



Health Walks – North Somerset

New Walker Briefing

There is always a designated walk leader taking a register of every walker who attends a health walk thus recording the presence of any new walkers. New walkers will be required to complete the following forms which can be completed at the time or taken home and returned on their next walk.

- Walker Registration Form (WRF)
- Health Walk Survey Form (HWSF)

Another leader can take responsibility for ensuring forms are distributed if there are a significant number of new walkers at a walk.

The designated Walk Leader(s) should then adhere to the following principles:

1. Be welcoming and have an informal discussion about why they have come along, how they have heard about the walks etc. and generally make them feel welcome
2. Tell them you are a trained volunteer health walk leader and that all leaders are there to lead a safe and enjoyable walk and to keep the group together. Get to know your walkers and talk to as many of them as possible throughout the walk, tell them if they experience any problems to speak to any of the walk leaders.
3. Explain if applicable that there are a number of different walks, of varying duration and distance that are available to suit their needs and abilities and that all have been risk assessed.
4. Occasionally a walker may be asked not to walk with the group as they are deemed to be at risk to themselves and/or the leaders but this is very rare. Examples may include; inappropriate clothing /footwear, not complying with advice, needing one-to-one support.
5. A Walk Leader(s) who is/are responsible for leading a walk is/are not obliged to commence that walk if it is felt that there is inadequate supervision of those walkers taking part. This is influenced by the number and the scope of supervision required.
6. Explain the procedure and reasons for completing a WRF and a HWSF:
 - a) For data collection purposes - No personal information will be used for anything other than Health Walks, North Somerset. We use this information to assess and monitor the success of the scheme and apply for funding to ensure the scheme continues.
 - b) To adhere with our insurance requirements*

- c) Completed WRF's must be stored securely until they can be forwarded onto North Somerset Council.
- d) The HWSF enables us to gain an insight into who walks and its effectiveness on the health and wellbeing of residents in North Somerset.

Further Guidance:

To ensure duty of care, the walk leader can ask new walkers if there is anything they wish to share regarding any health condition that could be affected by walking that day. If at any point they wish to tell you of any change in their health status they are welcomed to do so.

Emphasise that as a walk leader you are not expected to know about any medical condition but you have a duty of care to ensure they are well enough to walk. By doing this you are passing the responsibility onto them to make that decision/judgement alongside your advice.

If at any point during the health walk a walker wishes to leave they must inform one of the walk leaders.

* All walk leaders are covered third party by North Somerset Council's insurance in that if a claim arises from a walker being injured or they are blamed for anything whilst leading a walk. The following must be adhered to ensure validated insurance:

All walk leaders must have attended the health walk training.

All walkers must be registered as an attendee at the start of every walk.

Risk assessments must be completed.