

# Irish Heart Foundation Walking Leader Training (In association



with the Healthy Walks Programme - 23rd – 25th March 2012)



## Walking Leaders Registration Form

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (Work): \_\_\_\_\_ (Home) \_\_\_\_\_

(Mobile): \_\_\_\_\_

Email: \_\_\_\_\_

Please detail any special dietary requirements you may have: \_\_\_\_\_

**Please Note:** All courses this year are being run on a non-residential basis. Accommodation is not included in the cost of the course.

### Walking Leader Training Courses 2012 Schedule

**LOCATION:** ST CONALS EDUCATION CENTRE, ST CONALS HOSPITAL, LETTERKENNY, CO DONEGAL

**DATE** 23<sup>RD</sup> – 25<sup>TH</sup> MARCH 2012

**COST:** €50

In order to make sure we are communicating in the most effective way possible, please consider how you would like to receive communication from the Irish Heart Foundation in the future

(please circle your preference): Email  Phone  Post  No Preference

**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 expect all participants to organise walks on a regular basis after the course has ended.

**Payment:** must be made prior to attendance of course. Payment is accepted by Cheque made payable to the Irish Heart Foundation or by credit card or Laser card by calling us at 01-6685001. **If payment is not received within 3 weeks prior to course commencement** we can no longer guarantee your place will be held.

**Cancellation Policy:** This course is subsidised by both the Irish Heart Foundation and the Irish Sports Council in order to make the training as affordable as possible to participants. **Please note:** If you cancel less than

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7 working days in advance – we will be charged by the venue for facilities and catering and therefore cannot reimburse your fee. **Therefore refunds will only be made when 7 days prior notice of cancellation is given.**



## Irish Heart Foundation Walking Leader Training (In association with the Healthy Walks Programme - 23rd – 25th March 2012)

The IHF Walking Leader Training is aimed at people wishing to lead a group or promote walking in the community/workplace or those wishing to become a leader for the Healthy Walks Programme. The course comprises of a weekend of training and then a follow up 4 week walking programme to try out your new walking leaders skills. On completion of the course requirements participants will receive certification from the Irish Heart Foundation.

The Healthy Walks Programme was developed by the Health Promotion Department, HSE West in partnership with the Donegal Sports Partnership and various Community groups throughout the County. It aims to increase the number of people engaging in physical activity. The Healthy Walks Programmes are delivered by qualified volunteer walking leaders. Sessions last between 30 minutes to 1 hour and are suitable for those who wish to become more active in a fun friendly environment. The Healthy Walks Volunteer walking leader is both fun and rewarding.



Irish Heart Foundation and the Irish Sports Council are subsidising the Walking Leader Training weekend and there is a nominal cost of €50 for the 2 and a half day non- residential course. The course fee includes all course materials, pedometer and refreshments.

**Walking Leader Task (Course Follow up):** Once participants complete the Walking Leader Course they will be set a challenge of leading a 4 week walking programme within their community to put their training to work. Participants will be given a log book to keep note of their organised walks. On return of this log book to the Irish Heart Foundation detailing their task, the participants will receive their certificate of completion of the Walking Leader Training course. Local Sports Partnerships officers will be available to offer support and advice to the participants of each training course throughout their Walking Leader Task and meet with the group on completion of their challenge.

**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 expect all participants to organise walks on a regular basis after the course has ended.

### Course Content:

- Current recommendations for health enhancing physical activity 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
- Planning walking sessions and programmes
- Developing a Slí na Sláinte route
- How to start your own Slí walking group
- Practical Walking Sessions

### Timetable:

	7pm	Registration Tea/Coffee
<b>Friday Evening</b>	7.00 – 9.00pm	Course Begins
<b>Saturday Day</b>	9am	Morning Session
	11am	Coffee (20 mins)
	11.20am	Resume Session
	1pm	Lunch
	2pm	Afternoon Session
	3.30pm	Coffee (20 mins)
	5pm	Close
<b>Sunday Morning</b>	9 am	Morning Session
	10m	Coffee (20 mins)

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- 4 week Walking Challenge Programme

10.20am	Resume Session
1pm	Lunch
2pm	Close

**Please return to: Irish Heart Foundation, 4 Clyde Road, Ballsbridge, Dublin 4.**