

SONNING COMMON HEALTH WALKS VOLUNTEER GUIDELINES

This document is a summary of the Sonning Common Health Walks (SCHW) Volunteer Policy which provides guidance for volunteers in a very detailed way. The full documents may be found on the SCHW website.

SCHW is run by volunteers with the object helping participants to a healthier and happier life style.

1. ROLE DESCRIPTION

Most volunteers are walk leaders but others help to support the walks programme in different ways, for example administration and social planning. The role of the Volunteer is one of responsibility, commitment and care. In return training and support is available. Civil Liability Insurance is provided by Walking for Health.

2. EQUIPMENT AND RESOURCES

Walking for Health has created a number of branded resources to help volunteers. These include Volunteer Manuals in hard copy, hi visibility vests, clip boards, t-shirts, Leader kits, Insurance information, Risk assessment forms and a quarterly e-newsletter.

Volunteers are reimbursed for reasonable out of pocket expenses to a pre-agreed maximum.

3. SUPPORT AND SUPERVISION

A walk leader will also have support from fellow leaders and is likely to be part of regular walk leader meetings. Admin volunteers will hold review meetings to discuss how tasks have gone and what tasks are coming up to make sure any issues are dealt with and to recognise and circulate successful achievement.

4. HEALTH AND SAFETY

SCHW as part of Walking for Health is committed to looking after the health, safety and wellbeing of volunteers and walkers.

All volunteer activities are risk assessed and action taken to reduce risks. Risks are not limited to personal injury, for example, they could also include stress. Actions to reduce risks could include giving volunteers specific information, training or equipment. However, volunteers need to recognise that they are responsible for their own health and safety, and of those around them.

Volunteers with specific responsibilities for health and safety receive Walking for Health training and guidance. Basic first aid training is available when possible.

It's important that volunteers inform SCHW of any personal health and safety or wellbeing requirements that they may have, or if they have any doubts regarding their health and safety responsibilities.

5. INSURANCE

Civil liability insurance

The Walking for Health policy covers walk leaders who have successfully completed their Walking for Health volunteer walk leader training course while they're leading recognised Walking for Health activities. It provides cover against legal liability for damages in respect of:

- Accidental injury or death to any person
- Accidental damage to property
- Nuisance, trespass to land or trespass to goods

The policy gives protection to individuals in the case of a claim being made against them by a third party

Car drivers

SCHW volunteers using their own car for Walking for Health activities are recommended to inform their insurers that they're using their cars as a volunteer and this should be regarded by the insurer as 'social, domestic and pleasure use'. Most insurance companies agree to cover this at no extra charge to the premium, but some may not separate this activity from 'business use' and may try to charge accordingly. Volunteers' cars are not covered by the Walking for Health civil liability insurance described above.

More Information

A complete copy of Sonning Common Health Walks volunteer policy may be found at the Sonning Common Library, Grove Road, Sonning Common, RG4 9RH, and on the SCHW website.

Sonning Common Health Walks
www.sonningcommonhealthwalks.co.uk

Walking for Health
www.walkingforhealth.org.uk
www.walkingforhealth.org.uk/volunteer-resources