

# APPENDIX J

# SPECIALIZED COURSES



**can BIKE**



CyclingCANADACyclisme



# Bike Maintenance 101 Course Outline

## Objective

This course is for individuals who wish to learn more about the basics of the bicycle, recognize mechanical issues, how to fix the problem, and terminology that relates to the bike. Basic information will also be taught in Level's 1 thru 4.

\*It is recommended that participants have their own basic bike tools to use throughout the instruction.

## Total Time: 4-6 hours

- 1) Bicycle Adjustment and Fit
  - Frame Size
  - Seat post height
  - Saddle angle, fore/aft
  - Handlebar and stem positioning
  - Crank arm length
- 2) ABC Quick Check
  - Air
  - Brakes and Bars
  - Chain and Cranks
- 3) Repairing a Puncture
  - Disaster Prevention
  - Causes of Punctures
  - How to Repair a Puncture
- 4) Brake Adjustments
  - Different types of brakes
  - Brake cables
  - Replacement
- 5) Chain and Gear Maintenance
  - Different types of brakes
  - Brake Cables
  - Replacement