

## Professional Development Modules

# Instructor Maintenance Training



Instructor Maintenance Training provides bike assessment & adjustment for instructors and cycle activity leaders and meets best practice National Standard Cycle Instructor maintenance criteria.

### Description

This one day course is suitable for cycle instructors and cycle activity leaders. It meets National Standards:

CT 2.1: Understand how to assess the roadworthiness of a clients' cycle

CT 2.2: Understand how to set up a cycle to fit the build and requirements of clients

CT 2.3: Understand how to make adjustments to enable a cycle to be used for training.

The course is run as an 'open session' at our training room in London SE16.

### Objectives

After the course trainees will be able to carry out bike checks, fitting and maintenance during cycle training to meet National Standards units CT 2.1, CT 2.2 and CT 2.3.

### Audience

The course is primarily intended for National Standard provisionally accredited instructors who wish to develop their maintenance skills to facilitate full accreditation. It is also suitable for cycle activity leaders such as youth group leaders, volunteer instructors, cycle tour and club ride leaders.

### Location

The open session is held at our training centre at London SE16.

### Costs and booking

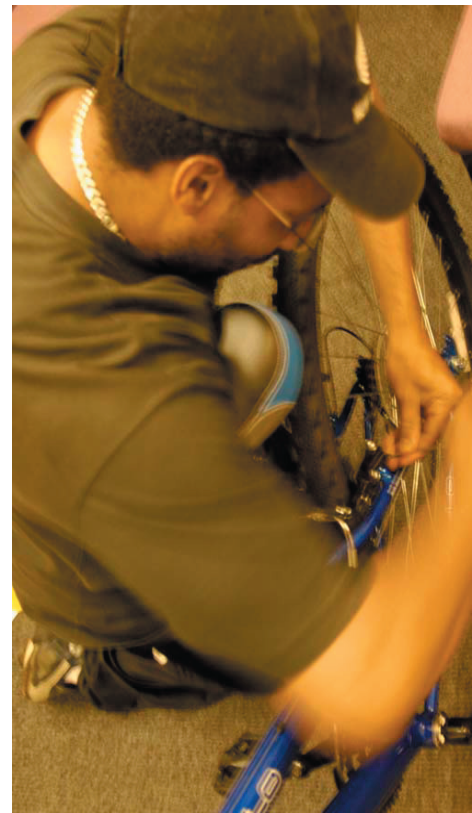
The open session at our training centre is charged at £120 per person.

Prices for bespoke courses are available on request.

To book please call 0207232 4382.

### Course dates

Friday 21st August 2009



**"the course was certainly more useful to me than the standard basic maintenance training, especially being able to work on all types of bikes (and BMX Giros) and the practical problems encountered on schools' courses. Keeping the question of risk assessment has altered my attitude to bike checks."**

**Anne Carroll  
Merton Council Instructor**

**CYCLE TRAINING UK (CTUK)**

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# Instructor Maintenance Training

## Course Syllabus



### **Meet the standards**

Summary of the required actions of an instructor to comply with section CT2 of the National Standards (systems for checking bikes, identifying faults, making adjustments, bike fitting, communication with the trainee and recording actions).

### **The professional toolkit**

Consideration of tools and equipment required by instructors to complete 'field' repairs and adjustments.

### **Assessing bikes (National Standards CT 2.1)**

Methods for checking bikes. How to recognise and assess faults on all types of bikes.

### **Fitting the bike to the rider (National Standards CT 2.2)**

Understanding how fitting the bike affects the riders comfort and biomechanical efficiency. How to assess and adjust the fit of the bike.

### **Lubrication and cleaning (National Standards CT 2.3)**

Understanding the principals of cleaning and lubrication of the bike and to be able to advise trainees.

### **Tyres and punctures (National Standards CT 2.3)**

Understanding tyre systems. Causes and prevention of the four main types of puncture as well as fixing skills and tips.

### **Checking and adjusting brakes (National Standards CT 2.3)**

Assessing and adjusting derailleur and hub gear systems. Gear indexing masterclass. Adjusting chain tension on BMX/singlespeed bikes.

### **Accessories (National Standards CT 2.3)**

Guidance and requirements for common bike accessories. Legal aspects of bicycle lighting.

### **Advising and educating the trainee (National Standards CT 2.1, 2.2 and 2.3)**

Communication with the trainee about action points. Trainees demonstrate their skills and are assessed at the end of the course.