

Walking for Health Bristol



Volunteer Assistant Walk Leaders and Walk Supporters Task Description

Description of role:

To support the walk leaders in delivering a safe and enjoyable walk.

Duties/responsibilities:

- Wear a colourful jacket/tabard or name badge so that you can be identified as a helper.
- If you have a mobile phone, exchange numbers with the walk leader and other assistants.
- Assist the walk leader in ensuring that all walkers have completed a health check form before walking. This only has to be done on the first walk or if a walkers health details have changed.
- Assist the walk leader in making sure that all walkers have heard the instructions for the walk.
- Find out where the walk leader would like you to be during the walk.
- Be observant and speak to the walkers. Tell the walk leader if you feel anyone is getting tired or is feeling unwell.
- Take responsibility with the walk leader for making sure that walkers are aware of hazards such as pot holes/rough ground, stop at roads, cross safely etc.
- Be prepared to accompany individuals or groups 'back to base' early if necessary.

