

Walking for Health Training

Safety Outdoors Course

Course Overview: A one day course for Walk Leaders which builds on existing knowledge and experience by increasing confidence in risk assessment, route planning and emergency action. These skills will help ensure that your Health Walks are safe and enjoyable for both Walk Leaders and walkers. Max 20 and min 8 delegates are needed to run a course.

Learning Outcomes: After attending this course, you will:

- Be able to recognise and prioritise risks and hazards before and during Health Walks
- Improve your awareness of how to deal with unexpected incidents on Health Walks
- Increase your confidence as a Walk Leader in managing groups of people in the outdoors

Who it's suitable for: Experienced Walk Leaders who have been leading walks for at least 6 months.

Course Materials: Walk Leaders who attend will be provided with a certificate of attendance, a course workbook, safety outdoor cue cards to add to your Walk Leader cue card set, a sit mat and a foil blanket.

Duration and equipment required: One day course delivered in your local area. Please bring suitable warm and waterproof outdoor clothing as you will be outside for large parts of the day.

Price: To book your own course, delivered by our freelance trainers for up to 20 people, £600. If you are just looking for 1 or 2 places on a course, please check our training calendar for courses and prices. If you can't find what you're looking for, please contact us.

Location: Delivered in your local area

Organise this course for your Walk Leaders: For more information or to book a course please contact training@pathsforall.org.uk or call Marion Munro on 01259 222336.

www.pathsforall.org.uk Tel: 01259 222336

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“I am much more aware of the different incidents that could occur on a walk

Excellent training – delivered with humour and skill.

Superb trainer, really spot on course for Walk Leaders

Great day, really enjoyed the role play”



“This course has made me more confident about being a Walk Leader.”