

## Cycle maintenance – matrix of existing courses

Activity	Cycling Scotland certificates	British Cycling Awards	Relevant external awards
<b>Perform safety checks on own bike</b> <i>e.g. perform an M check, adjust saddle and handlebar height, use cable adjusters on brakes and gears, check tyre pressure, assess wheel for trueness</i>	<ul style="list-style-type: none"> <li>• Bikeability Level 2 and 3</li> <li>• Essential Cycling Skills</li> <li>• Bikeability Scotland Instructor (BSI)</li> <li>• Cycle Ride Leader</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 Award in Coaching Cycling</li> <li>• Level 1 Ride Leadership Award</li> </ul>	<ul style="list-style-type: none"> <li>• Velotech Foundation 3 or Bronze</li> <li>• Cytech Home Mechanic</li> </ul>
<b>Perform basic maintenance on own bike</b> <i>e.g. fix a puncture, clean and oil a chain, replace worn brake pads, replace a chain</i>	<ul style="list-style-type: none"> <li>• Essential Cycling Skills</li> <li>• BSI Bike Set Up CPD</li> <li>• Cycle Trainer</li> </ul>	<ul style="list-style-type: none"> <li>• Fundamentals of MTB Leadership</li> <li>• Level 2 MTB Leadership award</li> </ul>	<ul style="list-style-type: none"> <li>• Velotech Bronze and above</li> <li>• Cytech Home Mechanic</li> <li>• City &amp; Guilds – level 1</li> </ul>
<b>Perform safety checks on fleet bikes</b> <i>e.g. perform an M check, note faults, adjust saddle and handlebar height, use cable adjusters on brakes and gears, check tyre pressure, identify parts that may need replaced</i>	<ul style="list-style-type: none"> <li>• Cycle Trainer</li> <li>• BSI Bike Set Up CPD</li> <li>• Cycle Ride Leader</li> </ul>	<ul style="list-style-type: none"> <li>• Level 1 Ride Leadership Award</li> </ul>	<ul style="list-style-type: none"> <li>• Velotech Bronze and above</li> <li>• Cytech Technical one or Home Mechanic</li> <li>• City &amp; Guilds – level 1</li> </ul>
<b>Perform basic maintenance on fleet bikes</b> <i>e.g. undertake basic repairs to make bikes roadworthy: fix a puncture, clean and oil a chain, replace worn brake pads, replace a chain, adjust gears, pump tyres, check and adjust accessible bearings</i>	<ul style="list-style-type: none"> <li>• Cycle Trainer</li> <li>• BSI Bike Set Up CPD</li> </ul>		<ul style="list-style-type: none"> <li>• Velotech Silver and above</li> <li>• Cytech Home Mechanic or Technical 2</li> <li>• City &amp; Guilds – level 2</li> </ul>
<b>Teach others to perform safety checks on their own bikes</b> <i>e.g. support others to undertake safety checks themselves and explain what it entails – drawing on extensive knowledge of a wide variety of cycles</i>	<ul style="list-style-type: none"> <li>• Bikeability Scotland Instructor (BSI)</li> <li>• Cycle Trainer</li> <li>• BSI Bike Set Up CPD</li> </ul>		<ul style="list-style-type: none"> <li>• Velotech Silver and above</li> <li>• Cytech Technical 2</li> <li>• City &amp; Guilds – level 2</li> </ul>
<b>Teach others to perform maintenance on fleet bikes</b> <i>e.g. ability to explain basic and more complex maintenance services to others, ability to guide and help them gain understanding and skills to perform maintenance themselves</i>			<ul style="list-style-type: none"> <li>• Velotech Professional (formally 'Platinum')</li> <li>• Cytech Technical 2</li> </ul>
<b>Lead maintenance activity, including Dr Bike sessions</b>			<ul style="list-style-type: none"> <li>• Velotech Professional (formally 'Platinum')</li> <li>• Cytech Technical 2</li> </ul>