



## Cycling UK Basic Maintenance Course

Venue: Bikespace, Plymouth



## Cycling Basic Maintenance Course

### Bikespace Training Centre Information Pack

Course timings:

09:00 – 16:00

Congratulations for booking onto the Cycling UK Basic Maintenance Course. Covering ride based repairs and pre-ride checks every rider should know, using essential trail tools.

One of the reasons we all go cycling is to have fun. Cycling UK's aim is to make this course fun whilst providing an excellent learning environment for you.

If you have any further questions about the course, please contact Bikespace or Cycling UK.

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### **The Venue**

The course will be run at Bikespace, a training Centre professionally equipped to deliver Cycling UK training courses.

Positioned in Devonport Bikespace is both accessible and able to provide great learning environments for the multitude of courses we provide here.

### **On arrival at Bikespace**

Enclosed are directions to the venue. On arrival, bring your bike inside with you and come in for tea and coffee.

If you are driving please park on New Passage Hill.

Address: Bikespace CIC, Unit 7 Riverside Business Park, New Passage Hill, Devonport, Plymouth PL1 4SN

Tel: 01752 500211

Please use this number in case of emergency during the course.





### **Basic Maintenance Course**

Covering ride based repairs and pre-ride checks every rider should know, using essential trail tools, this course is adapted to make sure it fits your level of confidence and experience.

#### **Course content**

- Personal safety, tool and chemical handling
- Tools, lubricants and aids
- Degrease, clean and lubricate
- Pre-ride equipment check
- Righty tighty and how tight is tight? - the torque wrench
- Brakes - cable adjustment, disc pad and v-brake block adjustment and replacement
- Gears - indexing, cable adjustment, limit adjustment
- Transmission - chain repair and replacement
- Headset - headset adjustment
- Wheels - punctures, tyre repair
- Emergency repairs - what to do when....

#### **Entry Requirements**

To attend this course, you should have previously picked up a spanner and tried to work out what might be wrong and what you want to do to fix it? You will need to be willing to 'get your hands dirty'.

### Programme

The outline program for the course is defined below. Times and running order may vary according to the needs of the group.

Time	Session	Aims of Session
09:00	Introductions with Tea and Coffee	Introduction to tutors and other course candidates Explanation of course. Outline, discussion and modification as appropriate, of course content.
09:30 – 09:45	Road and Trailside Maintenance principles	To demonstrate an understanding of the principles involved in maintenance and repair.
09:45 – 10:15	Using Tools	To be familiar with and able to use the tools you will require for maintenance and repair.
10:15 – 10:45	Identifying Faults	To be able to identify faults and judge whether they are repairable within your competence.
11:00 – 12:30	Undertake Repairs	To be able to: Adjust and correctly and safely tighten quick releases. Safely tighten and loosen wheel nuts. Safely adjust cable brakes using barrel adjusters and cable adjustment. Safely centre rim brakes and disc callipers. Safely identify worn and replace brake pads on rim brakes.
12:30 – 13:00	Lunch	

**Programme**

The outline program for the course is defined below. Times and running order may vary according to the needs of the group.

<b>Time</b>	<b>Session</b>	<b>Aims of Session</b>
13:00 – 15:30	Undertake Repairs	To be able to: Adjust gear indexing using barrel adjusters and cable adjustment. Adjust gear mech limit screws. Rejoin a broken chain. Safely fit bar end plugs. Safely adjust a threadless headset. Repair a puncture. Check tyres for cuts and use a tyre boot to enable a cut tyre to be used. Remove and replace tyres and inner tubes. Have a concept of potential trailside repairs, tools and techniques.
15:30 – 16:00	Review	To discuss and review what has been achieved on the course.
16:00	Finish	



### **Kit requirements**

In order to get the most from the course please bring the following with you.

- Lunch or Devonport park cafe is only a five minute walk away
- Suitable Clothing. This will include warm clothes that you do not mind getting a little oil and grease on! Footwear should be suitable for the workshop - shoes that are comfortable to walk in and completely cover your feet.
- You don't need to bring a bicycle as we use our own fleet of bikes to provide effective teaching. However you are welcome to bring along your own bike so we can have a look at any differences it may have.

### **Safety during the course**

Cycling UK wants to ensure your safety during the course. All Cycling UK staff are fully trained in dealing with emergency procedures and there will be a first aider on site during the course.

### Directions

Bikespace is located at the Riverside Business Park on New Passage Hill in Devonport.

New Passage Hill runs between Marlborough Street Shopping Area and Ferry Road.



If you have any difficulty finding the venue please telephone 01752 500211.

Useful internet links:

[www.bikespace.org.uk](http://www.bikespace.org.uk)

<http://www.cyclinguk.org/courses-training/personal-skills-development/maintenance-skills/road-and-trailside-maintenance>