

**Adroddiad ar Gynllun Peilot**  
**Pilot Activity Report**

<b>RDP042</b>		<b>Cymraeg yn y Sector Awyr Agored</b> <b>Welsh in the Outdoor Activity Sector</b>	
Dyddiad Date	23/06/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	3	Testun Subject	Bike mechanics

**Disgrifiwch y cynllun peilot**  
**Outline the pilot activity**

A bicycle maintenance course was run in Crickhowell school for two terms. [3 months]. The course was run for Duke of Edinburgh participants to gain a new skill for their Award.

**Beth yw bwriad y cynllun peilot?**

**What are the objectives of the pilot activity?**

- To provide opportunities for young people to use the Welsh language socially outside school whilst participating in a skilled activity.
- Introduce Welsh terminology for bike parts
- Participants completing the course developed self esteem, practical and social skills.
- Course topics: Tyre and tube replacement; brake adjustments; gear cable replacement/lubrication; front and rear derailleur adjustment; gear indexing and hydraulic- how to bleed and replace fluids

**Sut wnaethoch chi osod lan y cynllun peilot?**

**How did you go about setting up the pilot activity?**

- Produced promotional materials to present to the students aiming to complete their Bronze DofE during the academic year.
- Met with group to explain format of course
- Due to nature of the activity the group size was small- maximum 6. First 6 participants to show an interest secured their place.

**Pa adnoddau oedd angen arnoch chi i gynnal y cynllun? Oedd rhaid dibynnu ar eraill?**

**What resources were required to set up and run the activity? Did you need to rely on others for this?**

As a practicing qualified bike technician I had all the tools/equipment needed but only having one set of tools meant that students had to work in pairs and share the tools.

**Beth oedd amserlen y peilot?**

**What were the timescales of the pilot?**

The course was offered during the Autumn term and was completed during Spring terms

**Beth oedd yr heriau yn y peilot?**

**What were the challenges of the pilot?**

There was a wide range of experience amongst the participants so it was a challenge to ensure that the group was fully engaged with the activity. It was also hard to maintain enthusiasm to set up and run the sessions at the end of a busy working day and to ensure that all participants had acquired the particular skill within the 1 hr session

**Sut weithiodd y peilot yn ymarferol?**

***How did the pilot activity work in practice?***

Participants gained a good understanding of how a bike works.

- Learnt how to recognise a range of problems with a bike and be confident in resolving them.
- Carry out a selection of useful adjustments, repairs and servicing tasks.
- Used a selection of general and specialist tools.

A certificate was presented to each participant which was uploaded to their E-DofE portal.

Testimonials from young people:

*"Fun course and I learnt lots".*

*'My bike has a working front brake now!!'*

**Os am ailadrodd y cynllun, beth fuaswch yn newid?**

***If repeating this pilot activity, what would you do differently?***

Run a beginner and advanced course separately

Perhaps run the workshops during the school holidays

**Ydy'r cynllun peilot yma yn gynaliadwy? Os na, sut allwch ei wneud yn fwy gynaliadwy y tro nesaf?**

***Is this pilot activity sustainable? If not, how could you make it more sustainable next time?***

Train Sport Powys staff in trail side fixes/basic bike mechanics

**Os yn parhau'r cynllun yma, pa gamau fydddech chi'n ystyried nesaf?**

***If this activity were to continue, what steps would you look to take next?***

Train Sport Powys staff with simple conversational Welsh.

Train Sport Powys Staff to become competent bike technicians