



Health Walk Leader Training Course



1. Introduction

The one-day Health Walk Leader Training Course is designed to give people the skills and knowledge to lead health walks on an ongoing basis. A health walk is a free, short, local walk usually lasting between 30 and 60 minutes and ½ to 2½ miles long. The walks are primarily aimed at adults. Once trained, you will join a network of over 6000 volunteers throughout the UK. The training is recognised by the British Heart Foundation National Centre for Physical Activity and Health.

After completion of the training course, volunteers are registered for free insurance cover through Paths for All. Please note that if walks are led as part of your paid employment, insurance needs to come through your employer's public liability insurance. Ongoing support for walk leaders will be provided by Walk Glasgow and the Area Walking Networks.

The Walk leader training is **free** of charge and Walk Glasgow will provide support to volunteers to help them set up a local walk or start leading an existing health walk. In return, we ask that participants commit to leading a minimum of 6 walks and also agree to complete the required paperwork.

2. Leaders' roles

- To lead safe and enjoyable walking sessions for people of all ages and abilities particularly those who are or have been inactive
- To promote the health benefits of walking and motivate people to take up walking as a form of physical recreation
- To help people tailor health walking to meet their individual needs

3. Leader Competencies

After the training day you will be able to -

- Outline the main benefits to be gained by regular walking
- Organise and lead a walking session
- Outline the role of the leader at the start, during and at the end of a health walk
- Recognise potential safety hazards
- Advise on practical issues such as intensity, frequency, posture and clothing
- Outline the essential qualities of a good walk leader

4. Next Step

If you feel you are an ideal walk leader candidate and would like to attend the training course please contact Heather Macleod, the Walk Glasgow Co-ordinator, on 0141 287 0963.

Email: heather.macleod@glasgowlife.org.uk

