



VOLUNTEER ROLE

Title: **GO50 WALK LEADER**

Hours: Flexible

Supported by: Volunteer and Wellbeing Manager

Location: Surrey

Role: To plan and lead countryside walks in areas across Surrey (3-7 miles / 4-11 km) for groups of people aged 50 plus.

Responsible for:

- Completing risk assessments for all walks and undertake the walk at least a week before to ensure that there are no changes.
- Planning walks of variable lengths and gradient taking into account the fitness levels that each walk is aimed at.
- Liaising with local refreshment venues making appropriate arrangements with regards to car parking and facilities and to ensure these have been arranged before the details are printed in the programme.
- To be responsible for the group's safety throughout the walk and ensure that a back marker is in place.
- Undertaking First Aid to the level that you have been trained.
- Collecting all donations on walks and returning all relevant paperwork and money to Age UK Surrey.
- Being willing to cover other leader's walks on occasions, where possible, sometimes at short notice.
- Promoting and being aware of Age UK Surrey's services and acting as an Ambassador for Age UK Surrey.
- Undertaking initial induction training, first aid and dementia training and any other training that may be relevant to Age UK Surrey GO50 programmes.

Personal Qualities:

- An interest in planning and leading countryside walks
- Ability to lead countryside walks of between 3-7 miles / 4-11 km) in Surrey, year round.
- Clear communication skills, the ability to encourage new walkers to participate, reliability and commitment to leading.

Expenses: Age UK Surrey can reimburse your petrol expenses incurred