

Course Title:

Bicycle Maintenance I

Course description:

Learn the basic maintenance tasks that every cyclist should know, plus how to keep a bicycle in good repair and to fix common problems in the field.

Instructors:

This course is instructed by an experienced bicycle mechanic.

Participant requirements:

You need a bicycle that you can work on. Although it is helpful to have your own basic toolkit, you will be able to use the tools available at the course.

Classroom requirements:

Bicycle shop and shop tools.

For more information/instructor:

Borealis Outdoor Adventure
3120 8th Street East #106-305
Saskatoon, SK S7H 0W2
Phone: (306) 343-6399 or 1-800-463-6399
Darrell Noakes, President

Bicycle Maintenance I course

Introduction

This course provides skills for cyclists who want to learn to perform their own repairs and maintenance. In addition to basic routine maintenance tasks, content includes bicycle tune-ups and field repairs.

Course Aim

To develop students' knowledge and skills to repair their own bikes and to get broken or failed equipment running, with the tools and parts at hand, to allow them to complete their trip or ride safely and on schedule.

The course is designed in one session of four to six hours (actual time spent depends on the number of people participating in the course).

Course Scope

Course content is designed for all cyclists who want to learn more about how their bicycles work and perform their own maintenance. The course provides some in-depth knowledge, as well as basic skills, so students should be prepared to partially dismantle their bicycles.

Enrollment

5 - 16 participants.

Instructor's Basic Resources

1. Bicycle Maintenance I (OCA) Instructor's manual.
2. Reference videos

Participants' Basic Resources

Participants must supply a bicycle to work on. Although it is helpful to have their own basic toolkit, students will be able to use the tools available at the course.

Course Outline

The general course outline is presented below. Time allotments and emphasis will vary from course to course depending on the leader and the participants.

- Overview of bike parts
- Overview of the frame
- Tools, toolkit for road repairs
- Repairing and replacing chains
- Adjusting brakes, replacing brake pads, removing and replacing brake components
- Adjusting the headset, removing and replacing the headset
- Removing wheels
- Repairing flat tires (we also cover this in CAN-BIKE courses)
- Tightening loose wheels and handlebars
- Understanding spokes and rims, repairing/replacing spokes, truing rims
- Powertrain overview
- Tightening the bottom bracket, replacing a bottom bracket
- Adjusting derailleurs
- Adjusting hubs
- Overview of saddles, adjusting the saddle
- Pedals, cranks and sprockets
- Replacing the freewheel