

Organising a Bike Clinic

Key considerations for planning and delivering an engaging and effective bike maintenance clinic

Introduction

Don’t let a loose screw ruin your cycle!
A quick bike check can make all the difference. Regular maintenance not only helps prevent accidents, but also keeps the bike running smoothly, making your journey safer and more enjoyable. Simple checks are very effective.

A Bike Clinic isn’t just about checking if your bike is working properly, it’s also a great opportunity to teach participants how to keep their bikes in top condition between professional services.

What’s a Bike Clinic All About?

Partnering with a local bike shop can provide expert support and help bring your bike clinic to life. Use the session to demonstrate essential maintenance tasks such as:

- Puncture repair
- Chain cleaning and lubrication
- Brake and gear performance checks

You can also cover more complex repairs like tightening brakes, fixing broken chains, or replacing inner tubes. Bike maintenance clinics are a great way to build confidence, improving safety, and reduce long-term costs.

Booking Format

Decide how participants will engage with your Bike Clinic by by choosing a format that suits your team’s needs and availability:

- **Booking system:** Allow staff to reserve a slot via email at least two days in advance.
- **Drop-in session:** Let participants join at any time during the clinic.
- **Communal workshop:** Host a group session where an expert/facilitator demonstrates key repairs and participants follow along with guidance.

Promotion & Communication

Promote your bike clinic using staff notice boards in high-visibility areas, internal communication channels like the intranet, email, and your organisation’s social media platforms. Clear and consistent messaging will help boost awareness and encourage greater participation.

Accessibility Considerations

Ensure the bike clinic location is easy to access and that the timing suits as many staff as possible. Consider mobility needs, shift patterns, and the visibility of the venue to encourage participation.

