

Overview	City and Guilds Level 2 certificate is a highly relevant professional qualification for those interested in joining the cycle maintenance sector. The training will provide you with the skills to work as a professional cycle mechanic. It is suitable for those who have some relevant knowledge and understanding of cycle mechanics.
Course length	10 day course
Cost	£1,000
Location	The training takes place at our training centre in Bermondsey, London SE16
The course is appropriate for	Those looking to become trainee bike mechanics or mechanics requiring a recognised qualification. All tools, work stands and bikes are provided. Participants will be working on a variety of bikes. We deliver in small groups (up to 4) to maximise learning.



Course outline

- Day 1**
Induction and workshop rules, Health & Safety Standards for Bicycles. Repair a cycle puncture (rear wheel derailleur equipped bike).
- Day 2**
Remove and replace a cycle rim brake assembly (V-brakes, canti and dual pivot and includes replacing cables) also cover basic set up of cable operated disc brakes and hydro disc brakes (but this is not assessed).
- Day 3**
Remove and replace a cycle gear systems (includes mechs, chain cassette/freewheel, chain set, cables and shifters).
- Day 4**
Remove and replace cycle hub bearings (loose and cartridge bearings). Service cycle headset assemblies.
- Day 5**
Remove and replace cycle bottom brackets and cranks (adjustable, cartridge and external). Facing and chasing of bottom bracket shells.
- Day 6**
Service cycle headset assemblies, facing and reaming of headtube.
- Day 7**
Build a cycle wheel (teach theory and practice).
- Day 8**
Build a cycle wheel (recap theory, practice then assessment).
- Day 9**
Augment a cycle (fit accessories, carry out a systematic cycle check (M-Check)
- Day 10**
Change a cycle frame (strip a bike to its bare frame and then rebuild).

WHAT WILL I GET OUT OF THE COURSE?

The course combines both theoretical and practical based training:

- Understand the range of bikes on the market, their components and functions
- Understand Health and Safety and British and European standards
- Use of tools and equipment
- Carry out a comprehensive bicycle check
- Skills to diagnose, replace and repair on a range of bike types
- Legislation in a cycle workshop environment (waste/hazardous materials/environmental sustainability aspects)
- Follow working practices and procedures
- Record keeping and audits
- Understand the sector and market skills.

