

**1. Read objective:**

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

**2. Explain Range setup:**

- Cone weave and normal stop on near side *[point]*
- Turn-from-a-stop at the perimeter turn *[point]*
- Quick stop lane on interior of range *[point]*
- U-turns and swerve 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 quick stop start point, provide demo**

- Note evaluations and provide instructions
  - **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 cue cones, then ride a turn-from-a-stop.
    - Keep head and eyes up; look through the turn.
    - Turn handlebars; lean the motorcycle.
    - Coordinate clutch and throttle use; stay within the boundary lines.
    - Select a safe traffic gap and ride to the quick stop line.
  - **Quick stop**
    - Keep head and eyes up.
    - Use brakes firmly.
    - Avoid anticipating stop point.
    - After coaching, turn left or right and join a line. Alternate sides.
  - **U-turns**
    - Keep head and eyes up; look through path of travel.
    - Turn handlebars; counterweight as needed.
    - Work to complete two u-turns within the solid lines.
  - **Swerve**
    - Swerve in the direction of choice
    - Keep head and eyes up; keep body upright, independent of cycle lean.
    - Maintain steady speed through the swerve
    - When straight, stop smoothly and safely
    - Turn left and ride to the quick stop line.

**5. Conduct exercise**

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

**6. Stage riders at cone weave start point**

**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

