

Bicycle Maintenance

Course code:	COA 18
Cost:	£45 (£25 concessions)
Tutor:	David Green (01223 449304 or davidwgreen@onetel.com)
Time:	7.15 to 9.15 pm, Tuesdays
Duration:	7 weeks, one 2 hour evening session per week (14 hours total)
Location:	Coleridge Community College (see map below)
Max students:	8
Course level:	Suitable for those with people with little or no previous experience of bicycle maintenance who want to get started.

Course content: This course is designed to give you the confidence and knowledge needed to handle the most common bike maintenance tasks, and whet your appetite for some less-everyday tasks. The emphasis is on building your confidence and on preventing problems by keeping the bike in good order. Furthermore, knowing that your bike is in good condition gives you the confidence to use it more.

This is a practical course where you work on your own bike. You should expect to get your hands dirty, and to have a lot of fun! Numbers are restricted to eight students per instructor so you get all the assistance you need in a small intimate group. By the end of the course, you will be able to look after the most critical parts of your bike, and be riding a more efficient machine.

Equipment required: a bicycle to work on
1 or 2 old rags (for wiping hands etc)
note-making materials (optional)
(It is advisable to wear suitable (old) clothes.)

Tools: During the course sessions, a well-equipped tool kit is provided as a shared resource. If you already have some bike tools, please bring them along too. As the course progresses, you will be advised on any particular tools you should seriously consider buying: please do *not* buy any tools especially beforehand!

Course aims:

1. To give you the knowledge and confidence to handle with the most common bicycle maintenance tasks.
2. To make your bike more reliable and easier to ride.

The course covers the following topics:

- setting up your bike and quick safety-checks
- adjusting your brakes, replacing brake blocks and cables
- fixing punctures and changing tyres
- adjusting gears
- Chains: removal, cleaning and lubrication. Using a chain tool.
- Hub bearings: servicing and adjusting
- Freewheel removal

Teaching method: Practical.

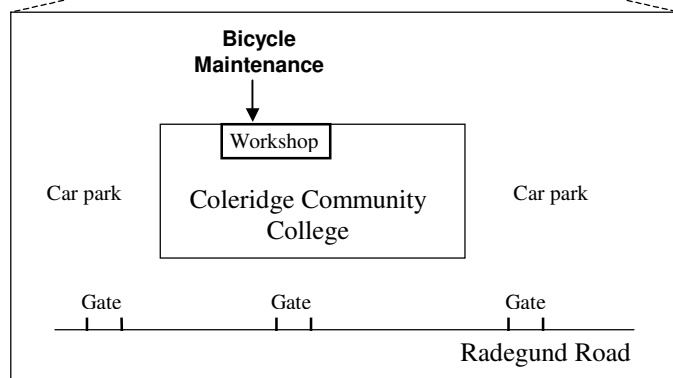
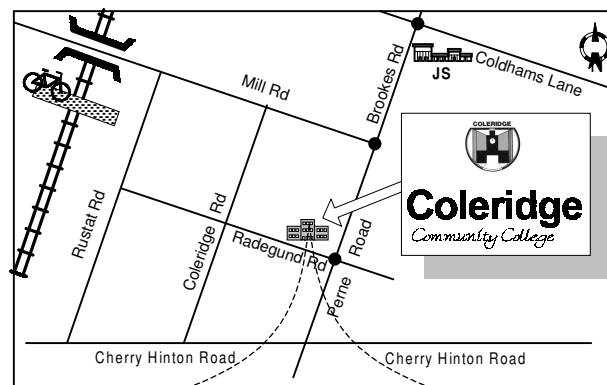
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Specific learning objectives: By the end of the course you will be able to:

1. Adjust saddle and handlebars to optimal height.
2. Fix punctures, and change tyres.
3. Fit brake blocks, adjust brakes, replace cables.
4. Understand your gears, tune the 'indexing'.
5. Keep hub bearings correctly adjusted.
6. Remove (and refit) a chain using a chain tool. Thoroughly clean and lubricate chains.
7. Detect and rectify loose cranks and headset bearings.
8. Recognise the bicycle maintenance jobs best left to the bike shop!

Enrolment:

To enrol, telephone Adult and Community Learning, Coleridge Community College, Radegund Road, Cambridge CB1 3RJ on (01223) 712340.



Guidance: All learners have a right to a confidential interview to discuss their needs and it is our job to ensure that we give you the best opportunity and right conditions for you to take part, learn and make progress. Your tutor will make you aware of this opportunity but it will help you and us to make adequate preparations if you make arrangements to discuss your requirements prior to starting the course.

Equalities Statement: The Cambridgeshire County Council operates an Equality of Opportunity Policy. We ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at that support which you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual and respect.