**ROLE:**  Walk Leader

**LOCATION:** Withernsea (base to be confirmed)

**PAY:** £15 per session (approximately 1.5 hours)

**DAY/TIME:** Tuesday’s or Fridays – day of the week to be agreed

**SUPERVISOR:** Deputy Chief Officer

**START DATE:** January 2022

**OUTLINE ROLE**

We welcome applications to join a dynamic charity (Fitmums and Friends) in the role of Walk Leader to facilitate a weekly daytime walking programme in Withernsea.

We are aiming to provide a friendly and supportive session to attract people who may be struggling to be active. Leaders will facilitate a programme called “Chair to Anywhere” which aims to help people work at their own level to achieve a level of fitness that will support cardiovascular benefits.

Sessions will also help mental and physical wellbeing with a focus on 'walk and talk' to help people feel connected within their community.

We are looking for two Leaders to cover this weekly offer. We have funding for one year (Jan-Dec 2022) but depending on outcomes may seek to secure further funds to continue if successful.

**Qualifications/Skills needed**

* Leadership in Running Fitness (LIRF) qualification (or be willing to undertake the training). This does not mean that you have to be able to run – this is just the qualification we require to support you to work in this role.
* A current DBS check
* Evidence of safeguarding training (or be willing to do this, which we can organise for you)

**Training & Preparation**

Prior to the start of the programme, Leaders will need to familiarise themselves with the routes that will be used. All training will be given about the delivery of the programme. It will also be necessary to attend a half-day Fitmums and Friends specific Leader Development training session.

**Qualities**

We are looking for people who:

* Have a warm, friendly and welcoming manner
* Have an open and non-judgemental attitude.
* Have a supportive approach towards people with physical, emotional and mental health problems.
* Are a positive role model.
* Behave in a professional, confidential, and non-discriminatory manner at all times and promote equal opportunities for all.
* Are supportive and empathetic.
* Have a good level of fitness – able to comfortably walk 3-miles

**Specifics of the role**

* Register participants via an online system (Mumbot) – training provided.
* Meet and greet every new participant using a meet and greet card, explaining the format of the session.
* Assess the capabilities of the group to determine the best route options for the session
* Conduct a group welcome – explain the plan for the session, any notices.
* Either divide into sub-groups and conduct checklist chat – or do so as a whole group.
* Conduct a gentle, walk appropriate warm up.
* Lead the walk, using Fitmums and Friends principles of support (shepherding) and ensure all participants are appropriately supported – ensure that no group members are on their own at the back.
* Utilise hand signals en-route and ensure everyone understands how these work.
* Conduct a gentle stretch and cooldown on return to base.
* Understand signposting options for anyone requiring more support than is available through this programme.
* Carry a mobile phone in case of any emergencies.
* Support evaluation of the programme where this is required

**Support systems**

* Induction on commencing role
* One to one supervision
* Complimentary Leader kit

**Welfare**

The Fitmums and Friends Welfare structure is essential to contribute to good practice within club settings, sessions and programmes to ensure the safety and enjoyment of members, volunteers, parents, coaches and officials.  The Overarching Welfare Leads offer advice and support to any matters pertaining to welfare.