

Basic Home Mechanic Course

Cycle Maintenance Training Basic Home Mechanic Course Full Day



Outcomes: At the end of this 6-7 hour course, participants will have the knowledge and skills necessary to carry out routine preventative maintenance (servicing) and some basic corrective maintenance on their own cycles.

Suitability: The course is suitable for anyone who is able to use a spanner and a screwdriver but lacks knowledge of how a cycle is maintained in efficient working order. Participants should own a bike and bring this bike to the course. The course is NOT suitable for people wishing to carry out detailed technical maintenance to things such as hydraulic disk brakes and suspension.

Subjects/Skills Covered: The following subjects are covered

- a. Identifying the various parts of a bicycle.
- b. Recording significant facts about the bike to ensure that the correct items are purchased when servicing the bike.
- c. Cleaning and lubricating
- d. How to check that major parts of a bike are in safe working order
- e. Repairing punctures
- f. Adjusting Brakes
- g. Adjusting gears
- h. Changing brake cables and brake blocks
- i. Selecting tools



The course is presented by Lew Lawton, who is a very experienced trainer and a level 3 qualified cycle mechanic. Each topic is introduced by an explanation and demonstration. Participants then get to work under supervision on their own bikes. During the course there is plenty of opportunity to ask questions. The trainer will also provide many real world examples of failed components to aid the understanding of the need for regular inspection and servicing.

The trainer will provide bike work stands, tools and work gloves. Participants are welcome to bring their own tools but these must be in good condition.