

## **Health Walks North Somerset - New Walker Briefing**

Welcome to North Somerset Health Walks, we hope you will find walking with the group enjoyable.

Every Health Walk is lead by Volunteer Walk Leaders, who have received training to ensure a safe and enjoyable walk. They have a duty of care to all walkers but ultimately walkers take responsibility for themselves throughout the walk.

There are a variety of durations and distances available to suit different needs and abilities. All routes for the walks have been risk assessed beforehand and volunteer walk leaders will be available to support and guide you. If you cannot walk independently please bring someone with you. You will need to be able to walk at least a mile in 30 minutes to participate.

A walk leader takes a register at the beginning of every walk, this is to record how many people are attending and to ensure everyone is accounted for during and after the walk. If at any point during the walk you wish to leave, you must inform one of the walk leaders.

Occasionally a walker may be asked not to walk with the group if 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.

A Walk Leader(s) who is/are responsible for leading a walk is/are not obliged to commence the 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.

New walkers will be required to complete a Walker Registration Form and a Health Walk Survey form, which can be completed

when you join your first walk or taken home and returned on your next visit.

These forms are used for data collection purposes and to adhere with our insurance requirements. 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.

Walk leaders have a duty of care to ensure that you are well enough to walk. If you have a health condition that may affect your ability to walk, please share this with the walk leader if you feel comfortable doing so.

Completed Walker Registration Forms are stored securely until they are forwarded onto North Somerset Council. (Please see Privacy Notice on the back of the registration form for full details)

The Health Walk Survey Form enables us to gain an insight into who walks and its effectiveness on the health and well-being of residents in North Somerset.

If you experience any problems or have any questions, please speak to any of the walk leaders.

#### Useful links / contact details:

All Health Walk dates, times and meeting points can be found at:  
<https://www.betterhealthns.co.uk/get-active/walking/>

We're always looking for more volunteers, if you're interested please either speak to one of the Walk Leaders, visit:  
<https://www.betterhealthns.co.uk/information/walk-leader-training/> to find out more, or contact:

North Somerset Council Physical Activity Team:  
[getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk) / 01275 882 730