

Case study

Hull maintenance course

Fact file

Client:

Duke of Edinburgh scheme

Location:

St John's Ambulance centre,
Kingston-Upon-Hull

Frequency:

One-off



Situation

BikeRight! was approached by the organiser of a Duke of Edinburgh award scheme. The young people embarking on their silver award wanted to do a cycling expedition and the organiser had no idea where to start. She wanted the participants to know how to repair their bikes and also to have their bikes assessed for suitability for the expedition including fitting luggage-carrying equipment.

Our solution

We worked out what was important for the participants to be able to do while on their expedition as they only had a day's tuition. Some of the time was needed to assess each person's bike to ensure they were roadworthy and suitable.

Some of the youngsters had already taught themselves some maintenance, but still needed to learn more, especially how not to explode the tube when inflating their tyres - experience **is** one of the best ways to learn. At the end of the course our instructors looked at each bike and advised the owner on how to prepare for the expedition. We advised the leader on which racks and pannier bags to buy and gave advice on prices for the equipment and how to fit it.

Benefits

- All the young people learned new maintenance skills and had personal advice on bike set-up.
- Discuss how they could work as a team and ride together
- Developed some useful practical skills
- Learned the ability to make trail side repairs in an emergency situation

"We had fun learning and I know how to take more care of my bike."

"It was very fun and at the same time I have learnt a huge amount. Thank you for the awesome bracelet!"

"Awesome course x"



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Case study

CTC maintenance course

Fact file

Client:

Cycling champions, Bradford

Location:

Prism workshop, Bradford

Frequency:

Occasional



Situation

The Cyclists' Touring Club officer in Bradford wanted a maintenance course for a group of women who had just learnt to ride and were now interested in learning some basic cycle maintenance. BikeRight! had already taught in Bradford and the organisation approached us to deliver another course.

Our solution

The women were very new to maintenance so we opted to deliver our basic maintenance course, working to the speed of the slowest person, concentrating on building up a good basic knowledge.

We spent a long time working on wheel and tyre removal with the women working on their own bikes. It was also an ideal time for the women to ask about saddles, load carrying and tool kits.

As the women were practising their new skills, we worked with the people who had moved on and taught them to adjust brakes. Three of the group were able to fathom out how to get a truculent disc brake working!

Benefits

- Everyone enjoyed the course.
- We got 3 bikes on the road that had formerly been unusable
- Everyone came away more confident and feeling that they could pass on their skills
- Developed skills to enhance their new-found passion for cycling



"Brilliantly brilliant. Learnt loads"

"Great atmosphere, learning whilst having a laugh and getting stuck in"



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Case study

Sustrans bike diagnostics

Fact file

Client:
Sustrans School officers

Location:
BikeRight! training centre

Frequency:
On-going



Situation

Sustrans' school officers work in schools promoting the benefits of cycling and encouraging children to cycle. One of the activities is a bike diagnostic and basic repair session. Not all the officers have the confidence to diagnose or repair bikes as this is only part of their job. The coordinator wanted a course to help the officers to gain confidence and knowledge about different types of bikes.

Our solution

Having talked to the coordinator about what we felt could be useful we agreed some teaching basic points. We formulated a two day course including all the things that the officers themselves had expressed an interest in.

The course was designed to enable the officers to work methodically through a bike; to diagnose faults and correctly record this information, to be able to recognise different models of components and to understand how these work, to know the correct names of components and frame parts to stop confusion when filling out a diagnostic sheet.

The first task was a group activity to stick names of parts of the bike in the correct position. Trainees then looked at different components assessing whether or not they needed replacement. Amongst other things the trainees learned

how to:

- Adjust different types of bottom brackets and headset
- Adjust heights on seat posts and stems
- Assess different brake systems and decide if they can be fixed

Benefits

- A marked improvement in confidence when undertaking repairs
- New practical skills learnt and put to the test
- Individuals worked as a team, whereas they are usually operating on their own



"Very impressed with you and your presentation."

"Thanks for all your efforts and I will be coming back to you more regularly for courses."



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