

How to be a leader for a group walk for a walking festival

by Jane Fawcett

- You should have all group leaders (leader, and sweeps) wearing identifiable vests to be easily seen by all walkers
- Depending on the size of for each route, you may want to have more than one lead, and sweep ie. if the number of walkers exceed 100 plus then divide the group into two groups of 50 etc
- Leader should set the pace for the group depending on the size of the group
- Leader should also be aware of traffic patterns on city streets and coming to an intersection, traffic lights, or road crossing, stop and guide walkers across safely ensuring that all cars see the walkers and all first group of walkers can cross safely and keep moving so rest of the group can cross behind them
- Make sure the mid leader can get the rest of the walkers across the intersection safely watching for traffic at all times
- The sweep must do the same with their slower walkers and keeping the lead group in sight as they progress on the route
- Visibility is a must and on busy streets, another person may be necessary to help walkers cross an intersection or roadway by moving into the intersection to stop traffic for safe crossing
- All leaders must have the route memorized by walking the route a number of times during the planning stages and right up to a day or two before the event so that they can be aware of any changes that need to be made and on the day of the walk, concentrate on the walkers' walking pace and walkers not the instructions