

# Community First New Forest

## Walking for Health Volunteer Walk Leader training application form

Thank you for your interest in becoming a volunteer walk leader. Please complete the attached form and you will be contacted by your local scheme coordinator or trainer about suitable training courses.

### Volunteer walk leader training

The Volunteer Walk Leader course is a one-day course for anyone willing and able to lead walks in the community. It is a day of practical advice and includes practice in leading a walk and information on keeping people motivated. It includes:

- risk assessment training;
- practice in leading a health walk;
- benefits of and barriers to exercise;
- information on special conditions;
- benefits of the natural environment for health and wellbeing; and
- follow-up support and resources to help people make the most of their new skills including a Volunteer Walk Leader manual.

By the end of the course you should:

- be aware of the main benefits of regular walking;
- be familiar with the paperwork required;
- know how to plan a route and recognise hazards;
- understand the role of the leader at the start, during and at the end of a Health Walk; and
- be confident to lead a Health Walk.

When you have completed the course you will receive a volunteer walk leader certificate.

### What you will need for the training day

- Suitable clothing and footwear – you will be taking part in a short demonstration health walk.
- Refreshments – your scheme coordinator or trainer will advise if you need to bring your own lunch. Refreshments are often provided, but you will need to advise of any allergies or special requirements.

### What's expected of you after the training day

We hope very much that you will go on to join other walk leaders in your local scheme in leading walks. Your local scheme coordinator will be able to give you more information about how you can get involved in the scheme – for example, how many walks they would like you to lead.

You will be part of a wider network of health walk schemes and will have the opportunity to attend meetings with the scheme coordinator and other walk leaders as well as being given access to further training and support.

## Your details

Name.....

Address.....

.....Postcode.....

Tel No(s)..... Email.....

### **Why are you applying to be trained as a volunteer walk leader?**

.....  
If you wish to lead walks for your local scheme please give the name of the scheme.

.....  
If you are intending to set up a new scheme please indicate the area you hope to work in.

.....  
You can find out where schemes already exist by consulting the walkfinder pages of the WfH website. See <http://www.wfh.naturalengland.org.uk/walkfinder/home>

### **Have you already attended a health walk? Yes / No**

This is a requirement of being accepted onto the course and you can find out where walks take place in your area by consulting the walkfinder pages of the WfH website. See <http://www.wfh.naturalengland.org.uk/walkfinder/home>

**How often could you lead a walk?** – please give details of suitable days, times, and locations that you could commit to.

.....  
**Do you have any other experience, skills or interests which may be useful?**  
eg First aid trained, member of local history group, wildlife trust.

.....  
**Do you have any special requirements when attending a training course?**  
Please give details.

.....  
**Where did you hear about volunteer walk leader training?**



### **Using and sharing your information**

Your information will be held by Natural England, in accordance with the Data Protection Act 1998. It will be used by Walking for Health advisers, local scheme coordinators and trainers to assess your suitability in becoming a walk leader and to maintain contact with you.

**Once complete, return this form to your local health walk scheme co-ordinator.**

Signed..... Date.....