

## Striders and Strollers Walk Leader Role Description

### Purpose:

To lead short, accessible, community-based health walks for people wishing to improve their health through regular physical activity. Striders and Strollers walks should be no shorter than 10 minutes and no longer than 90 minutes.

### Skills and qualities that we are looking for in a walk leader:

- Enthusiasm and knowledge of the benefits of walking
- Friendly, welcoming and supportive to walkers
- Good communication skills
- Reliable, punctual and organised
- Willingness to work as part of a team
- Willingness to undergo basic training



### What is the time commitment required?

Striders and Strollers walks are short (around an hour or less) so including travelling, preparation, and paperwork, leading a single walk close to home typically takes around 2 hours, plus recces and occasional meetings and refresher training. Striders and Strollers leaders should attend at least one walk a month, and ensure that other walk leaders are aware of any upcoming absences.

### Specific tasks and duties of a walk leader:

- Commit to leading walks on a regular basis.
- Leading and managing walks, usually jointly with other walk leaders (back marking and middle marking as well as leading at the front).
- Research and plan routes for walks, along with identifying any potential hazards/risks.
- Ensure that risk assessments are completed for every walking route.
- Risk assessments must be reviewed every 12 months or if there are any significant changes to the route for Striders and Strollers.
- Be familiar with the hazard identification/risk assessment and the route you are walking.
- Ensure that new walkers complete a registration form before they take their first walk and ensure you are aware of any medical conditions they may have. ICE cards should also be completed and walkers encouraged to carry them (ICE – In case of emergencies).
- Take a register before each walk.
- If a walker indicates on the register there has been a health change, ensure they complete an updated registration form and you are aware of how that change may affect them on the walk.
- Welcome the walking group and give a brief talk before starting off, including information on the walking route and potential hazards/risks.
- Striders and Strollers specific additional duties:
  - When walking as a front leader, indicate to walkers when to start their brisk walking, when to cool down and, if necessary, when to change direction.
  - As a back leader, carry the first aid kit as well as a mobile phone. Ensure that everyone completes the walk, or if anyone needs to stop early, ensure they get back to the start safely.
  - Ensure registration forms and registers get sent to the Solihull Active team, Council House, Manor Square, Solihull, B91 3QB or [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)



**As a Walk Leader, you will receive:**

- Full training with a nationally recognised and well respected scheme – Ramblers Wellbeing Walks
- Reactivate COVID Safe Training
- Access to Ramblers Wellbeing Walks resources and equipment to help you fulfil your role. This includes: a walk leader fleece, high visibility bib (must be worn), a first aid kit and a backpack (1 per walking group).
- Opportunity to develop your leadership, people management and other skills.
- Opportunity to meet new people including like-minded volunteers.
- Opportunity to discover more of your local area and spend time in the outdoors.
- Opportunity to be more physically active yourself.

**Contact details**

**Les Nash, Solihull Active Coordinator**

Solihull Active: 0121 704 8207 or [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)

