

# Paths for All Walk Leader Training

## Course Overview

An interactive course designed to give volunteers and staff the skills and confidence to lead safe, effective and enjoyable Health Walks in a community setting as part of a Health Walk Project. The course will be delivered by one of our highly skilled trainers.

## Learning Outcomes

- Knowledge of the benefits to be gained from becoming more active
- Understanding what a Health Walk is and what makes a suitable route for a Health Walk
- Knowledge of the roles and responsibilities of a Walk Leader
- Understanding how to manage the pace on a Health Walk
- Awareness of risk assessment and how to recognise and manage potential hazards on a Health Walk.

## Who is this course suitable for?

Any adult interested in becoming part of a Walking for Health project as a volunteer. We recommend that volunteers attend a local Health Walk before doing this training. Staff planning to lead walks as part of their service delivery will also find this course suitable.

## Course Materials

All who attend will be given a Walk Leader Manual, a set of Walk Leader cue cards, a Walk Leader armband, a Strength & Balance exercise leaflet and a certificate.

## Online training via Zoom

Includes some pre-course tasks which will better prepare you for the online delivery of the training. All information will be emailed to you, including joining instructions. The on-line course takes approx. 3.5 hours and course materials will be posted to you before the training starts. To book your own course, delivered by our freelance trainer for up to 15 people, [complete this form](#). The cost of the course is £450.

## In-person training **\*\* (not currently available due to covid restrictions) \*\***

The course will last approx. 6 hours and includes a health walk, please be prepared for all weather conditions. To book your own course, delivered by our freelance trainer for up to 20 people, [complete this form](#). The cost of the course is £600. You are responsible for booking and costs of a venue and refreshments.

If you can't find what you're looking for, please contact us at [training@pathsforall.org.uk](mailto:training@pathsforall.org.uk)

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