



The
BIG BIKE
Revival

we are
cycling
UK



Department
for Transport

Cycling UK, the UK's cycling charity, believes everyone has the right to cycle, access to safe routes and to be given the skills to ride with confidence.

This series of guides provides useful tips and advice to help businesses provide the best support to staff, so they can cycle to work with confidence.

Tips for workplace cycling - organise a Dr Bike session

A Dr Bike session provides support for staff to have their bicycles fixed up. Qualified mechanics can inspect, make any adjustments or repairs needed, and help ensure staff bikes are roadworthy for their commute.

Sessions typically involve a basic check-up, including pumping tyres, adjusting saddles, and tuning brakes and gears. Bikes that require more extensive repairs should be referred to a bike shop.

- Contact your local bike shop or research freelance mechanics who will be able to visit your workplace to provide the session.
- Gauge the number of staff who may be interested in using the support, and whether a few hours will be sufficient or if a full day will mean more staff can access it.
- Plan where you'll locate the Dr Bike - a sheltered area, preferably near your bike parking facilities, works best; however, consider an alternative indoor location if the weather is poor on the day.

Getting started

- Before holding a Dr Bike session, consider how many staff will want to use the opportunity and how best you can hold the session onsite, with space for bikes to be examined and a level surface for a mechanic to work.
- Promote the date well in advance so staff can plan to cycle in, if they don't already, and have a booking system so colleagues can make the best use of the mechanic's time.
- Have a process for the mechanic to feedback any issues or more extensive repairs required to the bike's owner if their bike can't be fixed on the day.

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