



## HOW-TO GUIDE: WALKING

### At a glance

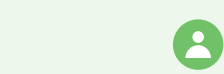


## HOW-TO GUIDE: WALKING

### In detail



#### Recruit some volunteers to help organise



Try and have someone at the club **to open amenities when the track is open**



**The more volunteers the better** so the slots can be divided up



**Put a call out** for volunteers among teams, coaches, parents etc.



#### Decide on a suitable walking route around the club grounds / pitch



**This doesn't have to be a specific walking track.** Use the space around the pitch or around the club grounds.



**A one-way system** should be in place on the track for walkers. Mark it out clearly using cones/signage.



**Contact your spirit of rugby officer** to get a loan of start/finish and 1-5k signs to help you clearly mark the route



#### Advertise the opening hours within the club and community



**Spread the word** on your club website and social media channels.



**Create a flyer** that can be shared within coaches/parents WhatsApp groups and local community notice boards



**Display opening times** at club entrance and noticeboards around the community



#### Open Club House facilities where possible



Where possible **have toilets available to walkers.**



Does your club have a **club shop or sell teas and coffees?**



#### Keep track of numbers using the walking track



**Have a volunteer at the beginning of the track** that can record the number of people utilising it



This information is good to have if your club **applies for future funding opportunities** to make the track a more permanent fixture



**A pen and paper** will do!



#### Make it fun and welcoming



Think about different ways to **engage with members** and the wider community:

- A fun run for minis!
- A steps challenge for track users!



This is a great way to **open the club to the wider community** and can lead to new volunteers coming on board!



For more information on IRFU health and wellbeing programs please contact

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