Volunteer – Health Walk Leader

The Heathlands Reunited Team are working with District Council partners to provide volunteers to lead Health Walks on heathland sites in the project area. For the role you should be a keen walker, ideally regularly walking on heathland sites in or local to the Heathlands Reunited Area and/or have previous experience of the Walking for Health 'Health Walks' scheme, though this is not essential as training can be provided.

As a Heathlands Reunited Health Walk Leader you will be hosted by a District Council Health Walk scheme (depending on where you would like to operate) but you will benefit from additional training and opportunities to get involved in the Heathlands reunited Project. You will play an important role positively engaging with people who need to walk more regularly for their health and enabling them to learn more about their local heaths.

Compulsory Training:	*Equipment Provided:*
Walking for Health Walk leader training, SDNPA Induction, Lone Working Training	ID Badge, T-shirt, Hi-vis vest, PPE as required.

Transport: *The ability to transport yourself to your designated site (either through public transport or in your own vehicle) would be essential in this role.*

Key Contacts:	**Preferred/ Est. Hours:** One walk per month
District Councils: Health Walk Scheme co-ordinator SDNPA: Project Manager Volunteer Co-ordinator Partners: Site Manager	for the duration of the project 2016-2021, though this can be flexible to suit your availability

Role Description:
☐ Commit to leading walks on a regular basis.
☐ Research and plan routes for health walks and identify any potential hazards/risks.
☐ Be familiar with the hazard identification/risk assessment and route you are walking.
☐ Ensure that new walkers complete a health walk questionnaire before they take their first walk and schedule annual updates.
☐ Keep participants' information confidential.
☐ Keep a written register for each walk.
☐ Welcome the walking group and give a brief talk before starting off, including information on the walking route and potential hazards/risks.
☐ As a front leader, indicate to walkers when to start their brisk walking, when to cool down and, if necessary, when to change direction.
☐ As a back leader, carry the first aid kit as well as a whistle or mobile phone. Ensure that everyone completes the walk, or if anyone needs to stop early, ensure they get back to the start safely.
☐ Assist with developing a walk programme and help publicise the Walk for Health programme.

Key Skills:
☐ Enthusiasm for walking and be knowledgeable about the basics of the benefits of walking and physical activity.
☐ Friendly, welcoming and empowering with good communication skills.
☐ Reliable, punctual, honest and well-organised.
☐ Non-judgemental attitude.
☐ Able to take control and be assertive when needed.
☐ Confident at speaking in front of small groups.
Key qualities: Friendly, sociable personality

Key Commitments:
☐ Will have already or are prepared to undertake Health walk Leader training (provided)
☐ Will work with the project team to meet the objectives of the project
☐ Will work in accordance with applicable Policies e.g. Health and Safety (Risk Assessments) and best practice at all times
☐ Able to deliver tasks on your own initiative within the project format

SDNPA Commitments:
☐ Provide appropriate project specific training and equipment as directed by the risk assessment

District Council Commitments:
☐ To provide overall supervisory and support through their existing Health Walk Schemes
☐ To provide Health Walk leader training in line with the Walking for Health Scheme requirements
☐ To provide opportunities for networking with other Health Walk leaders in the District Council run scheme