

# 'Learn to fix event' quick guide



## Delivery partner responsibilities

Decide who is going to do what, assign team roles

Teach basic maintenance skills, how to fix minor repairs and make small adjustments

Apply teaching methods like demonstration, instruction, monitoring and tailored feedback on technique

Bike maintenance knowledge will save money on repairs

Receive feedback on technique

Enjoy the social experience of learning minor bike repairs with like-minded others



## Participant Takeaways

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## Planning tip

### Choosing your style

There are two styles to choose from when planning a learn to fix event: option 1 **Classroom style** and option 2 **Bike kitchen style**.



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## Procedure

### Greeting

Greet participant, explain the session and “pitch” the Cycling UK survey to collect names and emails.

### Allocate space

Allocate space and tools to each participant, or buddy-up if resources are limited.

### Option 1: Classroom style

**Classroom style:** Mechanics instruct the group on a topic, while participants observe. Participants then have a go themselves working on their own bike.

**Tip #1:** Welcome questions after each demonstration, while the demo is still fresh in everyone's mind.

**Tip #2:** Teach a different topic each week, e.g. bike puncture, brake pads, etc.

### Option 2: Bike kitchen

**Bike kitchens:** Participants work on their own bike and receive tailored advice. Mechanics ask participants about any issues (diagnose if unknown) and how much help they would like.

**Tip #1:** Find out about the different levels in knowledge from each participant.

**Tip #2:** Ensure that the mechanic spends an equal amount of time with each participant.

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## Behaviour change tips

### Encourage skills practice

Encourage participants to develop their repair skills at home. Give them an inner tube with holes so they can practise patching it up, or give them broken bike parts appropriate to their skills level and interest. This will strengthen that the learning will be remembered.

### Provide feedback on technique

Give personalised feedback on technique. Observe participants while they work and provide tips and tricks so they can improve. Bespoke advice will enhance the learning.



## Signpost participant

### Find out what participants are interested in or would like to know and point them in the right direction:

- Suggest learn to ride events if cycle skills need improving.
- Suggest joining a led ride event. Its a great way to learn local route knowledge.
- Recommend joining a local Cycling UK, Community Cycle Club. A great way to sustain cycling and meet like-minded others.