



Bicycle Mechanical Training Course Outline & Fees



Bicycle Mechanical Training Courses

BEN (*Bicycling Empowerment Network South Africa*) offers a variety of training courses from “*Safe Cycling courses*”, in which we equip individuals in becoming safe and competent cyclist, to courses for individuals who want to become qualified, capable bicycle mechanics.

Course 1	Bicycle assembly for mechanics (1 day)	R500 p/p
Course 2	One-on-One Mechanical Training for bike owners (1day) <ul style="list-style-type: none"> • Road Bicycle • Mountain Bicycle or Standard Hybrid 	R500 p/p R800 p/p
Course 3	Wheel building (2 days)	course price: R1.600,00 p/p
Course 4	Mechanical and Wheel Building (15 days)	course price: R10 000,00 p/p
Course 5	Basic mechanical(5 days)	Course price: R3500,00 p/p

*All course prices are excluding travel costs and food. For more information about BEN Training Courses, please contact our office.





Course 1: Bicycle assembly for mechanics

The aim of the course:

The Bicycle Assembly Course is a 4 hour course designed to give you a good knowledge on how to setup the bicycle.

Who would benefit from this course:

Cycling enthusiast, bicycle tour guide, bicycle assembler

Required knowledge:

An understanding on how the bicycle works

Number of persons per class: 3-6

Price: R500 p/p

Course Content:

- How to check a bicycle
- Gear Adjustments
- Brake Adjustments
- Bottom Bracket Adjustments
- 3spd adjustments
- Puncture repair
- Removal and refitting of front and rear wheels
- Checking tyre pressure
- Dropout alignment





Course 2: One-on-One Mechanical Training for bicycle owners

The aim of the course:

The One on One Course is a 1 day course designed to give a good knowledge on how to do basic repairs.

Who would benefit from this course:

For the individual cyclist who wants to know how to repair his/her bicycle or a bicycle technician who needs to know how to repair a specific type of bicycle.

Required knowledge:

An understanding on how the bicycle works

Number of persons per class:

1

Price:

for a Road Bicycle R500 p/p

for a Standard Mountain Bicycle or Standard Hybrid R800 P/P

Course Content:

- Servicing of headset
- Servicing of hubs
- Servicing of bottom bracket, triple and double
- Servicing of gears
- Servicing of brakes and cable replacement (mechanical disc braking system)
- Clean and Lubrication.





Course 3: Wheel building

The aim of the course:

To be able to lace and to balance a basic wheel in 2 days.

Who would benefit from this course:

Anyone wanting to know how to build and balance a bicycle wheel

Required knowledge:

None

Number of persons per class:

3

Price:

R1600, 00 P/P

Course Content:

- Check components before lacing hub
- Wheel lacing
- Tensioning
- Wheel balancing
- Wheel dishing





Course 4: Mechanical and Wheel Building for road & mountain bikes

The aim of the course:

This is a 3 week course that will train the participants how to service a standard road, mountain bicycle (MTB) and 3 speed bicycles.

Who would benefit from this course:

If you want to start your own bicycle repair workshop or work in a bicycle shop as a bicycle technician.

Required knowledge:

A sound understanding of the bicycle

Number of persons per class:

3

Price:

R10000p/p

Course Content:

Week 1

- Know and understand bicycle parts
- Different types of bicycles
- Mechanical training on bicycles with grip shift and rapid fire gears
- Repair punctures
- Service a hub
- Remove and install a headset
- Adjust the crank/ bottom bracket
- Adjust the front changer
- Adjust the rear derailleur
- Individual assessment

Week 2

- Mechanical training on bicycles with thumb shift and down tube shifters
- Repair punctures
- Service a hub
- remove and install a headset
- Adjust the crank/ bottom bracket
- Adjust the front changer
- Adjust the rear derailleur
- Trouble shooting
- Individual assessment

Week3

- Mechanical training on back pedal and 3-speed bicycles.
- Replace spokes
- Build a wheel
- True a wheel
- Individual assessment





Course 5: Basic Mechanical

The aim of the course:

This is a 5 day course that will train the participants how to service a mountain bicycle (MTB)

Who would benefit from this course:

Anyone who wants to learn the solid basics of mechanical repairs and service of a MTB.

- School leavers
- Bicycle wash room personal
- Any private person wanting up skilling
- Organizations with bicycle fleet
- Cycling clubs

Required knowledge:

A sound understanding of the bicycle

Number of persons per class:

3

Price:

R3500 p/p

Course Content:

Day 1

- Know and understand bicycle parts
- Repair punctures

Day 2

- Headsets : threaded and A Headsets

Day 3

- Hub service: Front hub
- Rear hubs: Threaded and cassette.

Day 4

- Gear service: Mountain Bicycle

Day 5

- Brake service: Mountain Bicycle

