**Programme Overview for Walk Leaders**  
Cumbria Walking for Health Scheme

- Walking for Health is England’s largest network of accredited health walks and has been in existence for over 14 years
- Cumbria Walking for Health Scheme is funded by Cumbria County Council and led by Active Cumbria
- Walks are free, organised by trained walk leaders and run on a regular basis.
- Accessible to all but especially suitable for beginners and those returning to activity.
- Walks are generally a minimum of 10–30 minutes but never longer than 90 minutes.
- Go at a pace that is right for the individual and cater for all abilities.
- Start and finish from popular and easy to access locations within the local community.

**Your role and the support you will receive**

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<tr>
<th>As a Walk Leader you are asked to:</th>
<th>In return you will receive:</th>
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<tr>
<td>• Deliver at least one guided walk per month (hopefully more!).</td>
<td>• Accredited training (which includes public liability insurance )</td>
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<td>• Establish and begin leading walks within 3 months of attending the training.</td>
<td>• Access to a range of resources on the national Walking for Health website.</td>
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<td>• Promote your walks locally</td>
<td>• Support from Active Cumbria locality officer to help get things off the ground including a visit to your walk</td>
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<td>• A Walk Leader toolkit</td>
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<td>• A range of support equipment including backpack, first aid kit, clipboard, high visibility vests and New Balance sportswear</td>
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<td>• Marketing and communication resources such as poster templates, volunteer recruitment posters, social media guidance, images, and logos.</td>
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<td>• Support from Active Cumbria Marketing &amp; Communications lead</td>
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• Share good news stories, photos and videos of your walks with Active Cumbria.

• Regular updates from the Scheme Coordinator
• Potential networking opportunities with other local groups

• Maintain a record of the number of walks delivered and the number of attendees (register)

• Statistical information regarding your walk (if required)

• Keep a risk assessment of your planned routes and review at least 6 monthly (or if local circumstances change).

• Risk Assessment guidance included as part of the walk leader training course, with further support if necessary

• Take responsibility for ensuring that the necessary paperwork is maintained, up to date and forwarded to Active Cumbria on a regular basis

• Support in line with being part of a high quality and accredited scheme which is having an impact locally and across Cumbria

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