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Bikeability Cycle Training



Dear Parent/Guardian,

Your child has the opportunity to participate in free Bikeability Cycle Training, which builds safe, confident cycling skills.

If you wish your child to take part, please complete the online consent form by **Monday 2nd February**
<https://consent.bikeability.org.uk/suit-lunch-boom>

- Children need to be able to ride a bike to take part in Bikeability Level 1 and 2. If your child cannot ride a bike, please tick on the online consent form and they will be taught during time in school.
- Please note: if your child needs to borrow a bike and/or helmet for the training, these will be provided. Please just indicate this when prompted on the online form.
- The cycling will continue whatever the weather, so please send your child with warm and waterproof clothing: gloves and trousers/tracksuit bottoms are a must!
- This course is being run by Cycle North on behalf of Sheffield MB Council and the instructors are fully qualified, checked and insured.

The training will take place during school time on:

- Monday 9th – Friday 13th March 2026,
- Monday 16th – Friday 20th March 2026 and
- Monday 23rd – Wednesday 25th March 2026.

Once we have had the opportunity to organise the groups, your child will come home with slip of paper detailing when they will receive their training.

Your child will need to have with them, for all their course sessions:

- A bike which is roadworthy and fits properly. A bike check will be carried out on the first day and any bike which is not roadworthy cannot be used on the course. A bike check form is attached to help you ensure that your child's bike is in a good condition.
- A cycle helmet (which fits!)
- Warm clothing and a water-proof jacket

Your child will be continuously assessed throughout the course. The training will start with a playground session and the children must reach the required standard in cycle control, in order to proceed to the on-road Level 2 sessions that follow. At the end of the course, all children will receive a certificate that confirms their participation on the course along with a badge.

Andrew Crossley (Bikeability Training Manager)

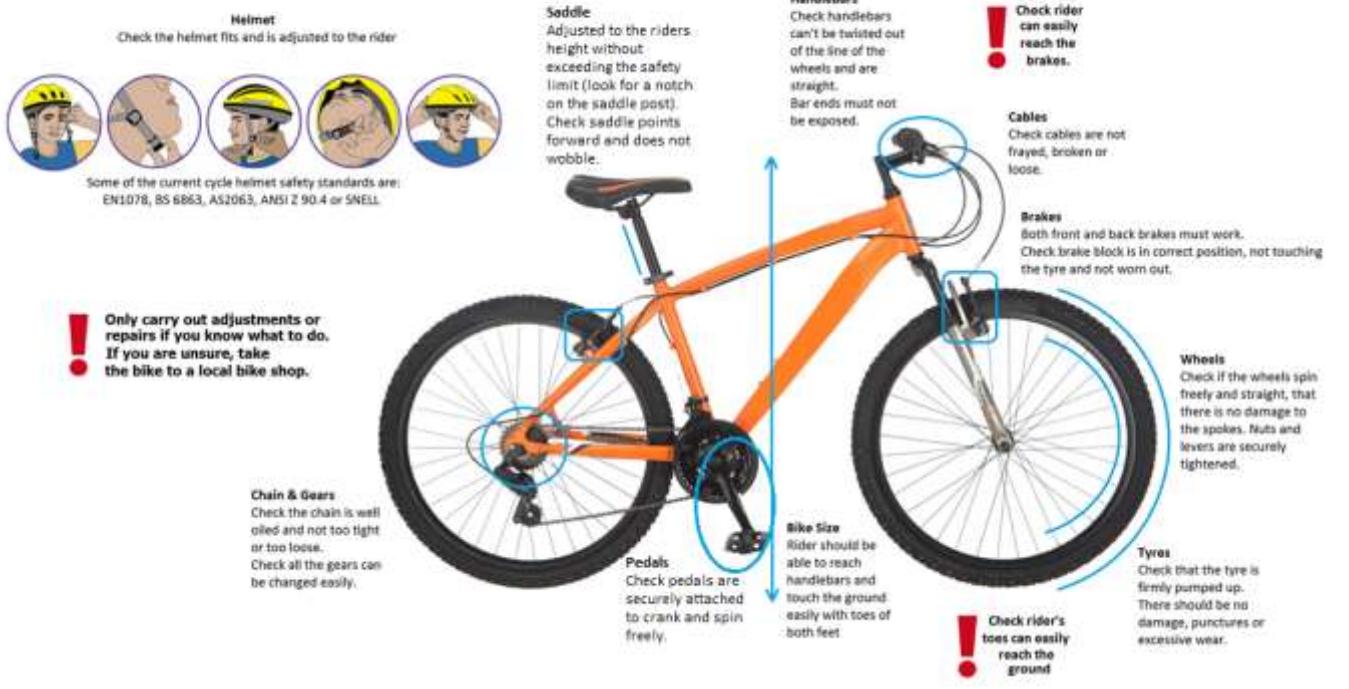
Is the bike alright to use?

The cycle training can be done on any sort of bike, as long as it is roadworthy and has both a front and back brake. Please check your bike using the checklist below. If in doubt, take it to a bike shop and ask them to check it. Our trainers are not mechanics but may be able to make minor adjustments on the day. Unfortunately, if your child arrives with a bike that we do not consider safe to use on the roads, your child will not be able to do the training unless you have booked a loan bicycle with us.

Bicycle Checklist

As a part of the training course, your child's bike will be assessed by an instructor to check if it is in a safe and roadworthy condition.

Unsafe bikes can not be used on the course.



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