Access to Walking for Health resources and equipment to help you fulfil your role
- The opportunity to meet, chat and share best practice with other walk volunteers

### What will you gain from this opportunity?

Our walk volunteers love their roles and tell us fantastic stories about how much they enjoy helping others to get active and get walking. But in case that doesn't convince you, here are some of the other great benefits:

- Ongoing support and guidance from your scheme coordinator and walk leaders



- Access to Walking for Health resources to help you fulfil your role
- Opportunity to develop your confidence and people management skills
- Opportunity to meet new people
- Opportunity to discover more of your local area and spend time in the outdoors
- Opportunity to be more physically active yourself

## What are we looking for?

The main skill we need from our volunteer walk leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition, we look for walk assistants who are:

- Friendly and welcoming
- Observant and sensitive to the needs of others, with good communication skills
- Reliable and punctual

## How to become a walk assistant

If you'd like to volunteer with Walking for Health, click [here](#) to find your local scheme and contact the scheme coordinator to discuss opportunities and training.

If you have any problems, [get in touch](#) and we'll do our best to help!