

Health Walks/ Social Walking Groups

Walk Leader Training



Health Walks are an organised, entry level, activity designed to allow people to become more active in a socially connected setting whilst allowing for physical distancing. Health Walks should be led by a trained walk leader as part of a walking project. Walk Leader training is delivered by Paths for All, Scotland's walking charity

Course Overview: A half-day, on-line course designed to enable suitable volunteers to lead safe and effective Health Walks, in a community setting, as part of a Health Walk Project.

Who is the training suitable for: Volunteers (aged 18+) from all walks of life! You just need to be interested in becoming part of your local Walking project as a volunteer. Ideally volunteers should have participated a Health Walk before doing this training. **Health & Social Care professionals are asked to consider booking on to a Promoting Walking Workshop instead of Volunteer Walk Leader Training, unless their role will involve leading walking groups.**

Format: Training will be delivered in two parts;

Part 1 – Theory - currently delivered online.

Part 2 – Practical - Participants are expected to attend a health walk to observe a walk leader in action

Ongoing support is then available to support new walk leaders to begin taking sessions. This might be through an already established walk, or it could be helping you set up a new walk for your own community or organisation.

Learning Outcomes: After attending this course, participants will be able to:

- Outline the main benefits to be gained from becoming more active
- Be able to describe a Health Walk and list what makes a suitable route for a Health Walk
- Outline the roles and responsibilities of a Walk Leader
- Risk assess a walking route noting potential hazards and the remedial action required to ensure the walk is safe for walkers

Course Materials: Volunteers who attend will be provided with Walk Leader materials free of charge including a certificate of attendance, a Walk Leader Manual, a set of Walk Leader Cue Cards, a Health Walk Agreement card, a Walk Leader Armband and a Walk Leader badge.

Cost: Spaces on this training are offered free. Priority will be given to Walk Aberdeen volunteers followed by Aberdeen based projects, and then other projects out with the city boundaries.

Dates and Booking: We currently have 3 courses planned as follows;

Wednesday 7 July 2021

Wednesday 11 August 2021

Wednesday 8 September 2021

Part 1, the online workshop will be delivered from 09:30 – 13:00 followed by a break for lunch and travel then Part 2, the practical session will take place from 14:30 – 15:30 (meeting outside Westburn Outdoor Centre, Westburn Park, Aberdeen)

For more information about the training or to book on a course please contact

Brian Harrison, Walk Coordinator, Sport Aberdeen on ActiveLifestyles@sportaberdeen.co.uk or 01224 507701