

Volunteer Walk Leader Role

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 ambassadors for walking, Champions Show The Way and Walking for Health - showing people that walking really can make a big difference to their lives.

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.
- Making sure walks are welcoming, friendly, enjoyable and safe.
- Troubleshooting and dealing with problems on walks, with the support of Champions Show The Way.
- Providing information about other walks offered by Champions Show The Way 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 Champions Show The Way and Walking for Health.

The benefits to becoming a walk leader are:

- The opportunity to meet, chat and share with other walk leaders.
- Our walk leaders tell us how much they enjoy helping others to get active and get walking.
- 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.

The main skill we need from our volunteer walk leaders is clearly demonstrated enthusiasm for walking and its benefits! In addition, our leaders should 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.
- Able to take control and be assertive when needed.

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. There will be full training and induction with a nationally recognised and well respected scheme, ongoing support and guidance from Champions Show The Way and Walking for Health and access to Walking for Health resources to help you fulfil your role.