



VOLUNTEER WALK LEADER OVERVIEW

Walk Richmond is an initiative aimed at building a legacy of healthy lifestyles in Richmond by engaging people in life-long walking. Free guided walks for people of all ages are led by the Richmond Fitness and Wellness Association on a weekly basis throughout the year. There are various distances offered for participants based on ability level. As a result, there is a need to have at least 3 volunteer 'Walk Leaders' at each weekly walk.

Role of the 'Walk Leader'

The purpose of the Walk Leader is to share their love of walking and to facilitate and guide the participants along the local walking routes. Many of the participants will look to the Walk Leader for guidance and support. The Walk Leader is someone who:

- Is passionate for walking and has previous experience in leadership or fitness walking
- Is familiar with Richmond, and the walking routes and trails
- Is friendly and enthusiastic
- Is welcoming and has the communication skills needed to give clear instructions throughout the walk
- Is reliable and punctual
- Has the ability to keep a group together and motivated

Duties of the 'Walk Leader'

Before the Walk:

- Be familiar with the Walk Richmond program; understand the responsibilities of the Walk Leader role.
- Choose an appropriate route for a walk together with the Walk Richmond Coordinator that will complement all abilities of the participants. (You will need to consider distance, terrain and accessibility of start and finish points).
- Familiarize yourself with the walk before taking the group around, looking out particularly for hazards, places where it is easy to miss a turn, good places to stop for rests en route.

On the Day of the Walk:

- Check the weather forecast and dress appropriately.
- Arrive in good time and welcome all walkers. Identify any new faces and establish whether they are newcomers.
- Explain the route and distance of the walk and the estimated time of finish. Confirm that all walkers feel confident about the walk before setting off.
- Appoint a back-marker for the walk.
- Lead the walk at a measured pace which suits the group as a whole. Make sure that the group remains together throughout the walk.

Volunteer Registration

Please visit <https://icanhelp.richmond.ca/custom/501/> to sign up as an individual volunteer with the Walk Richmond program on the City of Richmond Volunteer Opportunities website. Applications will be screened, and applicants contacted by the Walk Richmond Coordinator.

Training and Insurance

All Walk Leader volunteers are expected to attend a one day training session which will familiarize them with the Walk Richmond program, expected duties and safe walking tips. Dates and times for these training sessions are TBA. All volunteers and participants are covered by insurance through the Richmond Fitness and Wellness Association.

Scheduling / Availability

It is expected that the Walk Leaders should be available to lead *at least* one walk per month.

For more information please contact:

Carol Lepine, Fitness and Wellness Coordinator

Phone (message only) 604-238-8009 Email: clepine@richmond.ca

www.richmond.ca/walk