



## **VOLUNTEER ROLE DESCRIPTION**

### **WALK LEADER**

Age UK Dudley appreciates your volunteering role and will do their best to make your volunteer experience enjoyable and rewarding.

#### **Purpose of Role:**

*The volunteer role involves walk leading and supporting other volunteer walk leaders.*

**Reporting to:** Karen Hancox

**Location:** The Waterfront

#### **Duties and Responsibilities:**

- *Undergoing Volunteer Walk Leader Training*
- *Pioneer walks – (reconnoitre)*
- *Carry out risk assessments at walk locations*
- *Obtain name, contact, age and Next of Kin contact details of walk participants*
- *Complete Health Walk questionnaires from participants*
- *Lead 30-minute walks – warm up, brisk walk, warm down. Build in 'progression' to subsequent walks, increasing speed, length or including inclines*
- *Observe participants, warn of dangers (such as tree roots on path) and give assistance*
- *On Walk Attendance Register, write short report of walk such as weather conditions, incidents, etc*
- *Forward walk attendance registers to LEAP Over 60 Project on a monthly basis*
- *Contact the emergency services (999) in case of emergency*
- *Ensure the Project Co-ordinator is informed of any problems*
- *Adhere to relevant Age UK Dudley policies and procedures*
- *Represent the professional standards of the charity*
- *To wear a personal identity badge whilst volunteering*

### **Person Specification:**

- *A liking for and an empathy with older people*
- *The ability to work as part of a team*
- *Good listening skills and an understanding of safety issues*
- *An understanding of the need for confidentiality*
- *Sense of humour*
- *Good timekeeping*
- *Reliability and trustworthiness*

### **Training Requirements:**

- *To attend volunteer meetings*
- *Undertake further training as identified*

### **Expenses:**

- *Age UK Dudley will repay any agreed expenses (bus fares, etc) on production of receipts paid out in the course of journeys, so that you are not out of pocket. Travel expenses will be paid monthly on a mileage basis for all authorised journeys undertaken.*