

Running/Walking Volunteer Walk Leader Role



The Active Wellbeing Society support a variety of run sessions. They are a great way to increase fitness, encourage people to be physically active, socially active and to connect with nature. People attend runs for many different reasons and no two groups are the same. Some may be specifically designed for beginners or those starting out, some for the more advanced runner and some mixed groups with a greater focus on the social aspect. Runs are not only used for the physical benefits but also for mental and emotional wellbeing too.

As a volunteer walk leader you will be helping people in the community to get active, increase their confidence to join new groups and reduce levels of isolation. As well as ensuring walks are friendly, safe, and well run, walk leaders are also our ambassadors for walking – showing people that walking really can make a big difference to their lives.

We're looking for someone who will:

- Undertake risk assessments of new routes
- Check a route and familiarise yourself with it before leading the walk
- Welcome walkers to the walks
- Give a brief talk before the walk to make sure everyone is prepared
- Lead and manage walks, trouble-shooting and dealing with problems
- Ensure the session caters for all so that no one is left behind.
- Ensure all participants are signed up & registered and NHS track and trace procedures are followed
- Provide information about other sessions offered by TAWS
- Attending occasional run leaders' meetings and refresher training

You will need:

- An up-to-date first aid qualification
- DBS check
- Excellent leadership, group management and communication skills
- The ability to empathise and support individuals in situations which are physically and emotionally demanding
- Good organisation and a logical approach
- Reliability and time-keeping skills
- Enthusiasm for the outdoor environment and your specialist activities
- Patience and tolerance towards those lacking in confidence or behaving in a challenging way
- A calm and reassuring demeanour
- The ability to assess a situation rapidly and act decisively under pressure

As a volunteer walk leader, you can expect:

- Full training and induction to volunteering on the project and each task
- To be kept in the loop about plans for the project and good news stories
- Expenses, including mileage covered in line with our volunteer policy
- To always have a point of contact should you have any questions
- The opportunity to build skills and confidence through an individual development plan

**If you would like to support your local community in being more active,
you're exactly who we're looking for!**