

WALKING FOR  
HEALTH



# Walk Leader role description



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02/24

The Walking for Health programme aims to improve the health and wellbeing of people in Northern Ireland by encouraging them to increase their level of physical activity through participation in regular health walks, which last from 10 minutes upwards.

# Walk Leader role description

## Purpose

To lead short, accessible, community-based health walks.

Walk Leaders should be over the age of 18 years.

Walking for Health walks should be free of charge.

## Responsibilities

- Commit to leading walks on a regular basis.
- Complete risk assessment for all walks.
- Ensure new walkers complete a Health Questionnaire before they take their first walk. Remind walkers to update if there is a change to health status.
- Keep a written register of walkers for each walk.
- Keep walkers' information confidential.
- Welcome walkers to group and highlight any hazards identified on the risk assessment.
- Monitor walkers during the walk and encourage to walk at a pace they are comfortable with.
- Support, develop and promote the walking group.
- Ensure the health walks are inclusive and suitable for people of all abilities.

## Insurance cover

Free insurance cover for health walks is provided for trained Walk Leaders. In order for the insurance to be valid Walk Leaders must:

- be registered with their local Health and Social Care Trust Walking for Health Coordinator;
- ensure above mentioned tasks are completed in relation to Walking for Health paperwork.

## Support

Walk Leaders will be supported by the Walking for Health Coordinator from their local Health and Social Care Trust.

### Local Walking for Health Coordinator contact details: