



## Community Walking Leader Training Level 1

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of a *weekend of training* followed by a *4 walk task* to try out your new Walking Leader skills.

Irish Heart Foundation and the HSE are subsidising the Walking Leader Training weekend and there is a nominal cost of €50. The course fee will cover your tutor costs and materials. It will also include lunch on both days.

**\*\*\*Please Note:** Before committing to the training, it is important to remember that the aim of each course is to have a panel of trained leaders ready to implement their skills in their own communities. We will therefore hope all participants will organise walks on a regular basis after the training. \*\*\*

### The training weekend

The course will commence at 9.00am Saturday and finish at 2pm Sunday.

Course content:

- Current physical activity guidelines for adults and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Planning walking sessions and programmes
- How to start your own walking group
- Practical walking sessions

### Gear

The training weekend involves outdoor practical sessions on both Saturday and Sunday, please dress appropriately for the weather and wear comfortable walking shoes. A spare change of clothes/shoes is recommended.

## Course timetable

<b>Saturday</b>	9am	Morning session
	11am	Tea/coffee
	11.20am	Morning session continued
	1pm	Lunch
	2pm	Afternoon session
	5pm	Close
<b>Sunday</b>	9am	Morning session
	11am	Tea/coffee
	11.20am	Morning session continued
	1pm	Lunch
	2pm	Close

## 4 walk task

Once you complete the training you will be set the challenge of leading 4 walks within your community to practice your new skills. You will be provided with a logbook to record your progress for the challenge. Once we receive your completed logbook you will be certified as an *Irish Heart Foundation Walking Leader*.

***All courses are subject to demand and will only proceed if the minimum participant number is reached. If you have any further questions please don't hesitate to contact us by emailing [tcurran@irishheart.ie](mailto:tcurran@irishheart.ie) or calling Tara Curran at 01-668 5001.***