

**Bike SA  
Basic Bike Care**

## **Program outline**



***Please familiarise yourself with this document to ensure this course structure will suit your individual requirements before submitting your registration.***

***Bike SA - More South Australians cycling, in safer, healthier communities.***

BikeSA – Basic Bike Care – Program Outline				3.0 Hours Duration
Session Content	Topic	Manual Page Ref	Theory	Practical Tasks
<b>Orientation and overview of training</b>	Introduction	n/a	Course overview Group introduction and working group allocation.	Workshop orientation, facilities identification
	Workshop safety	n/a	Workshop safety & OH&WS	OH&WS walkthrough, cleaning station procedure, emergency procedure, hazardous chemicals procedure
<b>Bike Parts &amp; Safety Checks</b>	Tools & equipment	20 – 23	Workshop tools overview	Torque wrench operation
	Bike fit	6 – 15	Bicycle types	Basic bike fit principles Bike Fit Adjustments Bike fit and comfort products
		158– 159	Aerodynamic v comfort Frame dimensions and angles	
	Bicycle parts / working groups orientation	18 – 19	Name that part	
Bike safety checks	n/a 128– 129	15 Point bike check Safety inspection	15 Point bike check Safety inspection	
<b>Cleaning &amp; Lubrication</b>	Cleaning	38-39 36-37	Cleaning material types and their application Complete bike clean <ul style="list-style-type: none"> <li>• Frame</li> <li>• Components</li> </ul>	
	External lubrication	40-41	Lubrication types and their application Lubrication routine Lubrication selection - riding condition specific	Component lubrication
<b>Puncture Prevention &amp; Repair</b>	Tools and materials	n/a	Tyre, wheel and puncture repair tools and materials What to carry on your bike	
	Tyres and wheels	30-31	Tyre and wheel care	Tyre and wheel inspection Wheel removal and refitting Tyre removal and refitting
		28-29 32-33	Wheel removal & refitting Tyre removal and refitting	
	Puncture repair	34-35	Finding and repairing punctures	Repairing “pinhole” punctures Repairing “snakebite” punctures Repairing tyre sidewall and tread splits
Puncture prevention	n/a	Puncture prevention products The do’s & don’ts		

End