



Volunteer Position Description

Title: Walking Club Leader

Purpose: The Walking Club Leader promotes walking in his or her community through establishing and organizing a walking club.

Responsibilities:

- Attend HSFNS volunteer orientation session
- Start a walking club in your community
- Connect with complimentary local organizations to promote the walking club
- Promote the HSFNS local walking club through Foundation approved tools (posters, website, flyers, etc)
- Recruit and register interested participants
- Distribute and discuss a Physical Activity Readiness Questionnaire with potential walking club participants
- Distribute and collect informed consent documents
- Communicate safety information to participants
- Organize and lead group walks
- Promote the HSFNS online tracking tools and corresponding support literature
- Keep track of attendance and disseminate program evaluation forms
- Walk with enthusiasm and promote physical activity through role modeling!

Qualifications:

- Passionate about walking
- Able to work collaboratively
- Able to keep time commitments
- Able to motivate and lead a group
- Good interpersonal and verbal communication skills

Relationships:

Walking Club Leaders communicate regularly with the Community Health Promotion Coordinator and / or the Heart and Stroke Walkabout Coordinator.

Time Commitment:

Walking Club Leaders are asked to commit to 4-8 hours per month.

Benefits:

The benefits of becoming an HSFNS Walking Club Leader include:

- Providing leadership in a one of a kind provincial walking initiative
- Gaining access to useful, current walking resources
- Joining a network of over 4000 HSFNS volunteers
- Making social connections and have fun!
- Providing valuable support to an organization fighting the leading cause of death and disability in Nova Scotia