

Description of maintenance skills

Level M1.0 Basic Maintenance and Risk Assessment

This is the minimum requirement for Accredited cycling instructors.

- M1.1** Names of common bike parts.
- M1.2** Essential basic tools: Names, uses and variations.
- M1.3** How to clean and lubricate a bicycle
- M1.4** Bike checks: M-method or 4-part method (brakes, gears, transmission and frame)
- M1.5** Bike fitting: Know the ideal riding position and problems of riding with poor posture.
Make adjustments to get a good bike fit.
- M1.6** Fix punctures: removing wheel, tyre and inner tube and replacing correctly.
- M1.7** Brake blocks: Adjusting alignment.
- M1.8** Brake cables: Adjusting tension
- M1.9** Gears: Adjusting indexing and range.

Cycle Training UK Ltd recommend that the following, whilst not part of the minimum National Standards, are useful skills for a practicing cycling instructor to have.

- * Replacing brake blocks (all types)
- * Replacing brake/gear cables- (all types)
- * Replacing gear cables

Level M2.0: Intermediate Maintenance suitable for running Dr Bike sessions and teaching basic maintenance courses.

- M2.1** Names of all bike parts.
- M2.2** Additional basic tools: Names, uses and variations.
- M2.3** Chain: Fixing stiff links. Fitting new chain.
- M2.4** Wheel hubs: adjusting cones
- M2.5** Adjusting headset
- M2.6** Adjusting bottom bracket
- M2.7** Truing slightly buckled wheels

Level M3.0: Advanced Level suitable for running Bike Building sessions and to teach advanced maintenance courses

- M3.1** Advanced tools: Names, uses and variations.
- M3.2** Strip and build wheel hubs
- M3.2** Strip and build bottom brackets
- M3.3** Strip and build headsets
- M3.4** Replace spokes and true wheel
- M3.5** Replace freewheels; screw-on and cassette

While checking your trainee's bike it is a good opportunity to teach them how to "carry out a simple bike check" (National Standard outcome Level 1.1) however the Instructor is responsible for Risk Assessing the bicycle.

"Trainees must be able to carry out a simple check on their bicycle's brakes, tyres, wheels, steering and chain. They should also know that correct cycle set-up will mean them being able to sit on the saddle when stationary, with the ball of one foot touching the ground. The saddle should be no lower than this" (National Standard for Cycle Training Scheme Assessment Document)