



Becoming a Walk Leader

The University provides the opportunity for staff to be trained as a Workplace Walk Leader, and will pay for staff wishing to attend a half-day Walk Leader course.

Walk leaders should be able to meet with others on a regular basis, and as a rough guide, it is hoped that walking groups will at least meet for approximately 15 - 25 minutes per week, for a minimum of 10 consecutive weeks.

Ideally there will be a few walk leaders per group which means that if one walk leader can't make it along to one of the walks, there will be other walk leaders who can still meet with and take out the walking group.

Walks usually take place at lunchtime, although the day/time of the walks will be decided by the leaders depending on when suits best. The pace and route should be dependent on the participants of the walking group. No particular physical skills are required although it helps if you enjoy meeting and motivating people to get more active.

What Does the Training Involve?

Training involves attending a half-day course run by Paths for All where you'll find out about the role of the Walk Leader, benefits, barriers to activity and motivating others. You'll also be taken out on a short health walk to find out what's involved, so you should take a waterproof jacket and comfortable shoes with you to the training.

The training session is fun and fairly relaxed and offers a good way of meeting others who are interested in being physically active. The session also offers the opportunity to ask any questions you may have about Paths for All and on walking in general.

If you would like to attend a Paths for All course which has been arranged by the University, in line with other University organised training courses you must first obtain permission for a half-day of leave from your line manager.

If you're interested in attending a course, please email your details to Health.Safety@ed.ac.uk. The Health and Safety Department will arrange payment to Paths for All to cover the cost of staff attending the training.

When is the training?

Details of forthcoming Walk Leader training course can be found on the Paths for All website. Courses can also be organised at the University provided at least 8 attendees are attending.

<http://www.pathsforall.org.uk/pfa/training/workplace-walk-leader.html>