



VOLUNTEER ROLE DESCRIPTION

POSITION:	Wesbrook Walk and Talk Leader
AVAILABLE POSITIONS:	2-4 Volunteers
EFFECTIVE DATE:	Sept 1, 2023
DEPARTMENT:	Recreation
REPORTS TO:	Seniors Coordinator

OBJECTIVE

Walk and Talk Leader is a volunteer position that works with other volunteers to plan and manage the Walk and Talk program. Provide two walking speeds to be able to accommodate a variety of abilities.

OVERALL GOALS FOR THE POSITION

1. Create a safe and inclusive opportunity for participants to be active in a social setting.
2. Explore local walking routes and destinations.

ROLES AND RESPONSIBILITIES

1. Plan and implement 1.5 hour walks, once a week, leaving from Wesbrook Community Centre
2. Ensure safety of participants. Volunteers are responsible for ensuring the group stays together by having designated volunteers at the front and the back of the group. For large groups, also designate a middle person.
3. Ensure that everyone can participate, helping to build a sense of community and support.
4. Help people choose the appropriate group based on their walking speed.
5. Be responsible for dealing with any emergency situations by phoning 911 (if needed) and notifying staff at Wesbrook Community Centre.

REQUIREMENTS

- Must be age 16+
- Some knowledge of potential walking routes or willingness to learn.
- First Aid/CPR is an asset.

ROLE PARTICULARS

- Be available on Mondays from 10:00am-11:30am.
- Be comfortable walking in all types of weather.
- Must obtain a Criminal Record Check with Vulnerable Sectors Clearance prior to starting (online link or request letter will be provided).
- While on the Walk, have access to a cell phone in case of emergency.
- This is an excellent opportunity for two friends to volunteer together.

Please send a letter of interest to Linda Quamme at lquamme@myuna.ca

Application Deadline: Open until filled.