



HILLINGDON
LONDON

Parkrun Warm-up Leader Volunteer

Role/Purpose:

To help the junior runners to warm-up before starting the Parkrun.

Role Description:

This role involves taking the juniors through a short pre-defined warm-up routine. It is an opportunity to not only warm up the children but to help foster a fun environment. parkrun has developed a warm-up routine that should be used.

Commitment & Location:

Lake Farm Country Park

Qualities & Experience:

- Experience with children
- Time management
- Energetic personality

Main Responsibilities:

- Take the junior runners through a set warm up routine to ensure that they are ready to start the Parkrun and to help prevent injuries.
- Help hype up the children to keep them engaged in the run

Training:

You will be shown what warm-up exercises to take the juniors through.

Benefits:

- Learn new skills and build confidence
- Meet and connect with new people
- Develop a sense of community with the team

How to Apply:

A H4ALL application form must be completed.

To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form

- Email volunteerhub@h4all.org.uk or call 01895-676-111 to request an application form to be sent to you by email or post

Send your fully completed application form

- by email to volunteerhub@h4all.org.uk

OR

- Post to H4All, Volunteer Development Team, Key House, 106 High Street, Yiewsley, UB7 9BQ

