

Paths for All Walk Leader Training

Course Overview

An interactive course designed to give volunteers and staff the skills and confidence to lead safe, welcoming, 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 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 a volunteer of a [Scottish Health Walk Network](#) project. We highly 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 (up to 15 participants)

The online course takes approx. 3.5 hours and includes going outdoors for a short self-led walk. All course materials and instructions will be posted and emailed to your participants in advance by Paths for All.

In-person training (up to 20 participants) **** (available from September 2023) ****

The in-person course takes approx. 4.5 hours at your chosen venue. The course includes a demonstration health walk. You are responsible for booking and paying for a venue and refreshments. All course materials and instructions will be posted and emailed to you in advance by Paths for All.

Only Scottish Health Walk Network members can book this course. The cost is £650 for online or in-person delivery.

If you are not a Scottish Health Walk Network member or you can't find what you're looking for, please contact us at training@pathsforall.org.uk

www.pathsforall.org.uk Tel: 01786 641851