

**1. Read objective:**

- To be able to perform basic motorcycle operations smoothly and proficiently

**2. Explain Range setup:**

Part one includes:

- Cone weave and normal stop on near side *[point]*.
- Swerve on interior of range *[point]*
- Quick stop on far side *[point]*
- Turn-from-a-stop at perimeter turns *[point]*.

Part two includes:

- U-turns and swerve *[point]*.
- Quick stop on far side *[point]*

**3. Instructions:**

- On signal proceed to double start cones designated and wait in line
- When practice area is clear, and one at a time, ride in and perform the skill
- Maintain a safety margin and select safe traffic gaps

**4. With riders at swerve start point, provide demo of two parts:**

- Note evaluations and provide instructions

**PART ONE**

– **Cone weave and normal stop**

- Weave to the left of the first cone, to the right of the second cone, and so on. Weave past all 5 cones.
- Make a smooth non-skidding stop with your front tire inside the stop box

– **Turn-from-a-stop**

- Stop briefly or pause-n-go at the cue cones, and ride a turn-from-a-stop.
- Keep head and eyes up and look through the path of travel.
- Turn handlebars and lean the motorcycle.
- Coordinate clutch and throttle use while staying within the painted lines and cones.
- Select a safe traffic gap and ride to the swerve line.

– **Swerve**

- Swerve in the direction of choice.
- Keep head and eyes up and keep body upright, independent of cycle lean.
- Maintain steady speed throughout your swerve.
- When straight, stop smoothly and safely.
- Turn left or right and join a line. Alternate sides.

– **Quick stop**

- Keep head and eyes up.
- Use brakes firmly.
- Avoid anticipating stop point.

- For part two, stage riders at double cones for the u-turn and quick stop

**PART TWO**

– **U-turns**

- Keep head and eyes up and look through path of travel.
- Turn handlebars and counterweight as needed.
- Work to complete u-turns within the solid lines.

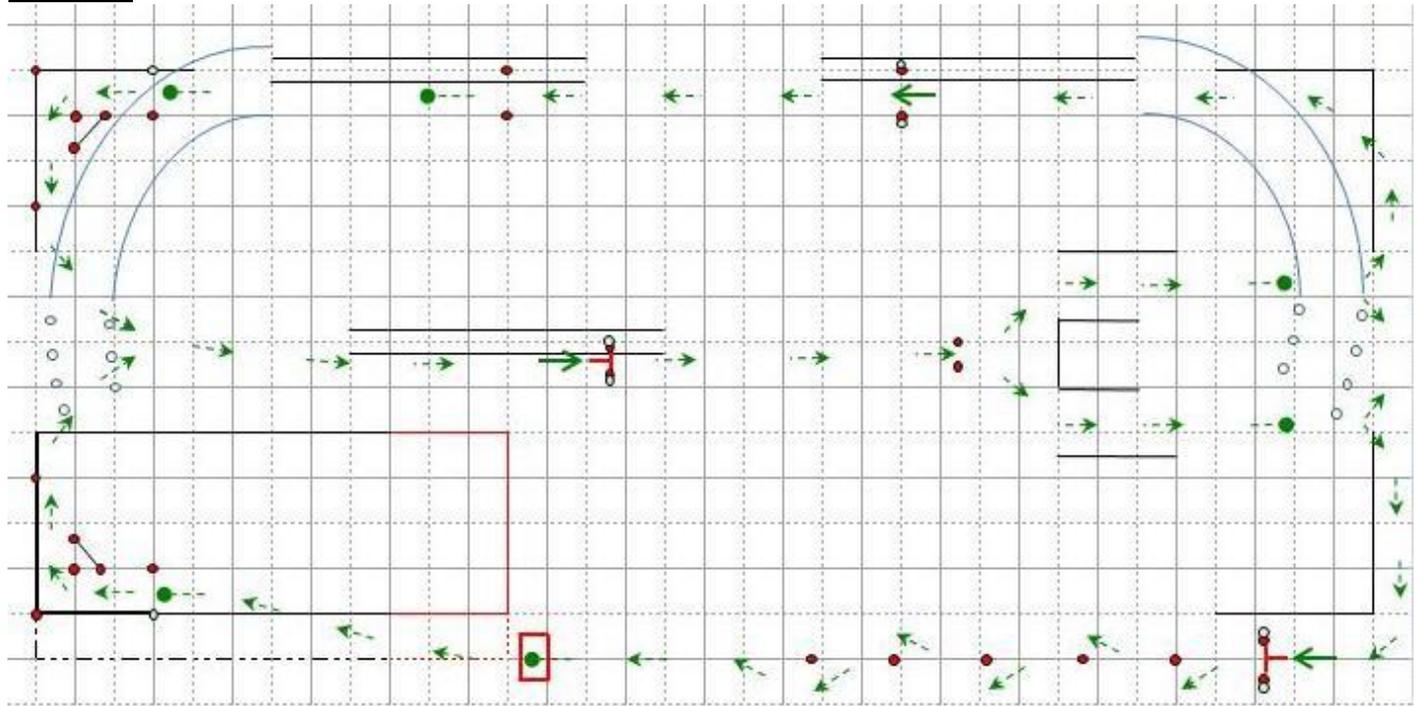
– **Quick stop**

- Avoid anticipation.

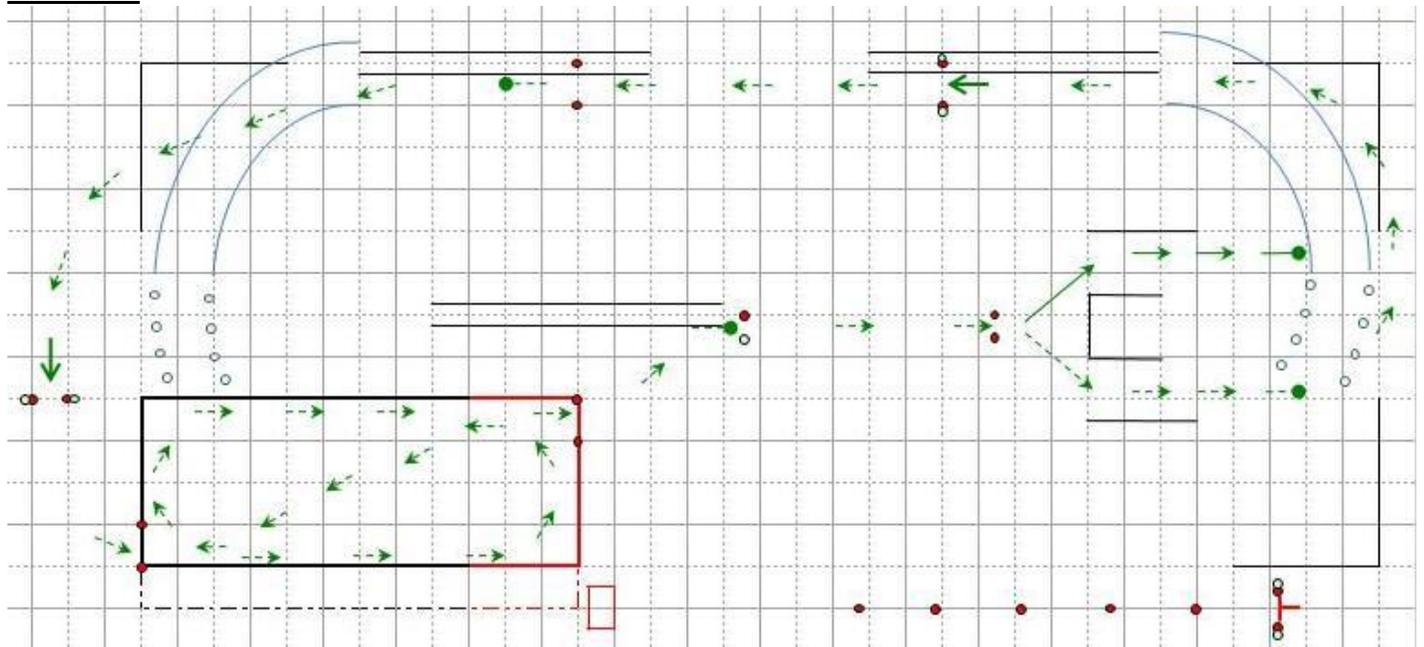
**5. Conduct exercise**

- Initially stage riders at double start cones for the weave and quick stop start points
- Coach improper approach speeds and cue cone anticipation

## PART ONE



## PART TWO



6. Stage riders

7. Debrief

### Notes:

- The cue cones for the swerve box are 13' from barrier and 3' apart
- The 20' boundary line for the u-turn is used