Volunteer Health Walk Leader Training Course

Wednesday 14th November 2018, 9.30am – 4.00pm
Meeting Room 1, Reginal Centre,
263 Chapeltown Road, Leeds, LS7 3EX

1. Introduction

Training for volunteer walk leaders is a one day course for anyone willing and able to lead walks in the community. It is a day of practical advice and is run locally to develop new or support established health walk "schemes". It includes practice in leading a walk and information on keeping people motivated. Some follow up support can be provided to help people make the most of their new skills. It is a very informal day and is part of a national training programme for Walking for Health.

2. Course Content

The course includes:

- Background information on the national centre for Walking for Health and what a walking for health walk is.
- National Health Issues, recommendations for physical activity frequency and intensity to improve health.
- Benefits and barriers to participation and why walking can help.
- Risk Assessment Training and Route Planning.
- Practice in leading a health walk.
- Information on special conditions.
- Resources and support for health walks.

3. Leader Competencies

By the end of the course you should:

- Be aware of the main benefits of regular walking.
- Be familiar with the required paperwork.
- Know how to plan a route and recognise hazards.
- Understand the role of the leader at the start, during and at the end of a health walk.
- Be confident and happy to lead a health walk.
- Upon completion of the one day course, you will be need to be a participant on a health walk. After that you're ready to lead a walk and then receive your certificate.

4. What to Bring

A walk leader manual will be provided to all participants of the course. The training will involve some practical, enjoyable activity sessions and a demonstration health walk is included in the programme. Please wear suitable footwear and comfortable clothing. Tea/Coffee will be provided on the day, but you will need to bring your own lunch.