



Bike Maintenance & Safe Cycling Training - TY

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1 Overview

Bike Maintenance & Safe Cycling Training - TY introduces students to new dimensions of cycling, such as learning how to fix their own bikes, understanding the rules of the road (safe cycling).

At the end of the course, students will be able to fix their own bikes and enjoy cycling in a more fulfilling way.

The standard course is delivered over one week, four hours a day (or five hours a day in a short week).

The workshops can be delivered on school grounds, at our facilities or at third party locations such as community centres.

2 Class Components

- Hands on training with bicycles using full bike mechanics tool kits
- Road positioning, signaling and assertiveness exercises in simulated scenarios

3 Requirements

1. A room ca. 36 sqm for setting up six workstations for practical work
2. A small room with a projector for theoretical work
3. Outdoor space where road situation simulations can be built with cones for practical exercises

4 Workshop content

- Presentation - slides decks
- Tools & safe use
- Components of the bicycle
- Disassembly, assembly and adjustments of all components of the bicycle
- M-check
- Safe cycling with focus on positioning, assertiveness and communications with other road users
- Q&As

5 Preparation

Any school rules for online classes will be observed, such as student cameras to be on or off and whether roll call is required. Any safety aspect, such as access control will be discussed prior to the workshop.

Students must be warned by the school that they must seek adult supervision when performing repairs at home.

We have a questionnaire that could be sent to all participants before the class to ascertain the level of knowledge in order to adapt the content and the delivery. Please instruct on whether this is a wanted approach.

6 Pricing

The full-week, 20 hour long workshop costs €2,000 for groups of up to 24 students.

In certain situations corporate sponsorship or grants may be available towards the costs of the workshop.

7 Contact

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