



Somerset Health Walks

Walk Leader Role Description



WALK LEADER ROLE DESCRIPTION

What are Somerset Health Walks?

Somerset Health Walks is a programme provided by Somerset Activity and Sports Partnership (SASP) which delivers free and accessible health walks across the county.

Walks are done on a regular basis for wellbeing, ranging from gentle, moderate to advanced. There are many additional benefits, including feeling more energised, having better sleep, helping manage weight as well as lifting our mood and helping us to feel good. Health walks provide a chance to meet others, feel connected and be part of the local community.

Across the county we currently have over 65 walks led by over 185 trained walk leaders.

What are the qualities of a good Walk Leader?

As a Walk Leader, you will be passionate about the importance and benefits of walking both for physical and mental wellbeing. In addition, you will be:

- Welcoming, friendly, approachable, and have empathy for others
- Have good communication skills
- Understand the need for confidentiality
- Well organised with paperwork and reporting
- Trustworthy
- Reliable and demonstrate good timekeeping

What can I expect as a Walk Leader?

As a Walk Leader, we want you to enjoy what you do and feel supported in your role. You can expect to receive:

- Full training with a recognised and well-respected scheme
- Access to resources and equipment as needed
- Ongoing support to help you fulfil your role
- An opportunity to meet new people and learn new skills
- The chance to learn more about your local area and benefit from being outside, increasing your own activity, and knowing you are making a positive difference to others
- Additional training opportunities through SASP

We know flexibility is important for many people taking on volunteering roles. You will be required to complete the initial training in full, and once trained we would expect you to be able to lead one walk a month (time required varies but typically allowing up to 2 hours for a walk close to home).

What is the role of a Walk Leader?

As a Walk Leader you will play a pivotal role in helping us to deliver free, accessible walks in your local community. You may wish to support with an existing, established walk or perhaps you have identified a need for a new walk and want to set up a new route (full training and support will be given). As a Walk Leader, your role is to lead and manage the walk – this may be jointly with other walk leaders.

The responsibilities will include:

- Promotion of your walk within your community with guidance from the Somerset Health Walks Coordinator. For example, with social media signposting to community groups, posters and we can introduce partners to you locally
- Identify a suitable route meeting our grading requirements. Complete a risk assessment of the walking route, to be reviewed at least every 6 months. Or as and when required. to meet insurance requirements
- A full or part recce of the walk should be completed ahead of the health walk
- Welcome your walkers and complete a register. In the case of new walkers, ensure they are registered
- Give a brief talk to the group to include details of the walk route so they know what to expect, including any possible risks or hazards
- Lead the group, ensuring everyone is feeling included and feels part of the group
- Notifying Somerset Health Walks Coordinator of any accidents or incidents that occur and completion of reporting paperwork
- Reporting data to the Somerset Health Walks Coordinator
- Attend occasional walk leader meetings

For more information on any of the walks please
contact the Health Walks Team:

 www.sasp.co.uk/health-walks

 walks@sasp.co.uk

 SomersetHealthWalks

 01823 653990

Somerset Health Walks

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