

Volunteer Opportunity Walking Program Volunteer

Walking Volunteers help create a safe, friendly, and welcoming environment for participants in Community Care's walking programs. Volunteers provide encouragement, help with group organization, and assist participants with sign-in and basic program information. Some volunteers may also be trained to demonstrate Nordic Pole Walking techniques, helping participants get the most benefit from the activity.

Location: Nayoro Park Lindsay, Wilderness Park Bobcaygeon, or LCVI Lindsay

Schedule: morning or evening programs during the week

Key Responsibilities

- Welcome participants as they arrive and help with sign-in.
- Take attendance and keep records accurate.
- Provide encouragement and social connection during the walk.
- Walk with participants at a comfortable pace, ensuring no one is left behind.
- Demonstrate proper Nordic Pole Walking technique (for those trained) and provide participants with tips for safe use.
- Share general information about the program and refer questions or concerns to staff when needed.
- Communicate participant feedback, concerns, or incidents to program staff promptly.

Time Commitment

One walk per week (approx. 1–1.5 hours), with a minimum commitment of one season cycle (e.g., Fall – Winter or Spring – Summer).

Support Provided

Walking Volunteers receive orientation, role-specific training, and ongoing support from program staff. Training opportunities in Nordic Pole Walking are provided.

We'd love to hear from you! – Click the [“Volunteer With Us”](#) button to apply today

www.ccckl.ca/volunteer