

**Unit Title:** Carrying Out A Systematic Cycle Check  
**Unit Level:** Level 1  
**Unit Credit Value:** 1  
**GLH:** 6  
**LASER Unit Code:** WJC750  
**Ofqual Unit Code:** T/506/0859

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Be able to work efficiently and safely when carrying out a systematic cycle check and basic adjustments.	1.1	Use appropriate Personal Protective Equipment and safety methods when carrying out systematic cycle check and basic adjustments.
		1.2	Follow Health and Safety procedures when carrying out a systematic cycle check and basic adjustments.
		1.3	Work minimising the risk of damage to the cycle, the environment, other people and their property.
		1.4	State the importance of working to agreed timescales and keeping others informed of progress.
2.	Be able to contribute to and use relevant sources of information.	2.1	Ensure that accurate records are kept.
		2.2	Follow technical instructions.
3.	Know how to carry out a systematic cycle check and basic adjustments.	3.1	State the different stages of a systematic safety check.
4.	Be able to select and use the appropriate tools and equipment to carry out a systematic cycle check and basic adjustments.	4.1	Prepare and use all the equipment required to carry out a systematic cycle check and basic adjustments.
5.	Be able to carry out a systematic cycle check and basic adjustments.	5.1	Demonstrate the correct procedure for carrying out a systematic cycle check.
		5.2	Decide whether the cycle is in a safe and roadworthy condition.
		5.3	Carry out basic adjustments required to leave the cycle in a safe and roadworthy condition.
		5.4	Recognise and report cosmetic damage to cycle components to the relevant person.

**Assessment Guidance:**

NA

**Additional Information:**

NA