



Slí na Sláinte Walking Leader Training Courses 2012

Supported by



Donegal 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: CAIRDE LE CHEILE CENTRE, ST CONALS HOSPITAL, LETTERKENNY, CO DONEGAL

DATE 23RD – 25TH 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 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.**

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

Donegal Walking Leader Training Information (23rd – 25th March 2012)



Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace. 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.

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 will cover your tutor costs and the materials for the duration of the course. It will also include 2 lunches and tea/coffee breaks through out the weekend. Course will commence at 7.00pm on Friday and finish on Sunday afternoon after lunch. (Should you require accommodation at a non-residential course please contact us and we can recommend a number of suitable venues to accommodate your stay) You will also receive your own pedometer.



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.

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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
- 4 week Walking Challenge Programme

Timetable:

Friday Evening	7pm	Registration Tea/Coffee
	7.00 – 9.00pm	Course Begins
Saturday Day	9am	Morning Session
	11am	Coffee (20 mins)
	11.20am	Resume Session
	1pm	Lunch
	2pm	Afternoon Session
	3.30pm	Coffee (20 mins)
	5pm	Close
Sunday Morning	9 am	Morning Session
	10m	Coffee (20 mins)
	10.20am	Resume Session
	1pm	Lunch
	2pm	Close

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