



Somerset Health Walks Role Description

What are Somerset Health Walks?

Somerset Health Walks is a programme provided by Somerset Activity and Sports Partnership (SASP) which delivers free and accessible health walks across the county.

Walks are done on a regular basis for well-being, ranging from gentle, moderate to advanced. There are so many additional benefits including feeling more energised, having better sleep, helping manage weight as well as lifting our mood and helping us to feel good. Health walks provide a chance to meet others, feel connected and part of the local community.

Across the county we currently have over 60 walks led by over 170 trained walk leaders.

What are the qualities of a good Walk Leader?

As a Walk Leader you will be passionate about the importance and benefits of walking both for physical and mental wellbeing. In addition, you will be:

- Welcoming, friendly, approachable and have empathy for others
- Have good communication skills
- Understand the need for confidentiality
- Well organised with paperwork and reporting
- Trustworthy
- Reliable and demonstrate good timekeeping

What can I expect as a Walk Leader?

As a Walk Leader, we want you to enjoy what you do and feel supported in your role. You can expect to receive:

- Full training with a recognised and well-respected scheme
- Access to resources and equipment as needed
- Ongoing support to help you fulfil your role
- An opportunity to meet new people and learn new skills
- The chance to learn more about your local area and benefit from being outside, increasing your own activity and knowing you are making a positive difference to others
- Additional training opportunities through SASP



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What is the role of a Walk Leader?

As a Walk Leader you will play a pivotal role in helping us to deliver free accessible walks in your local community. You may wish to support with an existing established walk or perhaps you have identified a need for a new walk and want to set up a new route (full training and support will be given). As a Walk Leader your role is to lead and manage the walk – this may be jointly with other walk leaders.

The responsibilities will include:

- Promotion of your walk with the health walk coordinator in your community, for example social media and community groups, posters and partners you will be introduced to.
- Identify a suitable route meeting our grading requirements. Complete a risk assessment of the walking route, to be reviewed at least every 6 months or as and when required to meet insurance requirements
- A recce of the walk should be completed ahead of the health walk.
- Welcome your walkers and complete a register. In the case of new walkers ensure they are registered
- Give a brief talk to the group to include details of the walk route so they know what to expect, including any possible risks or hazards
- Lead the group, ensuring everyone is feeling included and feels part of the group.
- Notifying SHW coordinator of any accidents or incidents that occur and completion of reporting paperwork
- Reporting data to SHW coordinator
- Attend occasional walk leader meetings

We know flexibility is important for many people taking on volunteering roles. You will be required to complete the initial training in full, and once trained we would expect you to be able to lead one walk a month (time required varies but typically allowing up to 2 hours for a walk close to home).