





# Welcome to walk leader training!



Your microphone is muted



Your chat box is set to 'Everyone'



Your video is turned OFF



You have a cup of tea or coffee!





# Welcome to walk leader training!



Supported through funding from Sport England and players of People's Postcode Lottery



# Introductions

Please use the CHAT function

- Name
- About You
  - Which organisation/ community you represent?
  - Town or Area - Where will you develop your walks?
- Favourite Walk



# Aims of session



Meet each other, share ideas, and trouble-shoot any concerns about health walks



Know that walking is good for us all, and how to help others overcome barriers to joining in



Understand the role of a walk leader



Be clear about some practicalities of running a safe and enjoyable walk



Gain the confidence needed to lead a health walk

# Overview of the session

## Session 1

15 mins

*Introduction/Icebreaker*

15 mins

*What is Walking for Health all about?*

25 mins

*Being Active and associated barriers*

15 mins

*The Role of a Walk Leader*

20 mins

*Anatomy of a Health Walk*

End of Session 1



# Our vision



For everyone to have access to a free, friendly short group walk, within easy reach of where they live, to help them become and stay active.



# In numbers

There are approximately...

**350+** schemes across England delivering  
**1,800** weekly walks, enjoyed by  
**22,000** participants and supported by  
**8,300** active volunteers.





# Cumbria WfH scheme

Year 1 figures (prior to Covid pandemic):

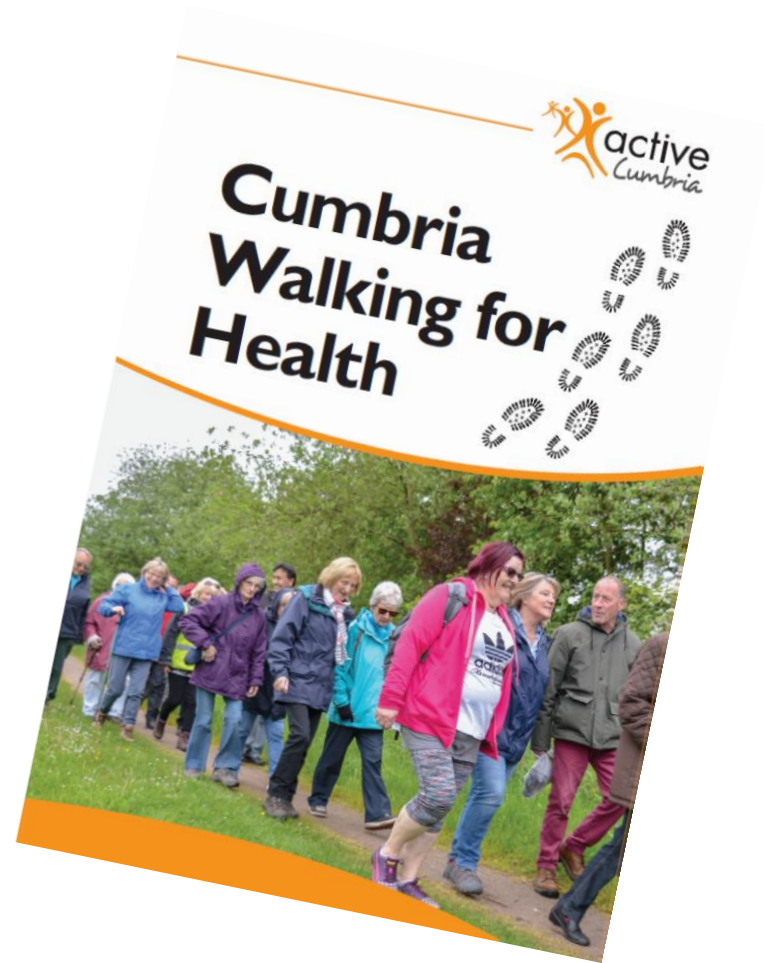
- 630 new walkers with almost
- 3000 attendances at
- 52 walking groups lead by
- 122 trained walk leaders





# Your local scheme...

## Cumbria Walking for Health



BREAKOUT



What is a health walk?

# WfH definition

- Free
- Easily accessible
- Over easy terrain
- Requires no special equipment
- Encourages a brisk pace
- A minimum of 10-30 minutes
- No longer than 90 minutes
- Regular (preferably at the same place and time each week)
- Be run by a recognised scheme
- Follow emerging best practice guidelines







# Being active and the walk leader role

# Video 23 and a half hours



Please open your Camera!!





QUIZ!

## **Physical Activity – how much do you know?**

**Please use poll on screen or in chat box to answer the questions**

1. How much moderate intensity activity does the Government recommend adults (19-64) should be doing every week?

70 mins

120 mins

150 mins

2. What percentage of adults in the England were classed as 'inactive' (doing less than 30 mins physical activity a week) in the 2019/20 Active Lives report?

5.5%

15.5%

25.5%



3. What percentage of individuals who have a disability or long term health condition are 'active'?

47%

56%

60%

4. What percentage of adults in Cumbria do not walk for 10 minutes at least once a month?

15.5%

16.8%

18.4%

# Barriers to being physically active



BREAKOUT

# Barriers

## Some common barriers to being physically active:

- I haven't got time
- Exercise isn't safe – I might get injured
- Exercise is boring
- I can't afford it
- I'm overweight and don't have the confidence
- You have to be fit to exercise
- I don't know how or where to get active
- I have nobody to exercise with
- I feel pain before, during or after physical activity
- I feel breathless before, during or after physical activity

# Benefits

## Physical benefits of walking

- Helps to prevent cancer, and to stop certain cancers coming back
- Improves heart and lung function
- Reduces blood pressure
- Can help type 2 diabetics control their blood sugar
- Helps manage weight (in conjunction with a healthy diet)
- Protects against diabetes, colon and breast cancer
- Builds muscles and reduces falls
- Strengthens bones and protects against osteoporosis/osteoarthritis
- Increases good cholesterol (HDL), boosts immune system
  - Prescribed as an essential part of rehabilitation for people who've had heart attacks and strokes

## Mental / social benefits of walking

- Helps with depression – releases the 'happy hormones'
- Social inclusivity – making friends and being part of a group
- Improves confidence, self esteem, reduces anxiety, helps you sleep better
- Physical activity can be as effective as antidepressants or psychotherapy in treating mild to moderate depression



# Qualities of a Walk Leader



BREAKOUT



# Qualities of a Walk Leader

- Friendly
- Welcoming
- Empowering
- Knowledgeable
- Sociable
- Enthusiastic
- Reliable and punctual
- Observant – of people and the environment
- Able to do the paperwork
- Properly equipped
- Know their own boundaries

# Walking during COVID

When not in lockdown walks are able to take place but it's clear that COVID-19 has not gone away. It's essential that we work together to resume activities in a phased way, which is safe and responsible.

We're using five key criteria to assess activities, and guide our decision-making:

- Social contact
- Physical distancing
- Health & safety
- Travel
- Acting responsibly

- When walks are able to happen again there is likely to be additional guidance that comes out which will need to be adhered to.
- You need to keep a record of walkers contact information to **support track and trace**

# Components of a health walk

 Before you arrive

 At the start

 During the walk

 At the end



BREAKOUT



# Before you arrive

- Check the weather
- Charge your phone
- Set off in good time
- Know which leaders are coming along
- Take all of your paperwork / clipboard etc
- Arrive early – 10-15 mins before the start of the walk

## Additional covid safety measures

1. Only lead walks if you feel safe and able to do so
2. Ensure a full risk assessment has been done considering safety measures
3. You may use a booking system to manage numbers
4. Carry a facemask in case of incidents

# At the start

- Hand out walker registration forms to new walkers to collect baseline data before they set off
- Make a particular effort to welcome new walkers
- Make contact with other leaders
- Be welcoming, friendly and informative
- Deal with any individual needs
- Check walkers are fit and suitably dressed
- Complete register and headcount
- Call everyone together and get their attention
- Welcome them and thank them for attending
- Introduce yourself and the other leaders
- Explain the roles of the leaders
- Introduce the route and info such as toilets and breaks
- Highlight any hazards
- Say 'right off we go!'

# At the start

## Additional covid safety measures

1. Ensure you have the contact details for all attendees to support NHS track and trace
2. Reminder that it is everyone's responsibility to maintain physical distancing.

# During the walk

- Deal with any individual needs
- Remind of any hazards coming up
- Be friendly and approachable
- Keep the pace correct for the group

## Additional covid safety measures

- Reminder that it is everyone's responsibility to maintain physical distancing.

# At the End

- Say this is the end of the walk
- Note down any hazards
- Thanks walkers for attending, remind them about other walks

## Additional covid safety measures

- Look after your records – keep records for 21 days to support track and trace



# Walk Leader Checklist

## Walk leader's checklist



Our tips to help your walk run smoothly.

### Before the walk

- Recce the walk as near to the start time as possible
- Make sure that you have everything you need - a fully charged mobile phone, risk assessment, spare forms, etc.
- Check the weather and public transport before you set out
- Make contact with other leaders and back markers to swap numbers and assign responsibilities, if appropriate
- Tell people to speak to the leader or back marker if they feel unwell or have any concerns
- Make the start of the walk clear – “Ok everyone, off we go”

### Managing the walk

- Walk at a pace to suit your walkers, generally: start comfortably, increase to a brisk pace, and then slow towards the end
- Use planned short breaks – this enables walkers to enjoy the surroundings, gather together, and also mixes people up
- **Front leaders** - look behind you occasionally and keep back markers in sight
- **Back markers** – watch out for people who are either struggling or socially not part of the group, and remain at the back
- Look out for hazards and point them out to walkers as appropriate. In social situations, people easily get distracted and forget to check for hazards themselves

### At the start of the walk

- Arrive early to welcome and speak to new walkers
- Hand out a walker registration form to new walkers
- Take a register
- Discuss any individual needs (e.g. hearing impairment) and plan support as necessary
- Check that walkers are well enough and suitably dressed for the walk

### Introducing the walk

- Welcome all, introduce yourself and other trained leaders
- Introduce the route - the length, the terrain, where there are toilets and rest points, and if there's a place for drinks at the end
- Highlight hazards and remind walkers to take responsibility for their own safety, for example when crossing roads
- Remind walkers not to leave the walk without telling a leader

### After the walk

- End the walk clearly and gather together to ensure everyone has returned safely, and congratulate the walkers
- Tell them about future walks and encourage them to keep it up
- If your group goes to a café or socialises after a walk, remind people of this and mention everyone is welcome
- Pass completed paperwork including any incidents to the appropriate person, or store it securely yourself.

### Top tips - data and your walk

- Walk registers need to be completed at the start of every walk, and should include the names of both the walkers and volunteers who attend the walk, the walk name, duration, date and the postcode of the start of the walk
- A walker registration form needs to be completed by every new walker.
- An accident form should be completed if an accident occurs on a walk and should be submitted soon after the walk
- **Collecting and storing data** - Once the walk has finished please give all paper work to your scheme coordinator. If it's not possible to do this immediately, keep the forms secure, for instance in a locked cabinet. Once the data from the walker registration form has been input into the database, the paper forms will need to be shredded by the person who entered the information

For more information visit:  
[walkingforhealth.org.uk/walk-leaders](http://walkingforhealth.org.uk/walk-leaders)



**What have you learnt/identify  
something you are going to action?**

Making sure the  
**Good Stuff**  
happens!

**Please open your Camera!!**

# What we have covered and what is next

## This session

- What is Walking for Health all about?
- Being active and associated barriers
- The Role of a Walk Leader
- Anatomy of a Health Walk

## Session 2

- Collecting Data
- Walk Planning
- Walk Safety
- Difficult Scenarios
- Support & Next steps



# End of session 1

- Any questions?
- See you at session 2 same time next week
- Thank you for attending