

Walking for Health Training

Walk Leader Training for Volunteers

Course Overview: A one day course to enable volunteers to lead safe and effective Health Walks in a community setting as part of a Health Walk Project. This course can be delivered for groups of up to 20 volunteers. The group size should not be less than 8. The course is interactive and fun and gets great feedback from those who attend.

Learning Outcomes: After attending this course, you will be able to:

- Outline the main benefits to be gained from becoming more active
- Recognise moderate intensity physical activity
- Be able to describe a Health Walk and know what makes a suitable route for a Health Walk
- Outline the roles and responsibilities of a Walk Leader
- Have an understanding of risk assessment and recognise potential hazards on a Health Walk

Who it's suitable for: Volunteers (18+) from all walks of life! You just need to be interested in becoming part of your local Walking for Health project as a volunteer.

Course Materials: Volunteers who attend will be provided with their Walk Leader materials FREE OF CHARGE including a Walk Leader Manual, a set of Walk Leader cue cards, a Health Walk Agreement card, an orange day glo Walk Leader armband and a Walk Leader badge

Duration and location: A full day course that can be delivered in your local area

Price: Volunteers attend this training FREE OF CHARGE.

If you are a cascade trainer, you can deliver this training free as part of your contract with Paths for All. If there is no cascade trainer in your area, we can provide a freelance trainer to deliver this course. There is a cost of £600 to cover the freelance trainer and materials. Please contact us if this cost is beyond your budget.

Organise this course for your Walk Leaders: For more information or to book a course please contact training@pathsforall.org.uk or call Marion Munro on 01259 222336.

www.pathsforall.org.uk Tel: 01259 222336

Walking for Health Training

Walk Leader Training for Volunteers



"Well explained and organised course. I loved being able to do a short health walk as part of the course."



"Great course – well presented by the leaders with good balance between presentation and interactive discussion. Also enjoyed the walking part."

www.pathsforall.org.uk Tel: 01259 222336