

Walking for Health Bristol



Volunteer Health Walks Leader Task Description

Description of role:

To lead groups on 'Health Walks' (brisk walks of thirty minutes to one hour) and leisure walks (1-6 miles), and encourage the individuals to do more walking.

Duties/responsibilities:

- All of these duties may not be expected. Time commitment and responsibilities can be negotiated. Training, equipment and support will be provided.
- To undertake volunteer walk leader training and emergency first aid training (e.g. British Heart Foundation's Heart Start).
- To become familiar with the risk assessment completed for the walk and the route they are leading on: terrain, places of shelter, slopes/gradients, extent of exposure, convenient resting areas, toilets and phone boxes.
- To collect outdoor health questionnaires (OHQ's) from all participants before they take their first walk and to update verbally on each subsequent walk.
- To keep participants information confidential - to give out and keep OHQ's confidentially and pass onto the appropriate officer for entry onto the database.
- To keep a written register for each walk.
- To welcome the group and give a brief talk before starting off including information on the walk route and possible risks.
- As front leader, to indicate to walkers when to start their 'brisk' walking, when to cool down and if necessary when to change direction.
- As back leader to carry the first aid kit, and a whistle or mobile phone. To ensure that everybody completes the walk and to pick up directional arrow indicators if used.
- To note down and report any negative sightings on route that could lead to environmental improvements being made (e.g. burnt out cars, overgrown vegetation, broken stiles etc).
- To attend regular supervision and support meetings.

- To ensure that in the case of illness or other absence that the walk organiser and the Walking for Health Bristol team is informed as soon as possible.
- When necessary, to assist the driver to locate the start of the walk and keep account of individuals on the mini bus.
- To assist walkers over difficult terrain when necessary.

All volunteers are encouraged to become involved in the development and management of the project. Talk to your walking group coordinator if interested.

A good walk leader is...

- 👉 Approachable - with a warm personality.
- 👉 Sociable - good communicators who know the main reasons people participate are for the company and to walk in safety.
- 👉 Patient - able to adjust their pace to suit others in the group.
- 👉 Flexible - can adapt to circumstances on the day.
- 👉 Reliable.
- 👉 Can inspire - give confidence and encourage people to walk more.
- 👉 Like being involved with the local community.
- 👉 Believe in the benefits of walking for health.

If you are a keen walker and would like to help others achieve social, psychological and physical benefits of regular walking we would love to hear from you.

