



# Volunteer Walk Leader

## Training application form

Thank you for your interest in becoming a Walking for Health volunteer walk leader. Please complete this form and return it to your local Walking for Health scheme coordinator.

### About the 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.

### 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?

Walk leaders receive training so that they can go on to lead walks with their local Walking for Health scheme. Your scheme coordinator will be able to help arrange for you to start leading walks with the support of more experienced leaders who already volunteer with your scheme.

### Your details

Name: .....

Address: .....

.....

Postcode: .....

Telephone: .....

Email: .....

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

.....

Which Walking for Health scheme(s) do you intend to lead walks for? .....

.....

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 visiting our website [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

How often could you lead a walk? – please give details of suitable days, times, locations .....

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Do you have any other experience, skills or interests which may be useful? E.g. First aid training .....

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Do you have any special requirements when attending a training course? Yes/No

If yes, please give details: .....

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

### Using and sharing your information

Your information will be held by Walking for Health, which is managed in partnership by the Ramblers and Macmillan Cancer Support, in accordance with the Data Protection Act 1998. It will be used by the Walking for Health team, local scheme coordinators and trainers to assess your suitability in becoming a walk leader and to maintain contact with you.

Please confirm that you understand how we will use your information: Yes/No

Signed: ..... Date: .....

Once complete, return this form to your local Walking for Health scheme coordinator.



Supporting you to get active and stay active