

Pre-class	Introduction & Screening	Fixed Gear	Bike Set Up
Class plan	Greeting/Welcome	Explanation/implication/ Demonstration	Check pedal straps – excessive wear & tear, correct threading etc
Stereo	Injuries/illnesses etc	Brake – location and how to operate it	Seat height – adjust, check pins/screws
Music	Beginners	Resistance always - how to operate it	Handlebar height – adjust, check pins/screws
Microphone	Explanation of class content		Saddle fore/aft position - KOPS
Temperature (15.5-20°C) Ventilation	Encourage participants to work at their own level	Emergency procedure – if feet come off the pedals /if client is feeling unwell etc	Handlebar fore/aft position – explain wrist & elbow positions
Exits clear	Appropriate clothing and footwear	Questions/queries from participants	Feet in straps/cleats securely – ankle, foot & knee positions for pedalling
First Aid Kit Nearest emergency phone for help if required	Water and towel		Resistance check – start pedalling