

Role Description

Role	Move More Volunteer Health Walk Leader & Assistant Walk Leader
Business Area	Move More Jersey
Location	Community Based
Responsible to	Move More Run, Walk & Cycle Officer
Level of Commitment	<p>We ask that Volunteer Health Walk Leaders commit to supporting a minimum of 12 sessions per year.</p> <p>We'll discuss your availability and time commitments at our initial informal interview but rest assured that any time you're able to give will be very much appreciated.</p>
Inspiring an Active Jersey Vision	Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.
Inspiring an Active Jersey Mission	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% points by 2030.</p>
Jersey Sport Background	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is:</p> <p>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</p> <p>The mission is;</p> <p>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>

**Move More
Health Walks
Background**

Health Walks have existed on Jersey for over 20 years. Their primary aim is to provide accessible, low-intensity, volunteer led walks which are free, enjoyable and accessible for all to help islanders improve their health and wellbeing.

We recognise that many walkers join the walks to develop their physical health, but additionally, the social and emotional health benefits walking with a group in stunning locations and invariably enjoying a coffee stop afterwards is of huge value and importance.

The island is fortunate in having many locations that offer diverse settings for walks including coastal paths, quiet lanes, footpaths and other shared use trails.

We offer 4 levels of walk. Level 1 is for those of limited mobility and / or fitness, they are short walks from 5-30 minutes along flat, smooth routes many of which have parking facilities close at hand and a refreshment stop available. Our level 2 walks are approximately 45 minutes at a faster pace, whilst our level 3 walks go for up to 1 hour 15 minutes over more mixed terrain. In 2020 we added Level 4 walks to our repertoire to really stretch those who wish to walk for up to 1 hour 45 minutes over diverse and challenging routes.

We use over 20 different venue locations across the island, and 12 walks a week across 6 of 7 days. In the longer days of the summer we offer evening walks, and are looking to expand our repertoire with family walks, town-based lunchtime walks, and many more community focussed new routes. We have both male and female leaders on this program, with the emphasis being to produce an enjoyable walk where all feel welcome, catered for and able to keep coming back for more!

Walking is a great way for islanders of varying fitness levels to enjoy the company of others, time outside and in the incredible natural environment Jersey offers. Being able to facilitate others to Move More in this way genuinely does transform lives.

By volunteering for Move more Health Walks you can help us to make this vision a reality!

**Walk Leader and
Assistant Leader
Volunteer Roles**

The Walk Leader role includes:

- Understanding and adhering to Risk Assessments and agreed Standard Operating Procedures
- Managing the walk navigation of assessed routes – maps provided and apps available (e.g. Komoot).
- Completing walkers register and returning it to Move More walk officer.
- Meet, greet and onboard participants
- Offering a short briefing re the nature of the walk to walkers
- Facilitating the social aspect of meeting together to run
- Keeping the group safe and responding to first aid incidents if necessary
- Reporting as / if necessary

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- Suggesting new / alternative routes to be worked up and risk assessed.

The Assistant Walk Leader role includes:

- Understanding and adhering to Risk Assessments and Standard Operating Procedures
- Assisting the Walk Leader with managing the walk navigation of assessed routes – maps provided and apps available (e.g., Komoot).
- Assisting the walk leader in providing a safe and enjoyable activity
- Welcoming walkers and encouraging them in their efforts.
- Reporting as / if necessary
- Suggesting new / alternative routes to be worked up and risk assessed.

Skills Required for the role

- Confidence to lead a group throughout the activity
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Patience and an inclusive approach to engagement
- Reliability and punctuality
- Understanding of the Move More initiative

Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):

- Walk Leader training – delivered by Move More Walk, Run & Cycle Officer
- First Aid Certificate (Full Walk Leaders only)
- Adult Safeguarding Course (and children's course if involved in family walks)
- Move More Volunteer Induction
- An enhanced DBS check

What's in it for me?

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience
 - Support within your role
 - The opportunity to take part in training (at no financial cost to you)
 - The chance to make a difference to the lives of people; physical, social and mental wellbeing
 - The opportunity to meet new people and feel more connected to your community
 - Ongoing support, help and assistance
 - A lot of appreciation
 - The opportunity to meet new people and feel more connected to your community
 - Help making our vision of a healthier and more active island a reality!
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