



Community Walking Leader Training Level 2

General information

The training enables you to lead a safe, enjoyable trek of no more than 2 hours, in daylight, on a number of specified, easy—moderate Coillte Trails and Fáilte Ireland Loops. The course comprises of a *weekend of training* and a *follow up 4 walk leader task* to try out your new skills.

The training weekend

The course will take place 9am-5pm on the Saturday and 9am-2pm on the Sunday. Lunch will be included on both days.

Course content

- Overview of Way marked Walking Routes in Ireland
- Over view of Coillte Trails
- Overview of Fáilte Ireland Loops
- Assessing the suitability of the various routes for your group
- Planning and preparing for a trek
- Route risk assessment
- Walking gear
- Practical walk on 1 Fáilte Ireland Loop and 1 Coillte Trail
- Group management tactics



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Gear requirements

- Trekking/hiking shoes or boots
- Warm socks
- Rain jacket and leggings if possible
- Warm upper body clothing consisting of loose, light, layers including a wicking layer of polyester and a micro-fleece for warmth
- Hat and gloves
- Water bottle for treks
- Small snack for treks (fruit, cereal bar etc.)
- Mobile phone – fully charged
- Small rucksack
- Change of clothing/footwear

4 walk task

Once you complete the training you will be set the challenge of leading 4 walks within your community to practice your new skills. You will be provided with a logbook to record your progress for the challenge. Once we receive your completed logbook you will be certified as an *Irish Heart Foundation Walking Leader*.

All courses are subject to demand and will only proceed if the minimum participant number is reached.

If you have any further questions please don't hesitate to contact us by emailing tcurran@irishheart.ie or calling Tara Curran at 01-668 5001.