



VOLUNTEER ROLES AND RESPONSIBILITIES

Overview

Walk Richmond is a free guided walking program managed by Richmond Fitness and Wellness Association (RFWA) in partnership with the City of Richmond. This is a free program of scheduled walks led by a RFWA Walk Leader and trained volunteers. Each walk explores one of the many different trails, paths and parks throughout Richmond. The main goal is to make it easy for people of all ages, fitness levels and abilities to take part in an activity that promotes their health and well being.

Role of the Walk Volunteer

The role of a Walk Volunteer 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 Volunteer is someone who is:

- passionate about walking
- familiar with Richmond and the Walk Richmond routes
- friendly, enthusiastic and welcoming
- able to clearly communicate and give clear instructions
- reliable and punctual
- able to keep a group together and motivated
- able to support varying levels of walkers

Duties and Responsibilities

Before the Walk

- Familiarize yourself with the walk route, how to get there, parking, etc.
- Contact the Walk Leader by email to confirm attendance 24 hours in advance.

On the Day of the Walk

- Check the weather forecast and dress appropriately.
- Arrive 15 minutes before the scheduled walk time.
- Check in with the RFWA Walk Leader about any special instructions or precautions for the walk.
- Welcome all walkers and identify newcomers to the Walk Leader.
- Ensure all participants have signed the sign-in sheet.
- Confirm that all walkers feel confident about the walk before setting off.
- Communicate any concerns to the Walk Leader.
- Be prepared to be assigned as the lead, middle or end (sweeper) positions.
- Walk at a measured pace that suits the individuals you are leading.
- Communicate any issues or suggestion to the Walk Leader after the walk.

Scheduling and Availability

Required commitment is a minimum of one walk per month on average.

Orientation

- Registration with [City volunteer website](#)
- RCMP criminal records check (free to volunteers)
- Training session with Walk Richmond Coordinator:
 - Overview of Walk Richmond Program
 - Expected duties
 - Safe walking tips
 - First aid and emergency procedures

For more information, contact:

Gwendolyn Megrian
RFA Walk Richmond Coordinator
Email: walking@richmond.ca
www.richmond.ca/walk

