

# Sheffield CYCLING 4 ALL

## Session Cycling Volunteer

### Aims of the Organisation/Service

Sheffield Cycling 4 All (SC4A) is a project that enables anyone to enjoy cycling, whatever difficulties or disabilities they face. We are a people led organisation committed to providing Sheffield with regular and active inclusive cycling sessions.

### Volunteer Role Description

You will play a key role in the smooth running of our inclusive cycling sessions and in helping participants get the right trike to suit their particular needs.

### Where you can volunteer

Our sessions take place at Hillsborough Park, Sheffield. All our sessions are outdoors. We have a cancellation policy whereby we cancel if the weather makes it unsafe to cycle, but we often work when the weather is bad, eg. when it is drizzling or cold.

### Tasks include:

- Assisting in preparing bikes for sessions and putting them away afterwards
- Assisting in adjusting cycles for participants; for example, adjusting seat position and / or pedals
- Assisting in fitting helmets to participants if required
- Ensuring cycles are in the right place when not in use
- Basic check of bikes and notify session supervisor of any problems with the bikes; for example, pumping up tyres, checking brakes and chains
- Cycling alongside or with participants
- Ensuring the ground rules of the sessions are being met
- Helping with other tasks at the request of the session supervisor

### Skills and Experience:

- € Enjoy cycling and are willing to volunteer outdoors in (almost) all weather conditions
- € Good communication skills



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- € An interest and understanding of people and an ability to demonstrate patience, sensitivity and reliability
- € A friendly, professional and welcoming manner and the ability to relate to a wide variety of participants
- € A commitment to relate to people in a non-judgemental way and to treat everyone as equals
- € The ability to work with a range of people from a wide variety of social and cultural backgrounds with a variety of impairments
- € Good attention to detail
- € Ability to follow instructions and to ask questions to clarify information
- € Willingness to attend training, support and supervision meetings as required
- € Carry out tasks according to Disability Sheffield policies and standards, in particular confidentiality, equal opportunities and health and safety
- € Ability to work as part of a team and work with Sheffield Cycling 4 All / Disability Sheffield staff and volunteers
- € You will need to be able to take care of all your personal needs whilst at our session (as well as travelling to and from the session) or you will attend with a carer who will support you at the session

## Benefits of Volunteering with us:

- Experience of working in a team
- Supervision
- An opportunity to engage with the wider work of Disability Sheffield
- Training opportunities, as below -

Induction training  
Disability Equality training  
ABC bike check training  
Basic cycling skills training  
Safeguarding training

## When you can volunteer

At our public sessions, currently held on Tuesday and Thursday mornings and afternoons

Our morning sessions run from 10am till 12.30pm

Our afternoon sessions run from 1pm till 3pm

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Volunteer hours for sessions

Morning sessions: 9.15am till 12.45pm

Afternoon sessions run from 12.45pm till 3.45pm

Time commitment requested: 4 sessions a month

## Other people in your team you will work with

Session Supervisors (normally the Sheffield Cycling 4 All project coordinators, but occasionally their freelance replacements)

Sheffield Cycling 4 All / Disability Sheffield staff and volunteers

## Who to Contact for more Information about this role

Rosemary Hill, Sheffield Cycling 4 All Project coordinator

Tel 07565 695296

Email [Rosemary.hill@disabilitysheffield.org.uk](mailto:Rosemary.hill@disabilitysheffield.org.uk)



**Disability Sheffield**  
Centre for Independent Living