



Walkabout Wrexham & District **Walk Leader Cue Card**

Individual Welcome

- Hand out Health Questionnaires to all new walkers
- If any 'yes' answers (Q1 to Q5).....advise walker to consult with their G.P.
- Advise walkers that if their medical condition has changed they must inform their walk leader and complete a new Health Questionnaire
- Take a register and make sure everyone has signed
- Share relevant information with other leaders

Group Welcome

- Introduce self and other leaders
- Explain the role of each leader
- Show the rucksack with water and first aid supplies inside
- Route information.....where we are going....how long it will take
- Remind them to walk at own pace
- Explain any 'hazards' on the route
- Check people have suitable clothing, shoes, water available etc. for the route and the weather
- Remind walkers that they walk at their own risk and are responsible for themselves when crossing the road so please pay attention and not to leave the group without telling one of the walk leaders
- If feeling unwell, wait for the back leader
- Start at a gentle pace

End of the Walk

- Check all walkers have returned.....
- Congratulate them and thank them for coming
- Tell walkers about other walks and encourage them to 'walk on most days'
- Remind walkers of opportunities to become volunteers
- Encourage some social activity