

Physical Activity volunteer role description

Role title:

Nordic Walking Volunteer Instructor

Principle function:

To promote, inspire and instruct participants on the Age Cymru Nordic Walking programme in your locality.

Purpose:

The ideal volunteer will raise the profile and attract participants to the Age Cymru Nordic Walking programme. You will deliver Nordic Walking courses to members of the community and deliver taster sessions to other interested groups. You will work in partnership with Nordic Walking Leader volunteers towards having long term Nordic Walking groups in your area and you will share information regarding participation in the programme with Age Cymru.

Skills and Experience:

- Organised and self-motivated
- Able to communicate effectively
- Experience of using telephone and email is desirable
- Approachable, friendly and professional
- Passionate about the work we do
- Smart appearance
- Enjoy working with the public
- Be able to complete paperwork
- Driving license and access to a car would be desirable
- Good IT skills is desirable

Training:

You will be given induction training on the various aspects of the work. You will also receive specific training for your role and will be provided with ongoing support.

Expenses:

Out of pocket expenses will be reimbursed as per Age Cymru volunteer expenses policy.

Reports to: Volunteer Officer

Location: Local area

Hours: Flexible but we would like volunteers to provide us with a minimum of 10 hours each month for a minimum of 12 months

Why we want you:

We would like you to develop and deliver Nordic Walking courses in your area. These are normally delivered over a 5 or 6 week period. A course normally consists of a one session a week for approximately 60 - 90 minutes. Courses are normally run in areas such as a local park, country park, footpath or trails. Once one course has finished we would expect you to advertise and work with local organisations until there are sufficient numbers to run another course either in the same area, or if there is a number of people interested from a different area or group of people, that you run a course or a taster session in that particular area. The volunteer instructor will need to be prepared to travel in their surrounding area to deliver Nordic Walking. You will help to recruit volunteer Nordic Walking leaders in your area to deliver ongoing Nordic Walks in the area.

What is in it for you:

Enjoy the outdoors while helping older people to become more physically active and helping to improve their health and wellbeing.

This is a chance for you to go on to deliver ongoing Nordic Walking courses in your local area to those people who have expressed an interest in Nordic Walking. Age Cymru will provide you with support via your dedicated Volunteer Coordinator. You will be provided with advertising material and help to promote your courses and taster sessions. We will provide all equipment required to deliver your sessions. We will provide public liability insurance. The equipment including any clothing remains the property of Age Cymru however and must be returned if you are unable to continue to volunteer for the Age Cymru Nordic Walking programme.

For more information please contact:

Volunteer Officer
Ground Floor
Mariners House
Trident Court
East Moors Road
Cardiff
CF24 5TD

Telephone: 029 2043 1555

Email: nordicwalking@agecymru.org.uk