



## THANK YOU FOR VOLUNTEERING AS A SUSAN G. KOMEN 3-DAY® TRAINING WALK LEADER!

Your dedication helps walkers safely train, connect and prepare for an extraordinary experience.

These guidelines are provided as optional resources to assist independent organizers in hosting safe and successful training walks. They are not directives from Susan G. Komen.

These guidelines are provided as a resource for individuals independently organizing training walks in support of the Susan G. Komen 3-Day®. Komen does not organize, sponsor, or oversee these events and assumes no responsibility for their planning, execution, or safety. All responsibilities for the event, including participant safety and logistics, rest solely with the independent organizer.

# Suggested Practices for Training Walk Leaders

## PLANNING WALKS

### 1. Safe Routes:

- Select routes with accessible restrooms and hydration points.
- Assess potential hazards, such as busy intersections or uneven paths.

### 2. Scheduling:

- We suggest posting walks on the 3-Day website at least one week in advance for best turnout results.
- Encourage RSVPs for effective planning and communication.

### 3. Preparing Materials:

- Create detailed route maps or cue sheets with key information (e.g., rest stops, turns, tricky intersections).

## DURING THE TRAINING WALK

### 1. Welcome & Inclusion:

- Arrive 15-20 minutes early to greet walkers and answer questions.
- Wear visible identifiers, like a pink ribbon, bright hat, or balloon, for easy recognition.

### 2. Safety & Logistics:

- Consider using a sign-in sheet to keep track of participants.
- Monitor walker well-being throughout, addressing issues like dehydration, fatigue, or injury promptly.
- Assign a “Caboose” to follow the last walker and maintain group cohesion.

### 3. Camaraderie & Support:

- Foster an encouraging and positive atmosphere.
- Encourage walkers to share their stories and fundraising ideas.



## ADDITIONAL TIPS FOR LEADERS

- **Be Prepared:** Carry a small kit with essentials like first aid supplies, water, snacks and extra route maps.
- **Adaptability:** Be ready to adjust based on weather, walker ability, or unexpected circumstances.
- **Celebrate Milestones:** Acknowledge progress or achievements during walks to boost morale.

Thank you for your dedication  
to the safety and success of the  
3-Day community!



The training walks website is a platform for independent organizers to share information, not a tool for Komen to manage events.

- Independent organizers are encouraged to prioritize safety and manage incidents effectively.
- Above responsibilities are optional best practices for independent organizers.
- While Komen provides resources for the training walks, we do not manage or supervise them.

## Key Practices for Safety & Success

### SAFETY RULES

- **No headphones:** Walkers must remain alert to their surroundings.
- **No cell phone use while walking:** Calls or texts should be taken during breaks.
- **Trail Courtesy:** Share paths with other users and obey traffic laws.
- **Minors & Pets:** Minors must stay with guardians, and pets must be leashed at the group's back.
- **Strollers:** Keep strollers at the rear to avoid congestion.

### STRETCHING & REST

- Lead dynamic stretches before the walk and static stretches afterward to prevent injuries.
- Encourage a short warm-up walk before beginning full stretches.
- Incorporate rest stops every 3-5 miles during long walks, emphasizing hydration and snacks to maintain energy.

### HYDRATION & NUTRITION

- Drink both water and sports drinks to maintain hydration and electrolyte balance.
- Remind them to drink before, during and after walks, regardless of weather conditions.

### Responding to Incidents

#### 1. Injuries/Accidents:

- Call 911 immediately for serious incidents.

#### 2. Communication:

- It may be helpful to exchange contact information with walkers for coordination purposes.
- Encourage participants to carry a written emergency contact card or program an emergency contact into their phones.

### Walk Cancellations

- It is recommended to inform your 3-Day Coach promptly of cancellations or changes to help communicate the change.
- Consider all ways you can effectively communicate the cancellation or change, including posting on the 3-Day website and any related social media posts.