

Promech

training excellence

Courses available:

CyTech 1

CyTech 2

CyTech 3

Suspension

Hydraulic Disc Brakes

Wheel Building

For further information call Promech on:

01296 395 333

www.promech.co.uk



madison



Promech are proud to be sponsored and supported by:



The new CyTech flexible qualification structure

Promech is the industry-preferred supplier of the Association of Cycle Trader's (ACT) CyTech qualification. Our instructors are trained by suppliers on all leading products to ensure our courses are in compliance with the latest manufacturer specifications and recommendations.

CyTech 1

Covers the basic competencies in assuring cycles are prepared correctly for collection by customers and meet BS 6102 Part 1, 1992. Additional modules include:

- Frame alignment and preparation
- Workshop practices
- Correct use of tools
- Health and safety

3 days total training time

CyTech 2

A CyTech 2 qualification relates to the assembly, maintenance and servicing of customer's cycles to ensure continued optimum performance and compliance with manufacturer's specification. Modules include:

- Headsets
- Gears
- Brakes (cable operated)
- Hubs
- Basic wheel building

CyTech 1 and 2 are the minimum requirement for Shimano Service Centre (SSC) status and can be delivered at Promech, or alternatively in your own cycle workshop, subject to sufficient numbers and on-site facilities being available.

8 days total training time

CyTech 3

The CyTech 3 qualification enables the mechanic to correctly set-up, repair and adjust top end cycle equipment. Modules include; suspension, hydraulic disc brakes, wheel building for disc brakes and complex bike building. The aim of the qualification is to enhance the range of services offered by your workshop. CyTech 3 comprises of 9 modules, 7 of which are compulsory and a further 2 are chosen by you, the employer/mechanic. Each completed module will result in the award of an individual manufacturer's certificate. Once all 9 have been completed a CyTech 3 certificate will be issued clearly identifying all modules successfully achieved.

9 days total training time

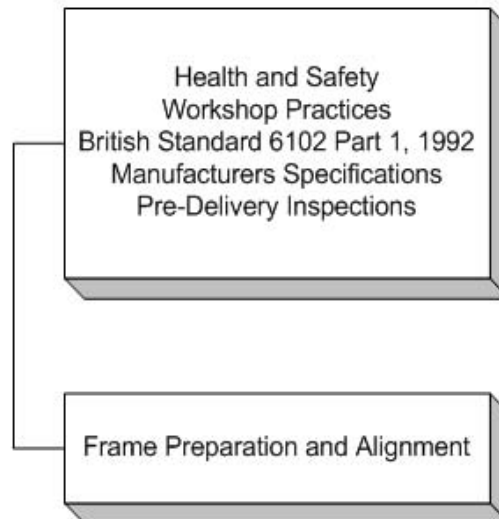
Flexibility

The CyTech courses are flexible with timescales to suit the needs of your business. An individual training plan will be agreed with each employer/candidate to ensure all training coincides with the needs of the mechanic and business requirements.

The complete CyTech 1 – 3 qualification routes can be completed with a total of 20 days training and can be obtained irrespective of age. **If a mechanic is experienced, an assessment programme to prove individual competence can be arranged.**

CyTech 1 - 3 course structure

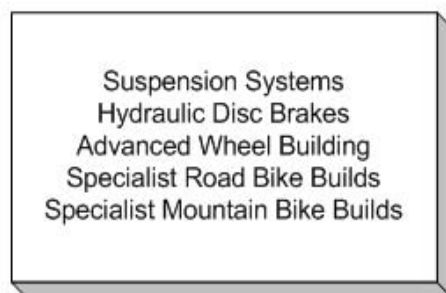
CyTech 1

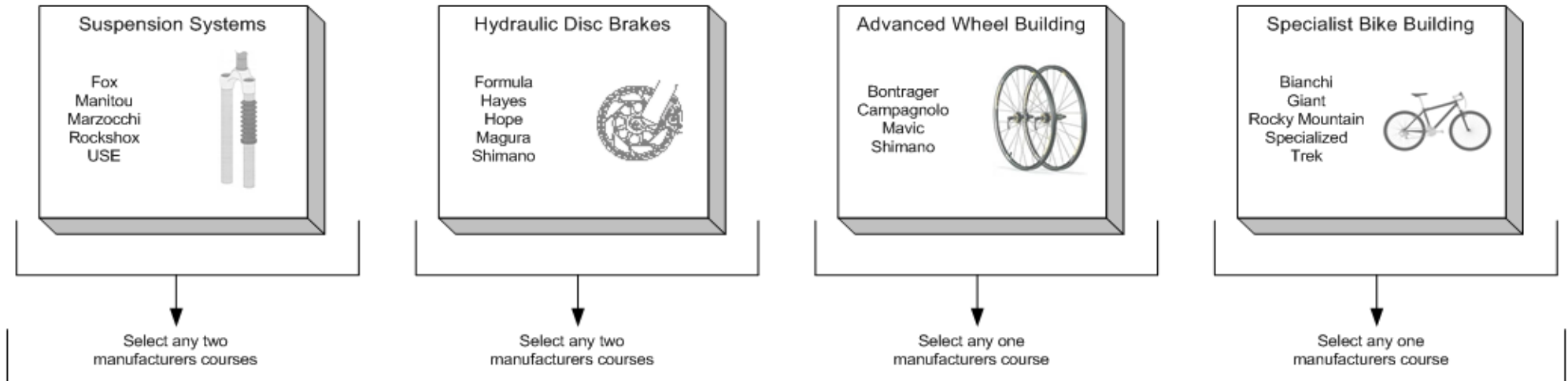


CyTech 2



CyTech 3





Pick two additional manufacturers courses from any of the four core areas above

NB: Refer to right hand box below for additional course options

One full bike build assessment

CyTech 3 Qualification

A CyTech 3 Qualification consists of:

- Two manufacturers courses in Suspension
- Two manufacturers courses in Hydraulic disc brakes
- One manufacturers course in Advanced Wheel Building
- One manufacturers course in Specialist Bike Building
- Any two other manufacturers courses from the above
- One full assessment of the skills learnt.

= **CyTech 3**

CyTech 3. A modular and adaptable industry standard qualification

Additional modules are available upon request and include to date:

- Internal Hub Gears
- Specialist Road Bike
- MTB

Please contact Promech (UK) on 01296 395 333 for further information on these or forthcoming additions to the qualification

CyTech 1 Timetable

CyTech 1	Day 1	Day 2	Day 3
09:00 – 10:30	Introduction to CyTech 1 Health and Safety	Introduction to British Standard 6102 Part 1	Introduction to Frame alignment and preparation
<i>Morning Break</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>
10:45 – 12:30	Discussion on Workshop practice	Demonstration of British Standard 6102 Part 1	Candidate Frame alignment and preparation
<i>Lunch Break</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>
13:00 – 14:45	Demonstration of how to use Workshop tools	Candidate to perform PDI to British Standard 6102 Part 1	Candidate Frame alignment and preparation
Afternoon Break	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>
15:00 – 16:30	Demonstration of how to use specialist tools	PDI Practical assessment	Frame alignment and preparation Assessment

CyTech 2 Timetable

CyTech 2	Day 1	Day 2	Day 3	Day 4	Day 5
9.00 - 10.30	Review of CyTech 1, Introduction CyTech 2 Manufacturer specifications	Explanation and discussion on derailleur technology	Practical, gear set-up and installation on road bike	Explanation and discussion on brake technology	Explanation and discussion on front and rear hubs
Morning Break	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes
10.45 - 12.30	Discussion on headsets	Practical, installation of bottom brackets and chainsets	Practical, Shimano gear set-up and installation on a mountain bike	Practical, installation of road dual pivot brakes	Practical on hubs, assembly and disassembly
Lunch Break	30 Minutes	30 Minutes	30 Minutes	30 Minutes	30 Minutes
13.00 - 14.45	Practical on headsets, assembly and disassembly	Practical, installation of derailleurs, chains, cassettes and hubs, chainline	Practical assessments gear installation and set-up	Practical, installation of V-brake, cantilever and cable operated disc brake	Explanation and discussion on internal hub gears
Afternoon Break	15 Minutes	15 Minutes	15 Minutes	15 Minutes	15 Minutes
15.00 - 16.30	Practical assessments and feedback	Practical, installation of derailleurs, chains, cassettes and hubs, chainline	Practical assessments gear installation and set-up	Practical assessment, installation and set-up of cable operated brake systems	Practical assessment, installation and set-up of hubs, internal hub Gears

CyTech 2 Timetable – Wheel Building

CyTech 2 (Wheel Building)	Day 1	Day 2	Day 3
09:00 – 10:30	Introduction to wheel building theory	Candidate to continue wheel lacing techniques	Demonstration and candidate practice of wheel dishing
Morning break	15 Minutes	15 Minutes	15 Minutes
10:45 – 12:30	Types of spokes, spoke length calculation using charts and IT programmes	Demonstration of wheel truing	Obtaining correct spoke tension by using tension meter
Lunch break	30 Minutes	30 Minutes	30 Minutes
13:00 – 14:45	Demonstration of wheel lacing techniques	Candidate to perform wheel truing	Wheel lacing assessment
Afternoon break	15 Minutes	15 Minutes	15 Minutes
15:00 – 16:30	Candidate to practice wheel lacing	Candidate to complete wheel truing	Wheel truing, dishing and spoke tension assessment

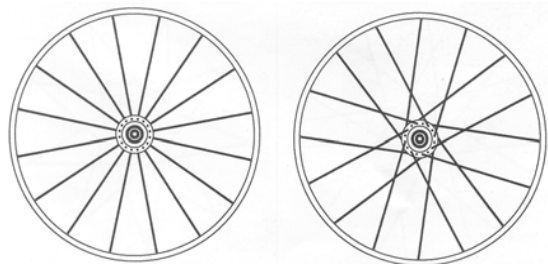
CyTech 3 Timetable

CyTech 3	Suspension	Hydraulic disc brakes	Specialist wheel building	Specialist bike building
9.00 - 10.30	Introduction	Introduction	Introduction and practical demonstration	Introduction
<i>Morning Break</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>
10.45 - 12.30	Practical demonstration	Practical demonstration	Candidates practical Wheel lacing	Practical demonstration
<i>Lunch Break</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>
13.00 - 14.45	Candidate practical assembly and set-up	Candidate practical assembly and set-up	Candidate practical wheel truing	Candidate practical bike building
<i>Afternoon Break</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>
15.00 - 16.30	Practical assessments and feedback	Practical assessments and feedback	Practical assessments and feedback	Practical assessments and feedback

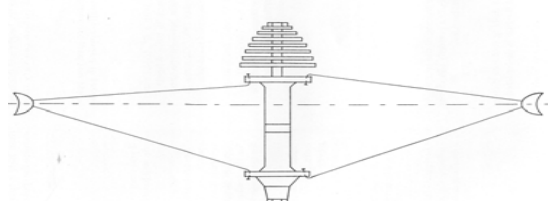
Wheel Building

Wheel Building

Promech are running a 3-day Wheel Building course that will teach you how to correctly lace, dish and true a wheel.



The course will start with an in-depth explanation of tools, hubs, spokes and rims. You will learn about the different types of lacing patterns and their correct use. The course is supported with the latest manufacturer technical information.



Candidates will learn how to calculate the correct spoke length using charts, calculations and various IT based programmes.

Once the candidate has mastered wheel lacing, they will then learn how to true the wheel, whilst obtaining the correct wheel dish and spoke tension.

At the end of the course on successful completion of a wheel building assessment each candidate will receive a DT Swiss Certificate.

Advanced courses

Promech offer advanced Wheel Building courses on the more complex high-end competition wheels like those produced by Shimano, Bontrager, Campagnolo and Mavic.



Course dates: on application

Cost: £225.00 + vat for an ACT member or SSC retailer
£270.00 + vat for non-Act member or non-trade

Suspension and Hydraulic Brake Systems

Suspension Systems

Promech offer a wide range of 1-day manufacturer/supplier approved suspension training courses. All training is in accordance with the latest manufacturer specification and latest equipment.

The day's training will include a full explanation of all product and components. An in-depth demonstration of strip-down, service and re-build to comply with manufacturer recommendation and standards.

In the afternoon each Candidate will have the opportunity to disassemble and assemble all suspension systems and familiarise themselves with all working parts.

The day will end with a practical assessment where each candidate will be required to strip-down, re-build and set-up one type of suspension system.

On successful assessment the candidate will be awarded a manufacturer certificate to display in their place of work.

Products courses include



Course dates on application

Cost: £75.00+vat

Hydraulic Disc Brake Systems

In addition to the suspension course Promech also offer 1-day hydraulic disc brake courses also approved by the relevant manufacturer/supplier. All training will be in accordance with manufacturers specification and again on leading product.

The day will include a full explanation of all product and components. An in-depth demonstration of strip-down, service and re-build to comply with manufacturer recommendation and standards.

In the afternoon each candidate will have the opportunity to assemble and set-up the brake systems and familiarise themselves with all working parts.

The day will end with a practical assessment where each Candidate will be required to strip-down, re-build and set-up a set of brakes.

On successful assessment the candidate will be awarded a manufacturer certificate to display in their place of work.

Product courses include



Course dates on application

Cost: £75.00+vat



CyTech Qualification Fees

Course	Total Duration (Days)	ACT Member &/or Shimano Service Centre *	Non Member
		Total Fee including Certification	Total Fee including Certification
CyTech 1	3	£260.00	£305.00
CyTech 1 Assessment only	1	£130.00	£150.00
CyTech 2	8	£635.00	£755.00
CyTech 2 Assessment only	1	£145.00	£170.00
CyTech 1 & 2 Assessment only	1	£180.00	£210.00
CyTech 3	9	£710.00	£845.00
CyTech 3 Assessment only	2	£400.00	£470.00

All fees exclude VAT

Notes:

All fees detailed above are for courses delivered in Promech's training facility in Aylesbury
 Training in your workshop is available, subject to numbers and on-site facilities, prices available upon request.

i.e. 'in house' training of CyTech 1 x 3 candidates @ £260.00 per candidate = £780.00 as an ACT member, plus expenses.

* To qualify for SSC discount, you should have a qualified mechanic up to or enrol a mechanic on CyTech NVQ Level 2 or CyTech Intermediate or CyTech 2

Prices effective from 1st September 2003 and subject to change without notice