

Bike SA Inc
Bike Gears & Brakes

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.

Bicycle SA – Bike Gears & Brakes – Program Outline			3.0 Hours Duration	
Session Content	Topic	Manual Page Ref	Theory	Practical Tasks
Orientation and overview of training	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
Workshop Tools	Workshop tools & equipment	20 – 25	Workshop tools overview Specific tool identification Home mechanic requirements	Torque wrench operation
Tuning	Brake systems & adjustment	43 – 44	Removal / repair tools Brake systems <ul style="list-style-type: none"> • Road <ul style="list-style-type: none"> ○ Calliper • MTB <ul style="list-style-type: none"> ○ V-Brakes ○ Hydraulic Disc ○ Cable Disc 	
		62 – 63	Brake Lever types & adjustment Pad, cable and rotor wear assessment <ul style="list-style-type: none"> • Road <ul style="list-style-type: none"> ○ Calliper • MTB <ul style="list-style-type: none"> ○ V-Brakes ○ Cantilever ○ Cable Disc 	Lever adjustment Assess rim wear / condition Assess pad wear / condition
		52 – 53		
		48 – 49		
		50 – 51		
		54 – 55		
		56 - 59	Cable removal and replacement Cable tension and adjustment Pad replacement & alignment	Replace inner & outer brake cables Tension and adjust brake system Pad replacement & alignment
60 – 61	Disc brake rotor removal and replacement (only if specifically requested) Troubleshooting common brake issues			

Tuning	Gear systems & adjustment	86-87; 110 - 111 94	Removal / repair tools Gear shifter types Derailleur types	
		90 - 91	Front derailleur gear alignment Front derailleur adjustment systems Limit stops and adjustment Cable tension and adjustment Front derailleur removal and replacement	Adjust limit stops Adjust cable tension
		88-89	Rear derailleur gear alignment Rear derailleur adjustment systems Limit stops and adjustment Cable tension and adjustment Rear derailleur removal and replacement	Adjust limit stops Adjust cable tension

End