**Volunteer Walk Leader**

**Role Description**

Job title: Volunteer Walk Leader

Reporting to: Walking Development Officer

Overall purpose: To research and lead suitable free short health walks (1/2 mile to 3 miles)

**Main Duties and Responsibilities**

* To undertake initial and ongoing training (Braveheart Induction, Walk Leader training course, First Aid course and Cardiopulmonary Resuscitation training course - CPR)
* To provide a safe and welcoming walking environment for all walkers
* To lead safe and enjoyable local walks for people of all ages and abilities, bearing in mind the information provided at the training course ie use of the cue card messages
* To encourage walkers to aim to walk independently as well as taking part in the Walk with Braveheart programme
* To promote the health benefits of walking and motivate people to take up walking as a form of physical recreation
* To help walkers tailor health walking to meet their individual needs
* To carry out appropriate administration procedures maintaining client confidentiality ie completion of the walk register and the health questionnaire
* To encourage all walkers to take part in other health related activities organised by Braveheart
* From time to time, to assist the Walking Development Officer when giving talks in the local community
* As far as possible, to attend the six-weekly walk leader meetings
* To keep up-to-date with walk leading by reading the information provided by Paths for All on a regular basis

**Role Profile**

Skills: Must have successfully completed the Walk Leaders

 Training Course, CPR and First Aid

Experience: No previous experience is necessary as full training will be given

Abilities: Ability to mix with a cross section of the general public and

 vulnerable adults. Ability to research and risk assess new

 walks

*Please note: This post requires you to become a member of the PVG (Protecting Vulnerable Groups) scheme.*