

# City & Guilds Level 1 - Frequently Asked Questions

## Who is it for?

Anyone who wants an accredited introduction to cycle mechanics. This course is popular with home mechanics and those wanting to work in the cycle industry. Experienced mechanics should take a look at our City & Guilds Level 2 course, which is aimed at those who want to progress in the industry or set up their own business.

## Do I need any experience?

Whilst this is an entry-level qualification, this course is not aimed at complete beginners. Ideally you will have some bike mechanics experience, for example doing basic maintenance on your own – or others' – bikes.

If you have little or no experience with brakes, gears, or fixing punctures then we recommend you take our 1-day Beginners Course first.

## Not sure which course is for you?

If you're not sure where you're at, please contact [alison@lifecycleuk.org.uk](mailto:alison@lifecycleuk.org.uk) we'll do our best to get you on the right course.

## Where is it taught?

All courses are taught in our professional bike workshop in Horfield, Bristol.

## What will we cover?

This bike maintenance course builds confidence and fundamental understanding in four key areas:

1. Rim brake removal/re-fitting and adjusting
2. Derailleur gear system removal/re-fitting and tuning
3. Puncture repair from start to finish
4. Comprehensive safety checking and fault diagnostics - 'M-Check'

## How is it taught?

We teach in small class sizes. The course is very hands-on: Our first-class tutors demonstrate professional techniques, then there is plenty of time to practice and hone your skills. The course is mainly practical with a small written element. If required, we can support you with reading and writing skills.

This is an accredited course: Each unit will be assessed as we cover it. Upon successful completion of all assessments you will achieve a City & Guilds Level 1 Certificate in Cycle Mechanics.

## What does it cost?

The cost of the full two days and certification is £275, bookable online below.

For those having their course paid for by work, email [alison@lifecycleuk.org.uk](mailto:alison@lifecycleuk.org.uk) and we can set up an invoice.

If you are unable cover the full cost upfront, you can pay a £50 deposit online and we will get in touch to discuss a payment plan.

### **Private Bookings**

You can book a private course for up to six learners at our workshop for £1,650. Alternatively, for an additional charge, we can come to you (within a 50-mile radius of Bristol). Please get in touch and we can give you a quote [alison@lifecylceuk.org.uk](mailto:alison@lifecylceuk.org.uk).

### **How will Covid-19 affect my course?**

We have undertaken full Covid-19 risk assessments for these courses. We have reduced class sizes to four learners only. Each workspace is socially distanced and our workshop is well ventilated. The instructor will be wearing a visor, but you will not need to wear a mask if you don't want to.

Two weeks before the course starts please consider reducing unnecessary social contact indoors to reduce the risk of coming into contact with any viruses that will necessitate you missing the course.

### **Social distancing**

The Hub space has been re-arranged so that learners and assessors are able to social distance throughout the day. Each learner will have their own work station. You will not be allowed to wander freely, but the bad jokes and the friendly, open sharing environment will remain the same.

### **What do I need to bring?**

We supply each learner with all tools, aprons, gloves, a work stand and comprehensive teaching notes. We provide dedicated "teaching bikes" to ensure a consistent learning experience - leaving you free to practice your skills on your own bike when you get home.

You just need:

- Your own pens
- A warm fleece/layers – we will try to keep the shutters open as much as possible.
- Plenty of liquids, snacks and lunch (due to COVID-19 safety measures you will not be able to use the kitchen).
- You may choose to bring your own apron and head torch although we will still provide these and they will be carefully cleaned before use.

### **Is there somewhere to park my bike/car?**

There is secure bike storage on site, but no car parking. If driving, you will have to use nearby residential streets. Nearby Gloucester Road is well-served by buses.

### **What time will I need to get there each day?**

You will need to be there ready to start at 9 am each day. Training finishes at 5 pm.

**How is the course assessed?**

You will be assessed on each unit of the course as the material is covered. The course is carefully designed to ensure there is time to introduce, teach and practice each component before you do a timed practical assessment. There is also a short knowledge (written) assessment. The knowledge assessment is not timed. Please tell us in advance of the course if you require extra support with the written elements. You must pass all assessments to gain your qualification.

**Do I need to attend every day?**

Yes, it is essential to attend both days of teaching from start to finish to ensure you pass all the units.

**What qualification will I achieve?**

City & Guilds "Level 1 Certificate in Cycle Maintenance". You will receive a certificate in the post from City & Guilds after successful completion of the course. Please note: City & Guilds charge £44 to re-issue certificates.

**What happens if I fail an assessment?**

To gain the qualification you must pass all 4 units. We do our best to re-assess any failed units during the course, but this is not always possible. If you miss a day or fail a unit you will be awarded the units you have completed, but not the full Level 1 Certificate.

**What are the break time arrangements?**

There will be a 15 minute break in the morning and afternoon. Learners will not be able to use the kitchen during the course. Please bring a flask and snacks to have during the breaks. Learners will need to stay in their work area or go outside during this time.

**What are the lunch time arrangements?**

Each day we will have a 45-minute lunch break. Start times will vary according to the content of each day. Learners must leave the workshop during this time. If the weather is very bad learners will be able to stay in the workshop but must remain at their own workstation. There are shops and cafés a short walk away doing take away or you can bring your own lunch.