# 2011

**Bicycle South Australia Inc**
**Comprehensive 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.***

| Bike SA – Comprehensive Bike Care – Program Outline 2011 | | | | 6.0 Hours Duration |
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| **Session Content** | **Topic** | **Manual Page Ref** | **Theory** | **Practical Tasks** |
| **Orientation and overview of training** | Introduction<br><br>Workshop safety | n/a<br><br>n/a | Course overview<br>Group introduction and working group allocation.<br><br>Workshop safety & OH&WS | Workshop orientation, facilities identification<br><br>OH&WS walkthrough, cleaning station procedure, emergency procedure, hazardous chemicals procedure |
| **Workshop & Emergency Roadside Tools** | Workshop tools & equipment<br><br>Portable tools and equipment | 24 – 27<br><br>n/a | Workshop tools overview<br>Specific tool identification<br>Home mechanic requirements<br><br>Emergency (trail & roadside) tools overview<br>Fundamental (trail & roadside) spares | Torque wrench operation |
| **Bike Parts & Safety Checks** | Bike fit<br><br>Bicycle parts / working groups orientation<br><br>Bike safety checks | 6 – 17<br>172 – 173<br><br>22 – 23<br><br>31 – 31<br>160 – 161 | Bicycle types<br>Aerodynamic v comfort<br>Frame dimensions and angles<br><br>Name that part<br><br>15 Point bike check<br>Safety inspection | Basic bike fit principles<br>Bike Fit Adjustments<br>Bike fit and comfort products<br><br>15 Point bike check<br>Safety inspection |
| **Cleaning & Lubrication** | Cleaning<br><br>External lubrication | 42 – 43<br>112 – 113<br><br>28 – 29 | Cleaning material types and their application<br>Complete bike clean<br>• Frame<br>• Components<br><br>Lubrication types and their application<br>Lubrication routine<br>Lubrication selection - riding condition specific | Component lubrication |
| **Bearing Systems** | Bearing overview | 134 – 135<br>136 – 137, 150 – 151, 152 – 155, 182 – 185 | Removal / repair tools<br><br>Bearing system assembly<br>• Sealed bearings<br>• Semi sealed bearings<br>• Cup and axel bearings<br>• Cartridge bearings<br>• Needle bearings<br>• Locknuts | Disassemble bottom bracket bearing assembly<br>Disassemble wheel bearing system assembly<br>Disassemble headset bearing system assembly |

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| | | | Bearing tolerances & adjustment<br>Troubleshooting bearing systems | |
| Lunch Break | | | | |
| **Tuning** | Brake systems & adjustment | 46 – 47<br><br><br><br><br><br><br>66 – 67<br><br><br><br>56 – 57<br><br>50 – 51<br>52 – 53<br>60 – 61<br><br>54 – 55, 58 – 59<br><br>64 – 65 | Removal / repair tools<br><br>Brake systems<br>• Road<br>  ○ Calliper<br>• MTB<br>  ○ V-Brakes<br>  ○ Hydraulic Disc<br>  ○ Cable Disc<br><br>Brake Lever types & adjustment<br><br>Pad, cable and rotor wear assessment<br>• Road<br>  ○ Calliper<br>• MTB<br>  ○ V-Brakes<br>  ○ Cantilever<br>  ○ Cable Disc<br><br>Cable removal and replacement<br>Cable tension and adjustment<br>Pad replacement & alignment<br><br>Disc brake rotor removal and replacement<br>(only if specifically requested)<br><br>Troubleshooting common brake issues | <br><br><br><br><br><br><br><br><br><br>Lever adjustment<br><br>Assess rim wear / condition<br>Assess pad wear / condition<br><br><br><br><br><br><br><br>Replace inner & outer brake cables<br>Tension & adjust brake system<br>Pad replacement & alignment |
| **Tuning** | Gear systems & adjustment | 89 - 91<br>72<br><br>86 - 88 | Removal / repair tools<br><br>Gear shifter types<br>Derailleur types<br><br>Front derailleur gear alignment<br>Front derailleur adjustment systems<br>Limit stops and adjustment<br>Cable tension and adjustment | <br><br><br><br><br><br>Adjust limit stops<br>Adjust cable tension |

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| | | 74 – 85 | Rear derailleur gear alignment<br>Rear derailleur adjustment systems<br>Limit stops and adjustment<br>Cable tension and adjustment | Adjust limit stops<br>Adjust cable tension |
| End | | | | |