

## Walk and Bike Champions Scheme

### About the Scheme

Walk and Bike Champions is a volunteering scheme, created and led by Herefordshire Council.

The aim of the scheme is to harness the experience, knowledge and enthusiasm of people who already walk and cycle to spread the word and to build supportive networks to encourage more people to walk and cycle.

People who live, work or study in Herefordshire can volunteer to be a Champion for walking or cycling.

### How it works

Herefordshire Council will provide information and materials to help Champions encourage and support others in their local communities to walk or cycle.

There are no minimum requirements for Champions. There are many ways that Champions can help to encourage walking and cycling, and each Champion can choose what and how much they would like to do.

Examples include

- Being positive about their experience of walking and cycling
- Letting others know about their preferred walking and cycling routes
- Letting others know about available schemes to support cyclists (e.g. free adult cycle lessons; grants for workplace walking and cycling facilities; led walks and bike rides)
- Putting up posters at work
- Sharing walking and cycling information on social media

### Keeping safe

As a Champion you should not carry out any task that you are not able to do safely. If you are in any doubt, please contact the scheme administrator at [move@herefordshire.gov.uk](mailto:move@herefordshire.gov.uk)

If you would like to encourage and support others in your workplace or other community setting (e.g. clubs, schools), you must ensure you obtain any necessary permissions.

Champions are not expected to train others or lead walks or bike rides but they can signpost others to Herefordshire Council's trained Cycle Instructors, Walk Leaders and Bike Ride Leaders.

### Terms & conditions

By registering as a Walk or Bike Champion, I confirm that I understand and accept that by volunteering as a Walk or Bike Champion I do so entirely at my own risk.

I am not working for or on behalf of Herefordshire Council and accept that it will not be held responsible for any loss, damage or inconvenience, however caused, including by the actions and omissions of volunteers or by any materials provided or by the guidance contained in this document.