

Community Nordic Walking Groups - Example

Total cost of program \$2500. 12 poles - four trainers

	Participants	Location	Equipment
Walking Group 1 - Fadedear Park (need min of 2 leaders)	Limited mobility New to exercise or been a while Chronic health conditions Need assistance, monitored	Walk the circle Lots of benches Warm up - chair yoga At the story book station have motivational signs and exercise opportunities Possible - start at library, easy access to trail. Library may allow the use of chairs outside for warm up. The seniors centre you have to cross a gravel road - further from trail washrooms available on site	Specialized equipment ie. therapeutic poles Chair yoga/exercise need chairs Social need table for tea and snacks (picnic table)
Walking Group 2 - Fitness Trail (1 leader, maybe 2)	Some mobility challenges - individual can self manage Capable of walking a bit of distance Some fitness experience	Walk the fitness trail Start at the dog park - parking Some benches along trail Warm up and cool down - standing or picnic bench washroom available at beginning of trail Provide exercise opportunities along the trail	Use both therapeutic and walking poles Social at picnic table - tea and snacks
Walking Group 3 - Forks Park (1 leader)	some mobility challenges - individual can self manage Capable of walking up hills and uneven terrain Fitness experience	Walk designated trail at the outdoor club - Forks Start in parking lot Walk designated trail at the outdoor club Warm up and cool down - standing Washroom available at beginning and at the Forks shelter Provide exercise opportunities along trail.	Walking poles Social and shelter - tea and snacks There are picnic tables

Walking Group 4 - Indoor Walking winter months (1 leader)	All abilities	Walk the gym - Tues & Thurs Washrooms available Provide warm up and cool down for interested participants only Possible to provide exercise as well	both poles - therapeutic and walking social - ????
Community Groups - community use	Various of community groups, ie COPD Support group, Diabetes Support group, etc Community events - Terry Fox Run, Walk for Parkinson, Walk for Breast Cancer, etc School for fitness class - older students because of the size of poles Community Living or Pioneer resident	Community designs their route Suggest areas where there is parking and washrooms Need a sign out list	Both types of poles Requires organization and tracking of the poles
Host workshops on the benefits of Nordic Walking - Fun day Fadear Park	interested leader can host workshop where individuals from community can try poles and can purchase their own	Promoting community health There is an opportunity to sell the poles as a fundraiser Would require organization and someone to look after the money	

Community Nordic Walking Decisions & Needs

1. Type of Nordic Walking poles	See information	Cost range from \$80 to \$100	approximately - \$`1200 poles
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	<p>With straps or without straps</p> <p>Therapeutic and/or Walking poles and/or combination</p> <p>Possible - Kelly McNabney can help with decision</p>	<p>Start with 6 therapeutic and 6 nordic walking poles</p> <p>Participants can borrow or bring their own.</p>	
<p>2. Central area to sign in and sign out poles - Where to keep poles</p>	<p>Need a business ie Municipality to house and sign out poles - not a lot of time required of staff - place to keep poles and sign out at counter</p> <p>Walking groups will have set times and days, ie, Group 1 on Wed morn</p> <p>If available for community use - it will require more supervision of poles and may require staff time to manage a schedule. However, a community leader may take on the responsibility of organizing schedule which will reduce municipal staff involvement</p>	<p>The leader would sign in and out the poles - not the participant</p> <p>The leader would be responsible</p>	
<p>3. Need a Community organization ie Outdoor club, Seniors club, municipality to lead</p>	<p>Need a Community organization as a leader to apply for funding.</p> <p>Manage any funds</p>	<p>Organization to apply for funding</p> <p>Do you want to sell as a fundraiser</p>	
<p>4. Training for leaders & who are the Group leaders</p>	<p>Currently have several people from Seniors Centre who are interested in leading a group - also Outdoor Club</p> <p>Important for Risk Management</p>	<p>Online training available</p> <p>Training for different needs as well costly range from \$200 to \$300</p> <p>Possible train the trainer</p>	<p>need funding for min \$1200. for 4 leaders</p>