



## Walk leader role description

### Why do we need you?

Walking for Health wouldn't exist without our fantastic volunteer walk leaders, who lead health walks taking place around the country.

As a volunteer walk leader, you'll be helping people in your community to get active and healthy, providing vital support that they otherwise might not get. 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 leader, you might be responsible for any combination of the following tasks:

- Checking a route and familiarising yourself with it before leading the walk
- Welcoming walkers to the walks, particularly new walkers
- Giving a brief talk before the walk to make sure everyone is prepared
- Making sure paperwork like registration forms and registers are completed
- Leading and managing walks (usually with other walk leaders) – includes 'back marking' or 'middle marking' as well as leading at the front
- Making sure walks are welcoming, friendly, enjoyable and safe: following our best practice guidelines and the requirements of your scheme
- Trouble-shooting and dealing with problems on walks, with the support of your scheme coordinator.
- Providing information about other walks offered by the scheme and basic information about how to keep active
- Attending occasional walk leaders' meetings and refresher training
- Staying in touch with the latest news and guidance from your scheme and Walking for Health

In addition, depending on how your scheme is run, you could also be asked to help your scheme coordinator develop and risk-assess new walking routes.

Further to the time commitment of leading walks, please also note that you will need to allocate a small amount of additional time to receiving the walk, travelling to and from the walk, and completing any necessary paperwork.

### What support will you receive?

- Full training and induction with a nationally recognised and well respected scheme
- Ongoing support and guidance from your scheme coordinator and Walking for Health
- Access to Walking for Health resources and equipment to help you fulfil your role



- The opportunity to meet, chat and share with other walk volunteers

## What will you gain from this opportunity?

Our walk leaders 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:

- Full training with a nationally recognised and well respected scheme
- Ongoing support and guidance from your scheme coordinator and Walking for Health
- Access to Walking for Health resources and equipment to help you fulfil your role
- Opportunity to develop your leadership, people management and other skills
- Opportunity to meet new people including like-minded volunteers
- 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 love our leaders to be:

- Friendly, welcoming and empowering with good communication skills
- Observant and sensitive to the needs of others
- Knowledgeable about the basics of the benefits of walking and physical activity
- Reliable, punctual, honest and well-organised
- Able to work independently but with guidance and support
- Confident at speaking in front of small groups
- Able to take control and be assertive when needed

## How to become a walk leader

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!