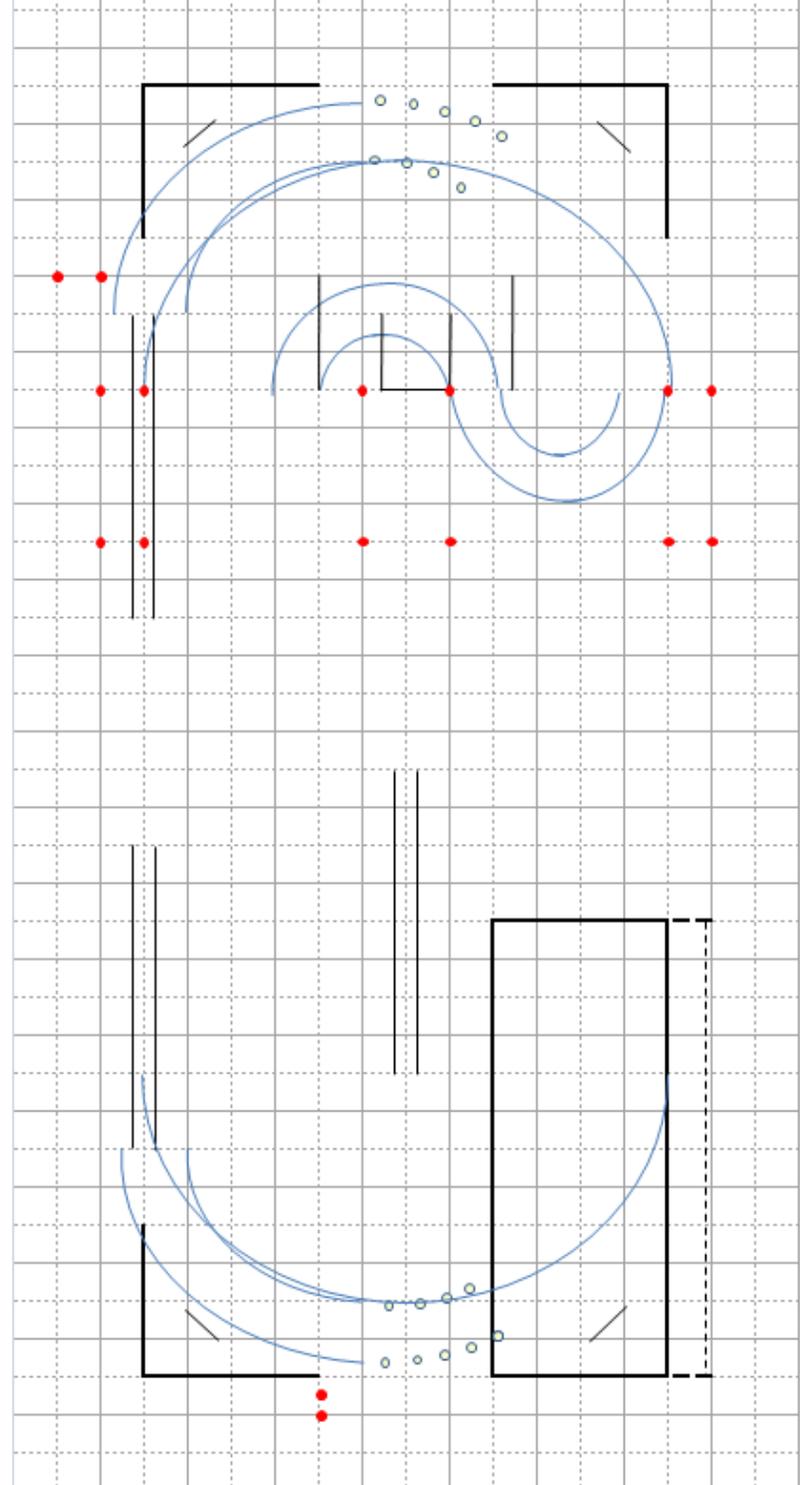


BASIC RIDERCOURSE

RANGE CARDS

60' x 170'
Alternate Layout
6-Student RERP



Exercise		Time
01	Motorcycle Familiarization	30 min
02	Using the Friction Zone	25 min
	(BREAK)	
03	Starting & Stopping Drill	25 min
04	Shifting & Stopping	30 min
	(BREAK)	
05	Adjusting Speed & Turning	30 min
06	Controls-Skills Practice	20 min
	(BREAK)	
07	Cornering	30 min
08	Matching Gears to Speed	15 min
09	Stopping Quickly	30 min
	(END OF DAY)	
10	Limited-Space Maneuvers	25 min
11	Pressing to Initiate Lean	25 min
	(BREAK)	
12	Cornering Judgment	30 min
13	Negotiating Curves	30 min
	(BREAK)	
14	Stopping Quickly in a Curve	20 min
15	Obstacles & Lane Changes	20 min
16	Avoiding Hazards	30 min
	(BREAK)	
17	Skills Practice	20 min

Evaluations

- 1-2 U-turn / Swerve
- 3 Quick Stop
- 4 Swerve

Range Equipment

- Cones
- Clipboard
- Fire Extinguisher
- First Aid Kit
- Stopwatch
- Whistle
- Fuel/Oil
- Air Tank/Pump
- Obstacles (four 2" x 4"s)
- Trash Bags
- Extra Protective Gear
- Tools

Range Materials

- Range Cards
- Skill Test Score Sheet
- Incident Report Form
- Emergency Numbers
- Pens/Pencils

Pre-Ride Information

- Check Protective Gear
- T-CLOCS of training motorcycles (including student owned)
- Check Surface Conditions

Disclaimer: These Basic RiderCourseSM Range Cards are to be used only by MSF-certified RiderCoaches.

RANGE RULES:

- Do not practice without RiderCoach permission.
- Always wear proper protective gear when seated on the motorcycle.
- Know the location of the engine cut-off switch and how to use it.
- Keep the clutch "covered" during early skill development (first riding day).
- Keep a wrist flat position on the throttle.
- Always keep a margin of safety, and check all around before moving out.
- Do not pass other riders unless directed to do so.
- If you have a problem, move out of the path of travel. A RiderCoach will assist you.
- Stop smoothly in position if you see or hear a group stop signal.
- If you do not understand an exercise, or become too uncomfortable to ride safely, notify a RiderCoach.

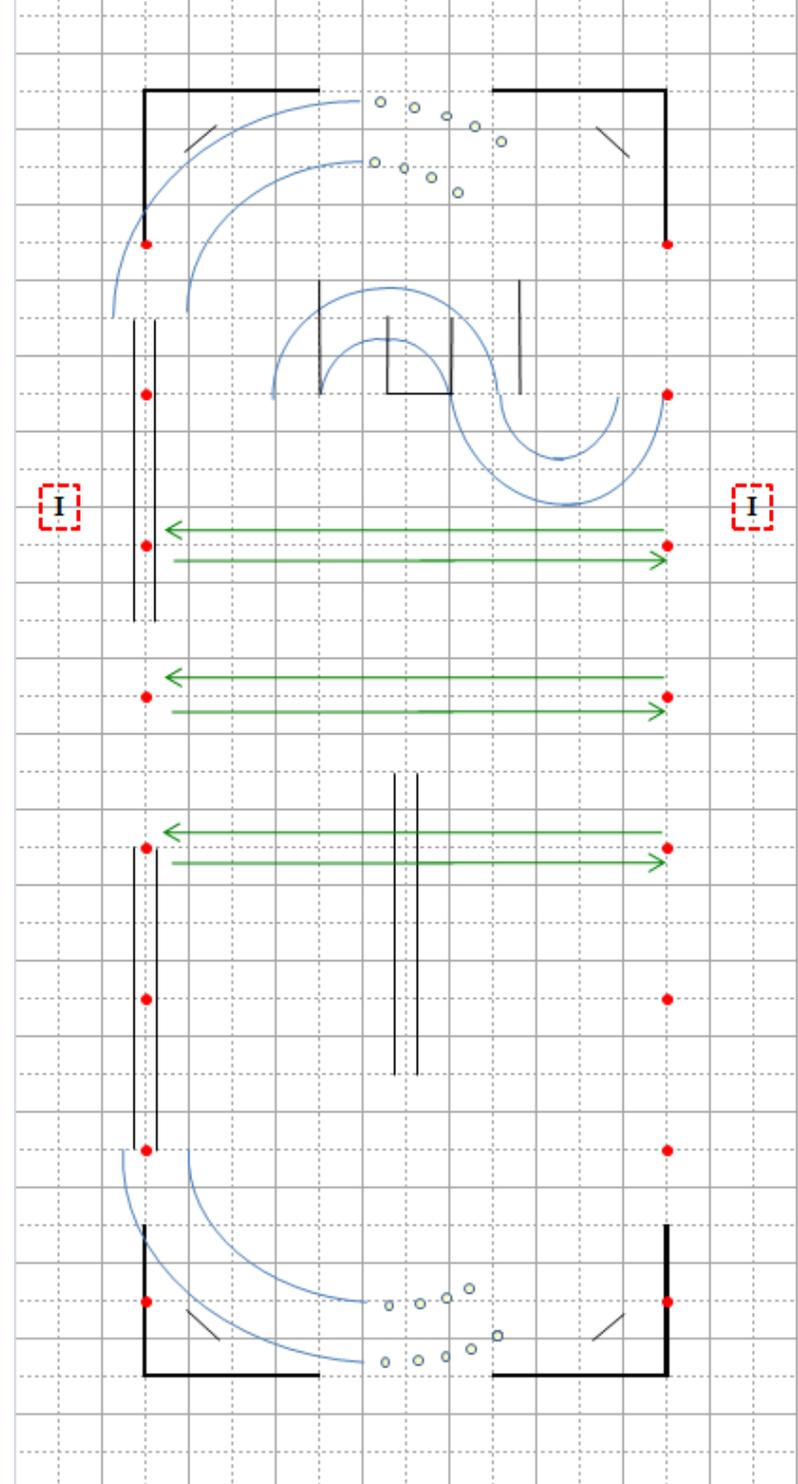
30 minutes - No Demo, Static Practice

- 01 Assign a motorcycle to each rider
 - Help each rider with protective gear
 - Ensure size/fit of protective gear and motorcycle
- 02 Read objectives
 - To identify location and operation of important controls and parts
 - Use controls smoothly
 - Use side stand fully
 - Squeeze front brake when mounting/dismounting
 - Use good posture
 - Use FINE-C and proper shutdown procedures
- 03 Provide instructions as riders perform
 - Walk around motorcycle identifying controls
 - Check fuel valve positions
 - With protective gear on, mount motorcycle
 - Raise stand and assume good posture
 - Lean motorcycle left/right to feel its weight
- 04 Identify and manipulate the following
 - Handlebars
 - Full left, full right, center
 - Press and lean right, center
 - Press and lean left, center
 - Throttle
 - Check operation
 - Roll-on full, roll-off
 - Roll-on half, roll-off
 - With wrist flat, roll-on quarter turn, roll-off
 - Front brake lever
 - Squeeze and release
 - Practice roll-off/brake squeeze
 - Engine cut-off switch
 - Electric start button
 - Clutch lever
 - Note: Squeezing the clutch lever removes engine power from rear wheel; squeeze the lever promptly if control is lost
 - Choke
 - Fuel supply valve
 - Shift lever
 - Rear brake pedal
 - Ignition switch, turn ON
 - Turn signals
 - Lights high/low beam
 - Horn
 - Ignition switch, turn OFF
 - Side stand fully down
- 05 Dismount, then remount
- 06 With engine off: Practice finding neutral (show neutral signal)
 - Roll motorcycle in neutral
 - Squeeze clutch, shift to 1st gear, slowly ease out clutch
Roll motorcycle (shouldn't roll)
 - Squeeze clutch, shift to neutral, slowly ease out clutch
Roll motorcycle (should roll)
 - Squeeze clutch, shift to 2nd gear, slowly ease out clutch
Roll motorcycle (shouldn't roll)
 - Squeeze clutch, shift to neutral, slowly ease out clutch
Roll motorcycle (should roll)
 - Repeat as needed
 - Side stand fully down
- 07 Dismount, then remount
- 08 Review engine start/stop procedures
 - Show start/stop signals
- 09 Have riders start/stop engine on signal
 - Use FINE-C to prepare to start engine
 - Fuel valve
 - Ignition
 - Neutral
 - Engine Cut-off
 - Choke/Clutch
 - Start engine and allow it to warm
 - Adjust choke as necessary
 - Practice throttle roll-on/roll-off
 - Stop engine (Thumb/Key/Valve)
 - Side stand fully down
- 10 Dismount
- 11 Debrief
 - Reinforce value of squeezing clutch lever and using the brakes to maintain control
- 12 Prepare for next exercise
 - Have riders mount and straddle walk to start position for next exercise
 - Practice front brake operation (multiple opportunities)
 - Practice backing up while looking over shoulder

EXERCISE #12 USING THE FRICTION ZONE

25 minutes - Demo, Simulated Practice, 3 Parts

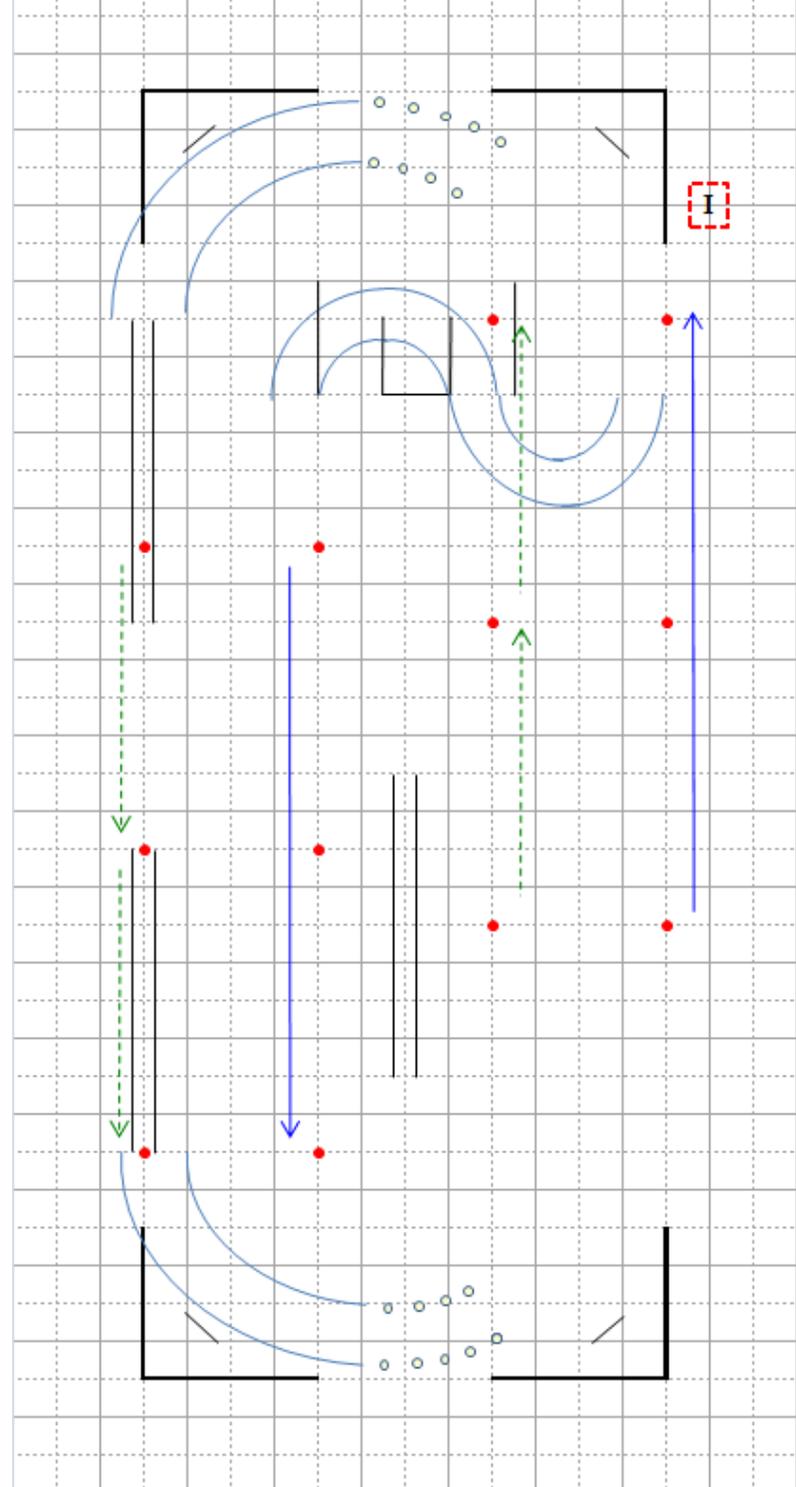
- 01 Read objective
 - To be able to use the friction zone with control
- 02 Explain range setup
 - Individual lanes back and forth across range marked by 2 cones
- 03 Provide instructions
 - Part 1 – Group Rocking
 - On signal, mount and start engine
 - On signal, squeeze clutch lever and shift to 1st gear
 - On signal, use friction zone to rock back-and-forth in place repeatedly
 - Do not release clutch lever fully
 - Use minimal throttle
 - Part 2 – Power Walking
 - On signal, power walk in path of travel
 - Keep feet on ground, not on footrests
 - Upon reaching target cone, stop using front brake smoothly, shift to neutral (slowly easing out clutch lever to be sure), and raise left hand
 - On signal, turn motorcycle around
 - On signal, shift to first and repeat power walk, stopping next to target cone
 - Repeat as signaled
 - Part 3 – Riding
 - On signal, ride from start cone to target cone
 - Power walk until speed is stable
 - Use both brakes to stop, putting left foot down first
- 04 Provide demo of posture and 3 parts
 - Note evaluations and provide signals
 - Keep right wrist flat and use steady throttle
 - Keep clutch lever covered
 - Keep head and eyes up
 - Keep knees against tank
 - Don't cover front brake lever while using throttle
 - Maintain a safety margin
- 05 Provide simulated practice of friction zone
- 06 Conduct exercise as a group
 - During Part 1 – Group Rocking, watch riders needing individual coaching. Ensure all riders have good friction zone control before moving to Power Walking
- 07 Stage riders
 - In middle of range in direction to permit left turn to start next exercise
- 08 Debrief



EXERCISE #19 STARTING & STOPPING DRILL

25 minutes - Demo, 2 Parts

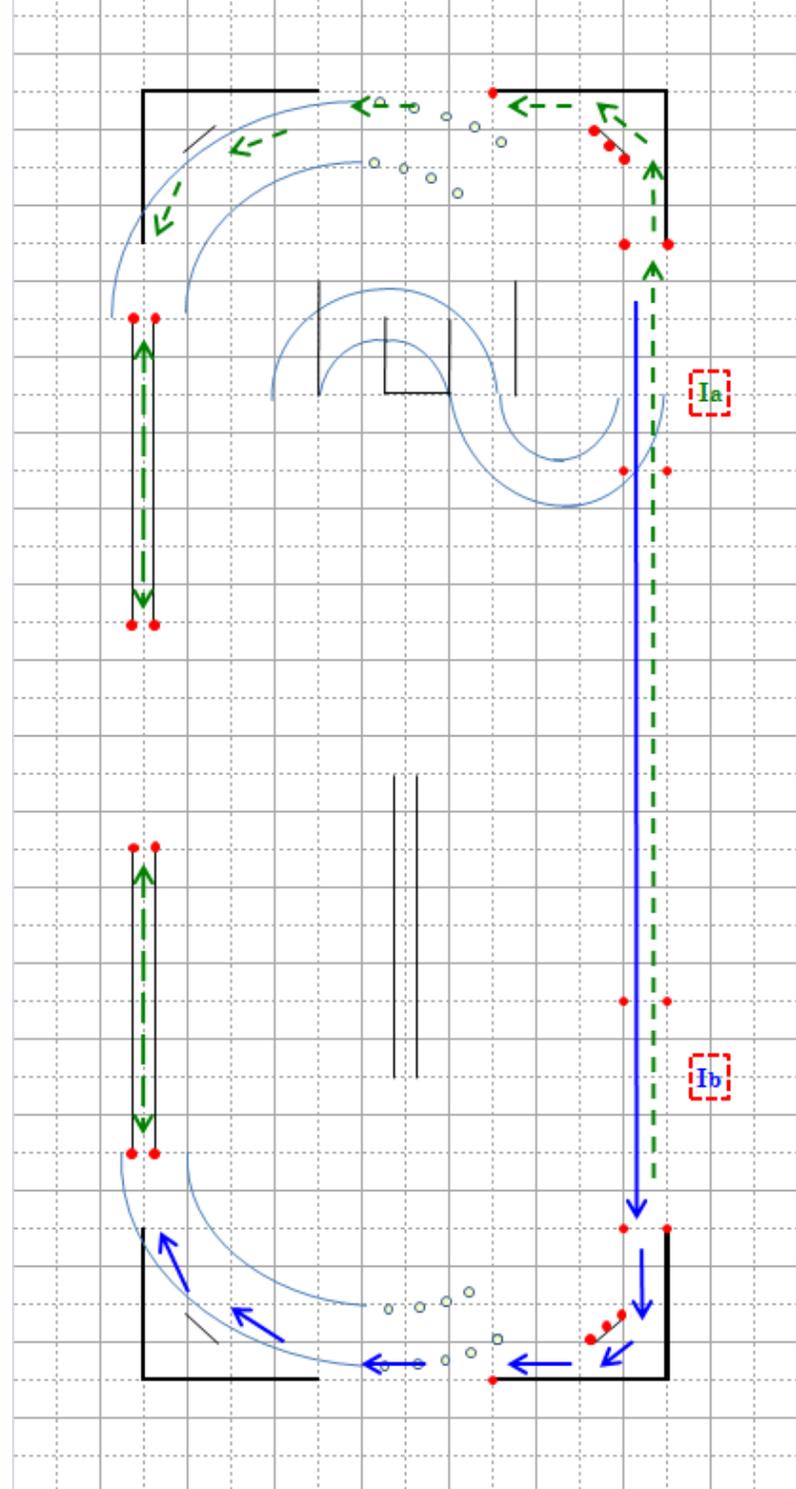
- 01 Read objective
 - To be able to start out and stop with precision and control
- 02 Explain range setup
 - 2 lanes of cones on each side of range, for a total of 4 lanes
- 03 Provide instructions
 - Part 1 – Stop at each cone
 - On signal, power walk to start cone designated
 - On signal and when your next stop cone is open, start out and stop smoothly
 - Power walk until speed is stable
 - When at last cone in row, check for opening in either lane at other side, and power walk to next cone (watch for other riders)
 - Repeat until signaled otherwise
 - Part 2 – Stop at last cone
 - On signal and when last cone is open, start out from the first cone and stop smoothly at last cone
- 04 Provide demo
 - Note evaluations and provide signals
 - Keep head and eyes up
 - Start and stop smoothly and precisely
 - Coordinate clutch/throttle use
 - Power walk until speed is stabilized
 - Maintain path of travel
 - Use both brakes to stop
 - Square handlebars at stop
 - Put left foot down first at stops
 - Maintain a safety margin
- 05 Conduct exercise
 - When riders demonstrate control in Part 1, stop riders at the beginning of each line
 - Conduct Part 2
- 06 Stage riders at a start point for Exercise 4
- 07 Debrief



30 minutes - Demo, Simulated Practice, Reverse

- 01 Read objective
 - To be able to shift gears and stop smoothly
- 02 Explain range setup
 - Clutch control lanes on the far side of range.
 - A shift/stop lane on near side of range
 - A turn after stop
- 03 Provide instructions
 - On signal, ride through the clutch-control lanes, and stop at the beginning of the shift/stop lane
 - Keep a safety margin between riders while riding and while in line
 - On signal and one at a time, ride down the lane, shifting to 2nd gear, releasing clutch
 - As you approach the stop point, shift to 1st gear and stop between last set of cones
 - Do not release clutch after downshifting to 1st gear
 - Remain stopped for coaching
 - On signal, slowly ride through turn and proceed through the clutch control lanes
 - Turn and get in line
 - On signal reverse exercise.
 - On signal, ride to group parking area
- 04 With riders at stop point, provide demo
 - Include parking area
 - Note evaluations and provide signals
 - Keep eyes up
 - Shift smoothly and precisely
 - Stop smoothly using both brakes at the designated point
 - Do not release clutch after downshifting
 - In clutch control lanes, work to improve slow speed clutch control and balance
 - Use outside-inside-outside path in perimeter turns
 - Maintain a safety margin
- 05 Provide simulated practice of shifting
- 06 Conduct exercise
 - Encourage riders to complete perimeter turns after stop
 - Observe each rider through perimeter turn before signaling next rider
 - Note skill development as riders practice clutch control lane
 - Reverse exercise by moving riders to new start point
- 07 Stage riders in parking area
- 08 Debrief

Note: An equal amount of time should be spent in each direction



30 minutes - Demo, Simulated Practice, 2 Parts, Reverse

- 01 Read objective
 - To be able to adjust speed to make smooth turns and negotiate weaves
- 02 Explain range setup
 - Cones around perimeter of range, 20' apart on one side and 30' apart on the other
- 03 Provide instructions

Part 1 – Ride perimeter outside the cones

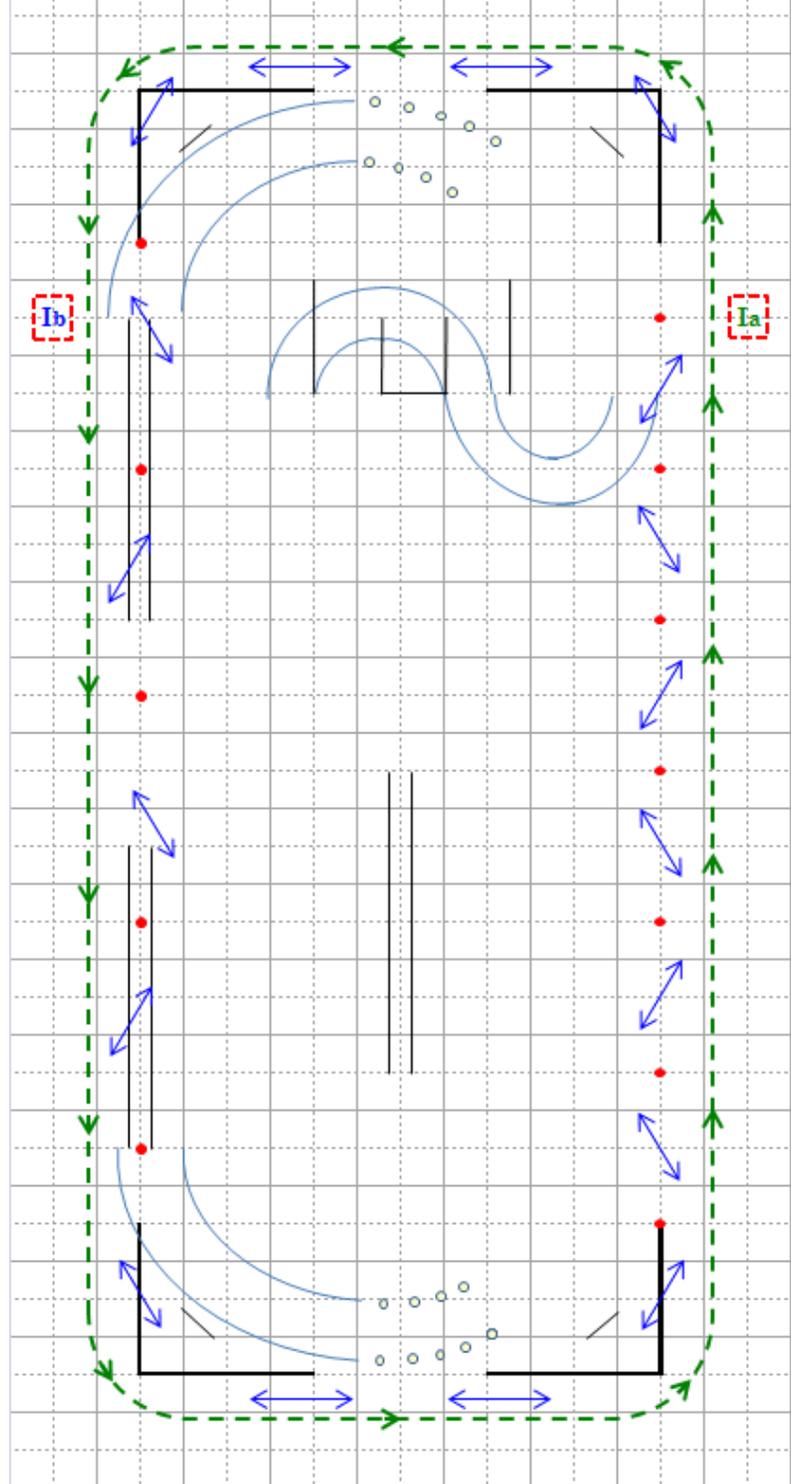
 - On signal, ride the perimeter outside of cones and adjust speed for corner
 - Maintain an adequate following distance
 - Speed up as possible on the straightaway and slow for the corners
 - Do not squeeze the clutch when slowing

Part 2 – Weave

 - After some time and on signal, begin to weave around the cones

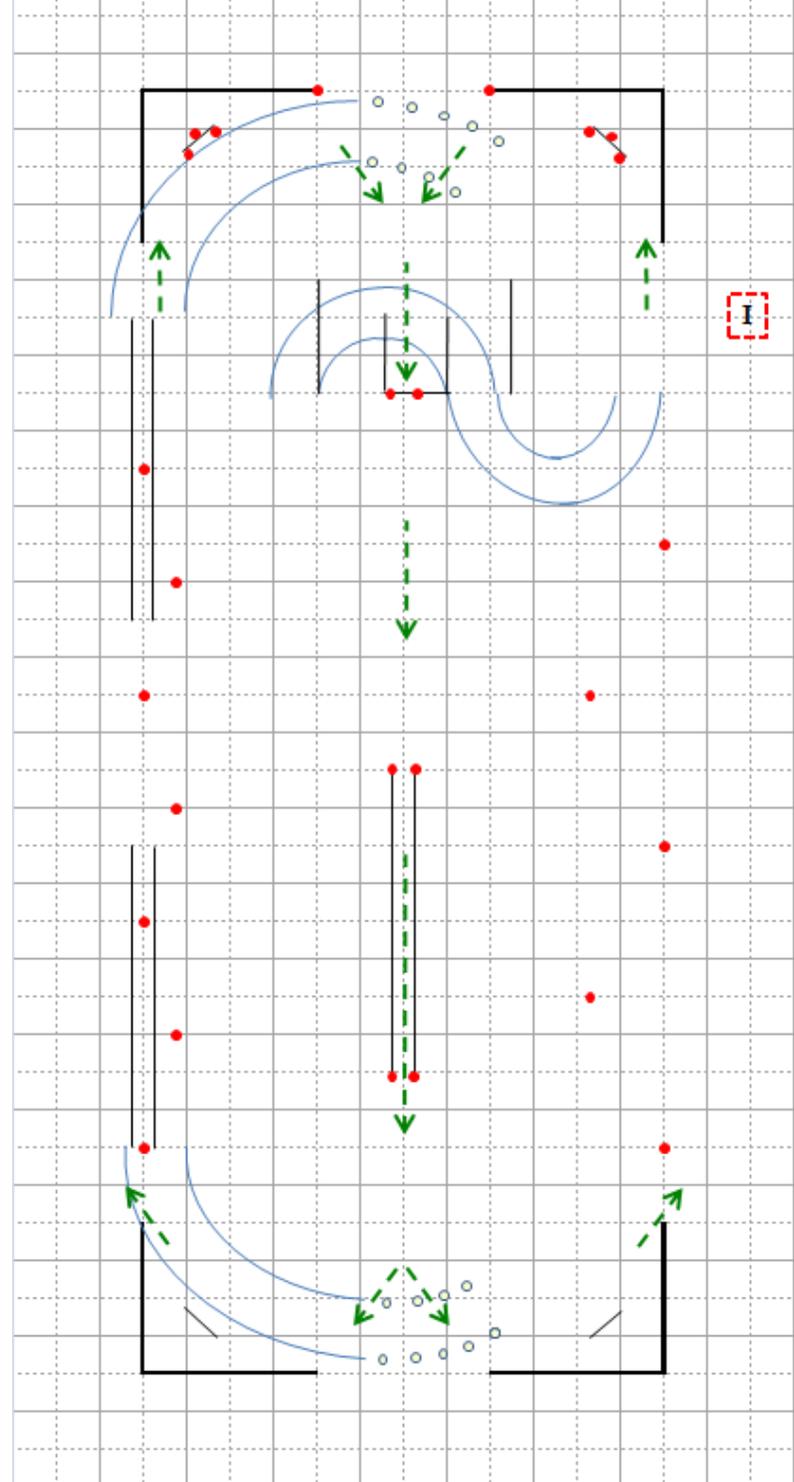
Starting on the outside of the first cone

 - On signal, stop in line to reverse direction
 - On signal, stop in line to reverse and ride to parking area
- 04 Provide demo
 - Note evaluations and provide signals
 - Maintain precise control
 - Slow with both brakes before corners (no clutch squeeze)
 - Use throttle smoothly
 - Keep right wrist flat without covering front brake
 - Maintain a safety margin, particularly in following distance
- 05 Provide simulated practice of steady throttle with steering input
- 06 Conduct exercise, with reversal of weaves
 - Provide extended time on perimeter
- 07 Stage riders in the parking area
- 08 Debrief



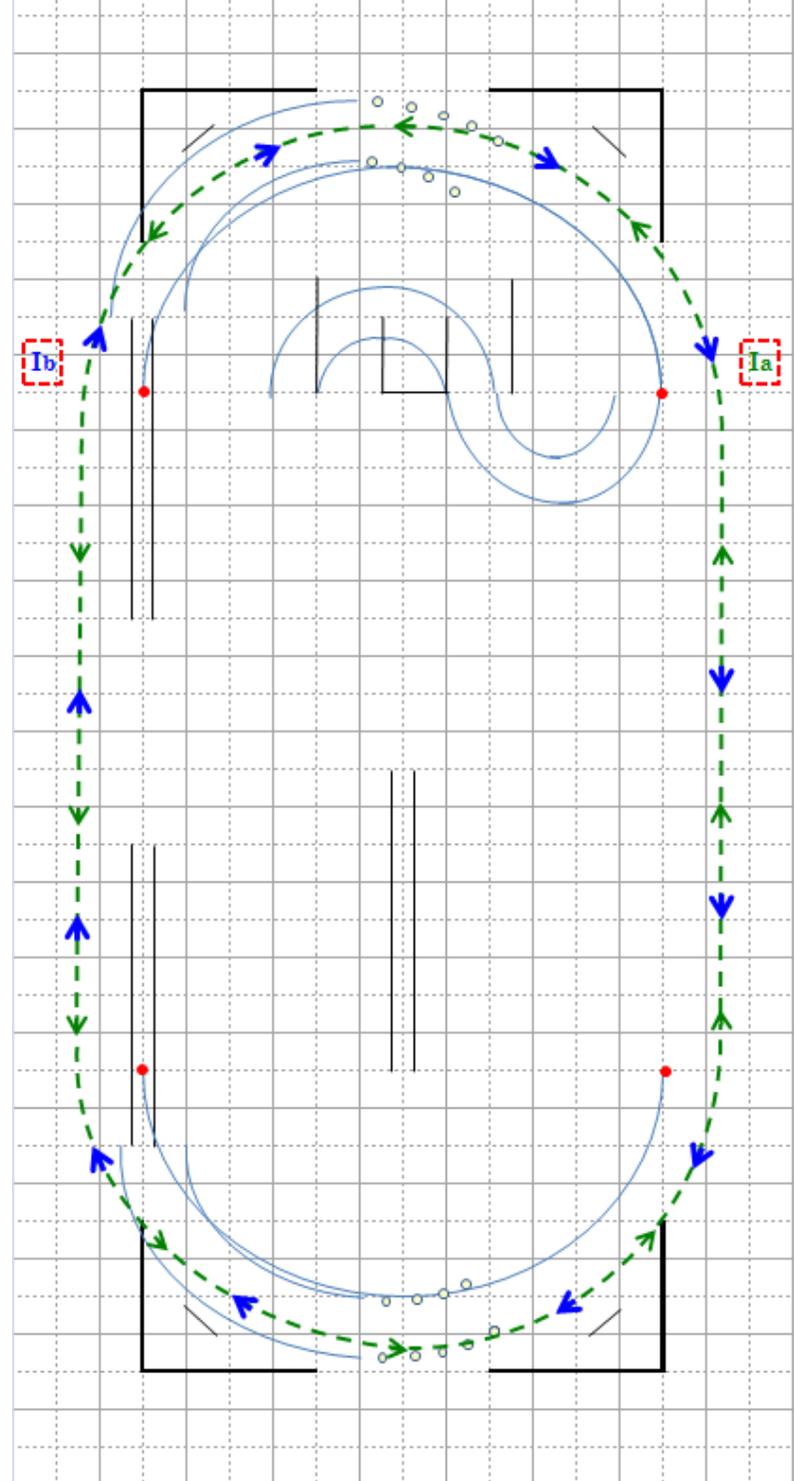
20 minutes - Demo

- 01 Read objective
 - To be able to effectively maneuver the motorcycle
- 02 Explain range setup
 - Down the middle: a pause-n-go, clutch control lane, and turn
 - On the long sides of the range are offset weaves and a perimeter turn
- 03 Provide instructions
 - Ride down the center of the range for the pause-n-go, the clutch control lane, and turn left or right
 - On the long sides, weave around the cones starting to the outside of the first cone
 - Slow at the end and make a perimeter turn
 - Check for traffic and repeat up the middle
 - Alternate sides
- 04 Provide demo
 - Note evaluations and provide signals
 - Coordinate throttle, clutch, and brake use
 - Keep head and eyes up
 - Maintain appropriate following distance
 - Check for traffic
 - Maintain a safety margin
- 05 Conduct exercise
 - Start riders down middle
 - Stress gap selection
 - Have riders work toward very low speeds in clutch control lane
 - Initially distribute riders evenly on long sides
- 06 Stage riders in parking area
- 07 Debrief



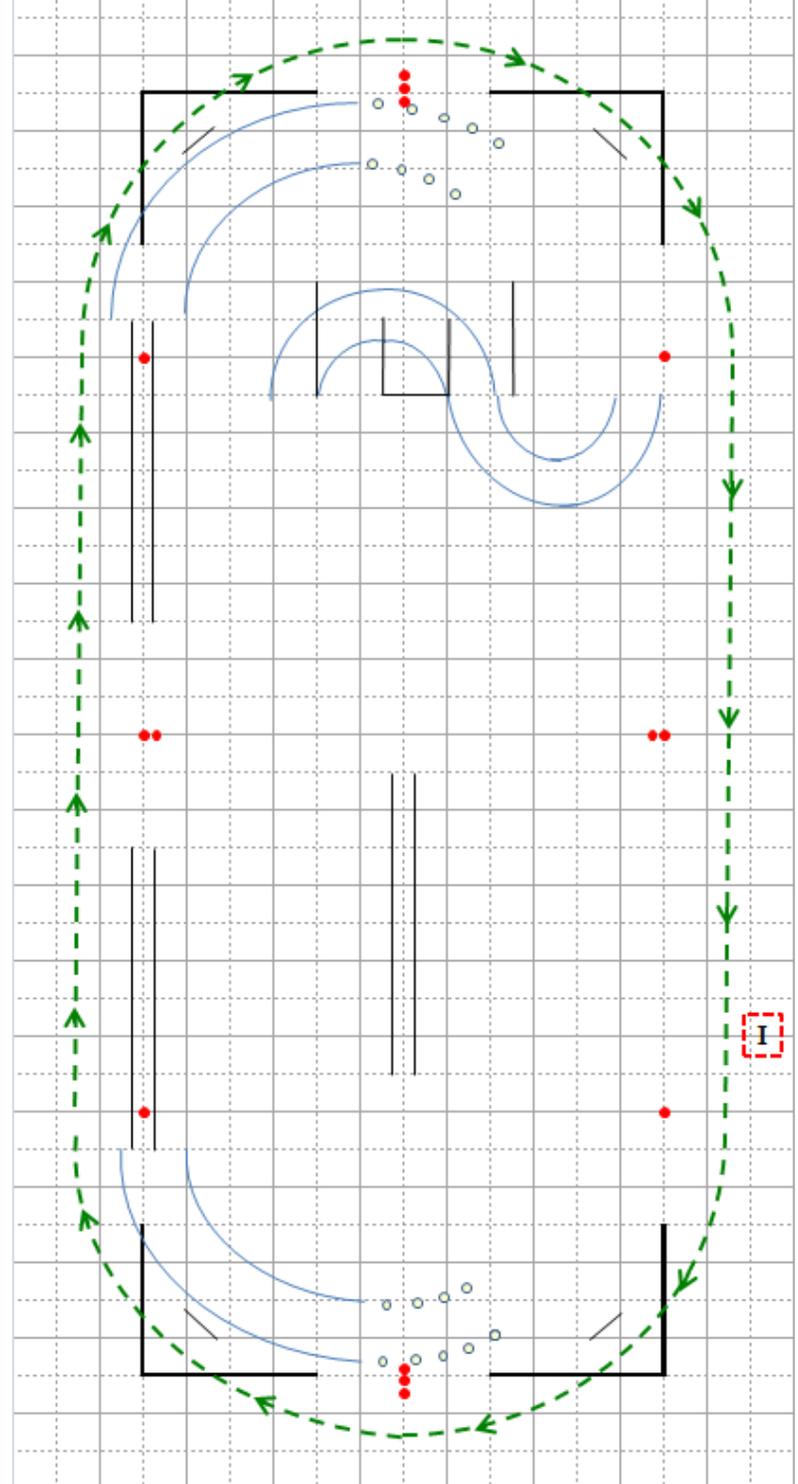
30 minutes - Demo, Simulated Practice, Reverse, Repeat

1. Read objective
 - To be able to ride smoothly through turns using correct technique
 2. Explain range setup
 - An oval formed by 2 large arcs
 3. Provide instructions
 - On signal, ride the oval to the left in 2nd gear
 - Before passing each entry cone, brake to entry speed without squeezing the clutch
 - Look through turn and maintain or increase speed gradually through turn
 - Once completed to the left, the exercise will be reversed
 - Once completed to the right, the exercise will be reversed
 - On signal, ride to the parking area
 4. With class at entry point, provide demo
 - Note evaluations and provide signals
 - Maintain smooth, controlled operation
 - Keep head and eyes up, and look through the path of travel
 - Slow with both brakes prior to entry
 - Use Slow, Look, Press, Roll technique in cornering
 - Maintain a safety margin
 5. Conduct simulated practice of “look and press”
 6. Conduct exercise (running to left)
 - Initially coach “slow and look”
 - Stop and reverse exercise (running to right)
 - Stop, or stage riders to debrief and coach
 - Repeat exercise left and right
 7. Stage riders in parking area
 8. Debrief
- Note: The maximum number of riders for the oval is 6.*



15 minutes - Demo (Clockwise direction)

- 01 Read objective
 - To be able to select the proper gear for road speed
- 02 Explain range setup
 - Perimeter with cue cones for shifting and turning
- 03 Provide instructions
 - On signal, complete a sweeping U-turn and ride the perimeter clockwise in 2nd gear
 - At the triple cones, shift to 3rd gear and increase speed
 - At double cones, downshift to 2nd gear, easing out clutch while in straight path
 - Slow prior to continuing to other side
 - On signal, reverse and ride parking area
- 04 With class observing at a downshift point, provide demo
 - Note evaluations and provide signals
 - Keep head and eyes up
 - Match gear to speed
 - Change gears smoothly
 - Maintain a safety margin
- 05 Conduct exercise
 - Initially coach riders on the timing of downshift and easing out clutch if necessary
- 06 Stage riders
 - Slow and stop riders on far side
 - Stage riders in parking area
- 07 Debrief



30 minutes - Demo, Simulated Practice, 2 Parts

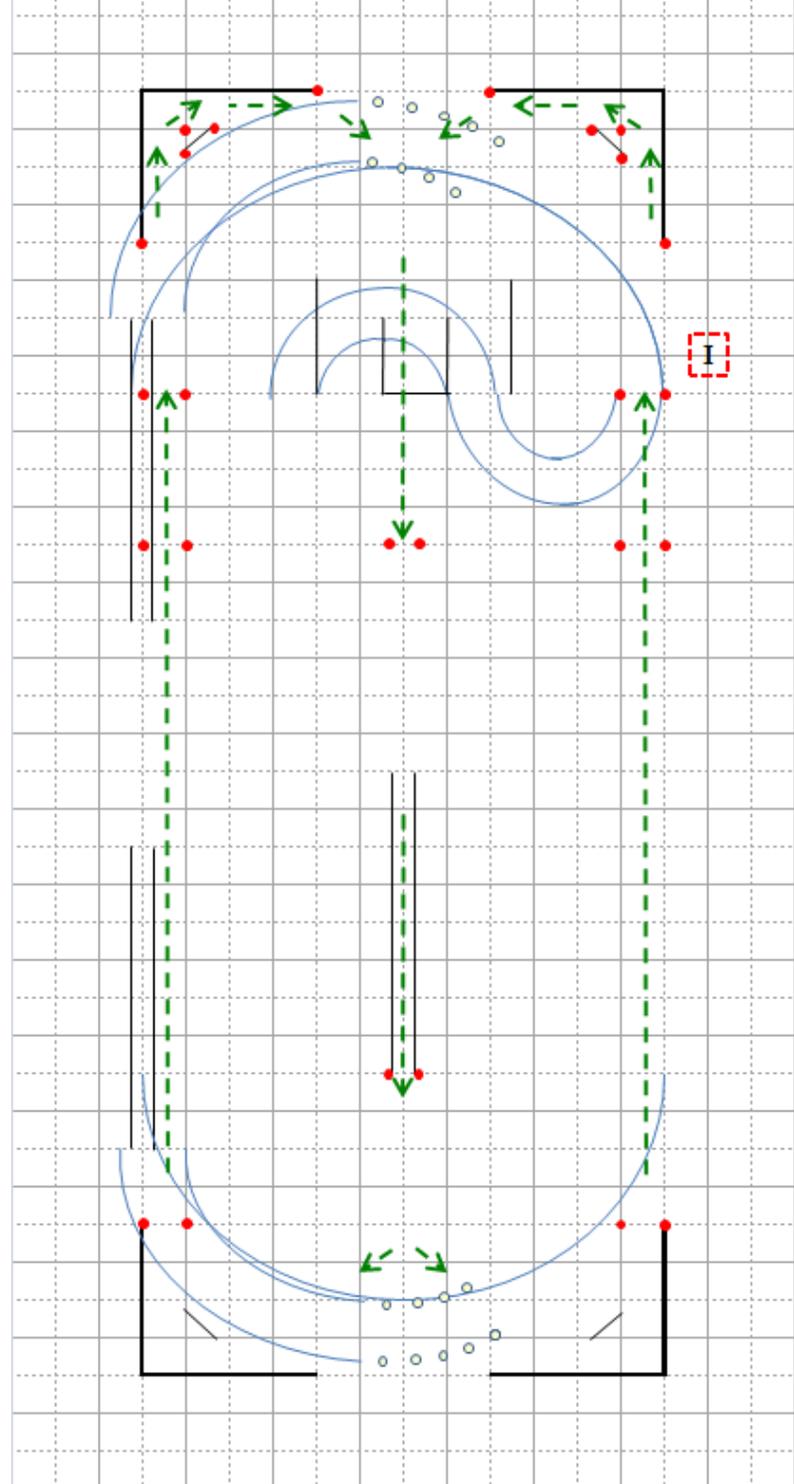
- 01 Read objective
 - To be able to stop quickly and safely in shorter distances
- 02 Explain range setup
 - 2 stop lanes, one of each each side of the range
 - 2 pause-n-gos in middle
- 03 Provide instructions

Part 1 – Stop using cue cones

 - On signal, ride down the middle of the range through the pause-n-gos
 - Ride to a start point for stop lane
 - When stopping area is clear and one at a time, approach stopping area at about 15 mph in 2nd gear
 - Stabilize speed early
 - As your front tire passes the cue cones, downshift keeping the clutch squeezed, and make a quick stop using both brakes
 - Once coached, make the perimeter turn, check for traffic and ride the pause-n-gos
 - Turn and get in the shorter line

Part 2 – Stop on signal

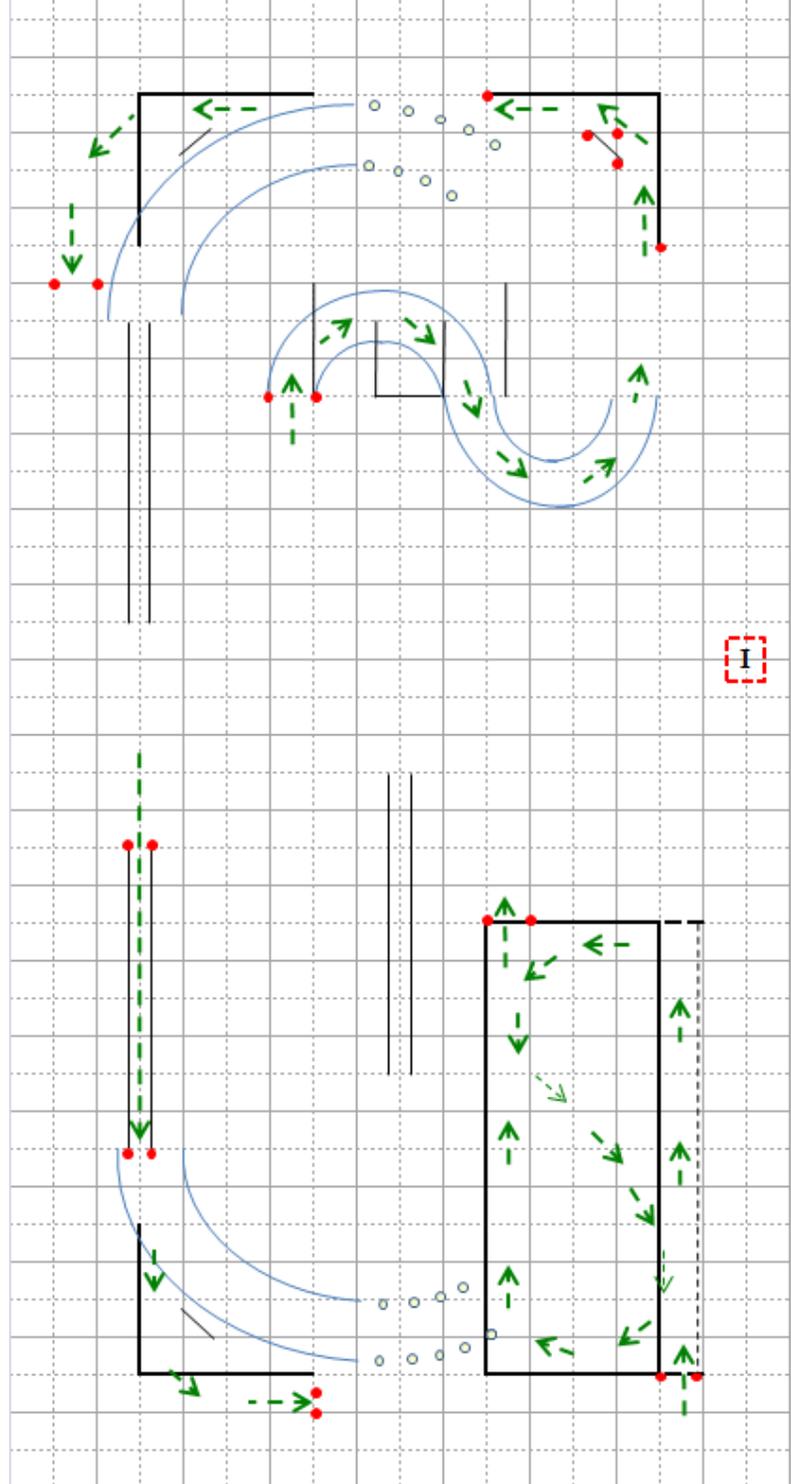
 - Stop quickly upon command
- 04 With class at stop point, provide demo
 - Note evaluations and provide signals
 - Keep head and eyes up
 - Use brakes firmly, not grabbing the front brake or locking the rear brake
 - If rear wheel locks; use less pressure next time
 - If front wheel locks, immediately release lever and reapply with less pressure
 - Shift with precision
 - Maintain a safety margin
 - Keep speeds low and use soft pressure on front brake for the first few attempts
- 05 Provide simulated practice of quick stop procedure
- 06 Conduct exercise
 - To start, distribute riders evenly
 - Stress gap selection
 - Part 1: use cue cones
 - Part 2: use stop signal
- 07 Stage riders in parking area
- 08 Debrief



EXERCISE # 10 LIMITED SPACE MANEUVERS

25 minutes - Demo, Simulated Practice

- 01 Read objective
 - To be able to maneuver in limited spaces
- 02 Explain range setup
 - A U-turn area, S-turn, perimeter turn, pause-n-go, and clutch control lane
- 03 Provide instructions
 - On signal, move to the start point
 - When U-turn area is free and one at a time, ride a U-turn left and a U-turn right
 - Ride the S-turn and perimeter turn
 - Pause-n-go and ride the clutch control lane
 - Turn and stop in U-turn line
- 04 With riders near U-turn box, provide demo
 - Note evaluations and provide signals
 - Maintain overall control
 - Turn handlebars and counterweight
 - Keep head and eyes up, and look through path of travel
 - Coordinate clutch and throttle actions
 - Maintain a safety margin
- 05 Provide simulated practice
 - Stress handlebar turn, motorcycle lean and counterweight
 - Stress head turn
- 06 Conduct exercise
 - As riders gain skill, have them work toward the 20' U-turn
- 07 Stage riders in parking area
- 08 Debrief



25 minutes - Demo, Simulated Practice, Repeat

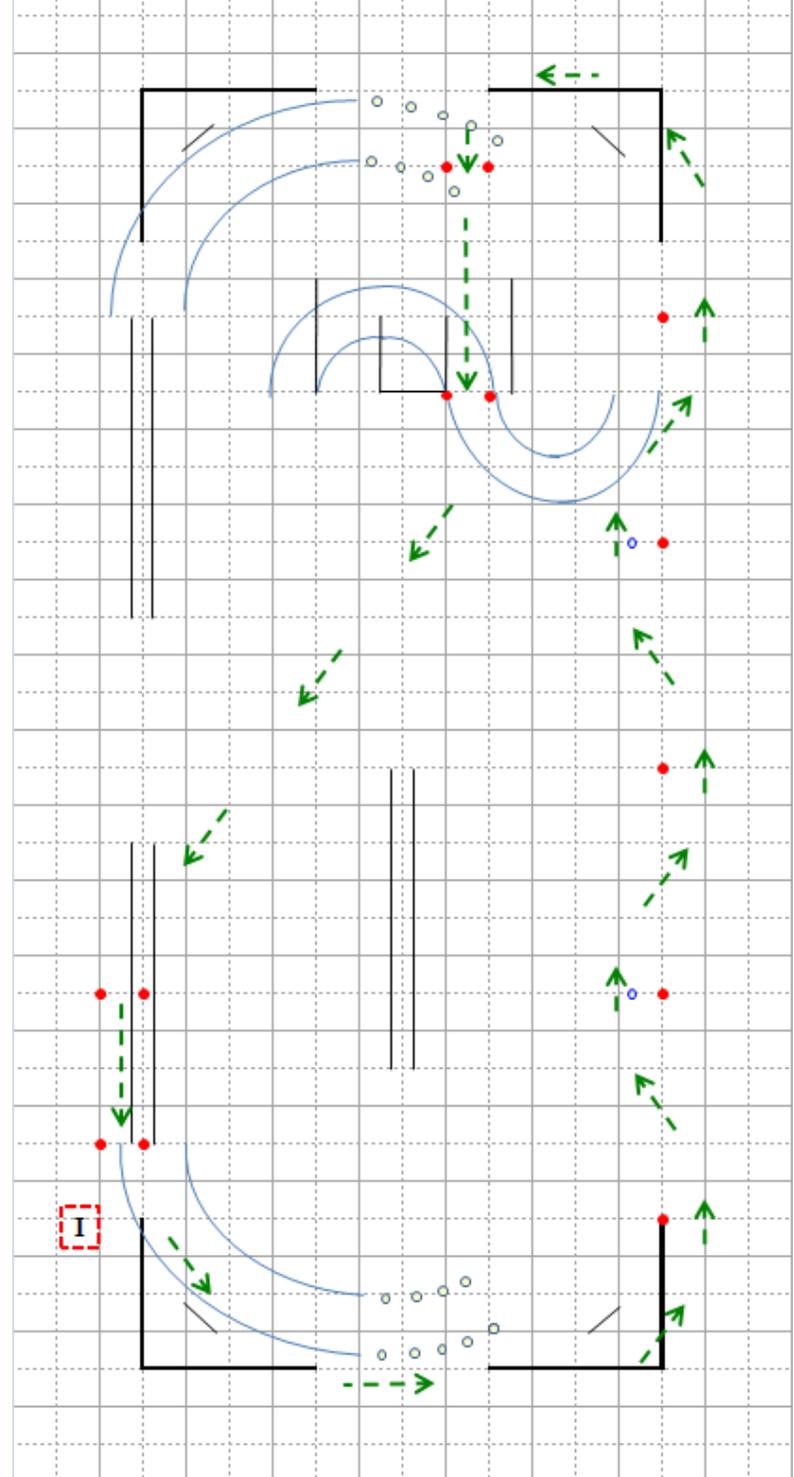
- 01 Read objective
 - To be able to initiate lean for turning using handgrip pressure
- 02 Explain range setup
 - An offset path down the middle and a 30' weave on the perimeter
- 03 Explain counter steering
 - Changing a path of travel requires an initial press on the handgrip in the direction of the change (press right - go right; press left - go left)
- 04 Provide instructions
 - On signal, ride to the starting point
 - On signal and one at a time ride through the path of travel in 1st or 2nd gear
 - Unless stopped, slow before turning and proceed through the weave to return to line
 - After some time and on signal, stop as a group for coaching
 - The exercise will be repeated, this time with a continuous path
- 05 Provide demo
 - Note evaluations and provide signals
 - Keep head and eyes up
 - Initiate path of travel change with handgrip pressure
 - Maintain steady speed
- 06 Provide simulated practice
 - Press and lean
 - Make sure all riders allow motorcycle to lean in direction of press
- 07 Conduct exercise, including repeat

1st session:

 - Use 30' weave for initial path
 - Call riders one at a time, stopping for coaching [only] if necessary

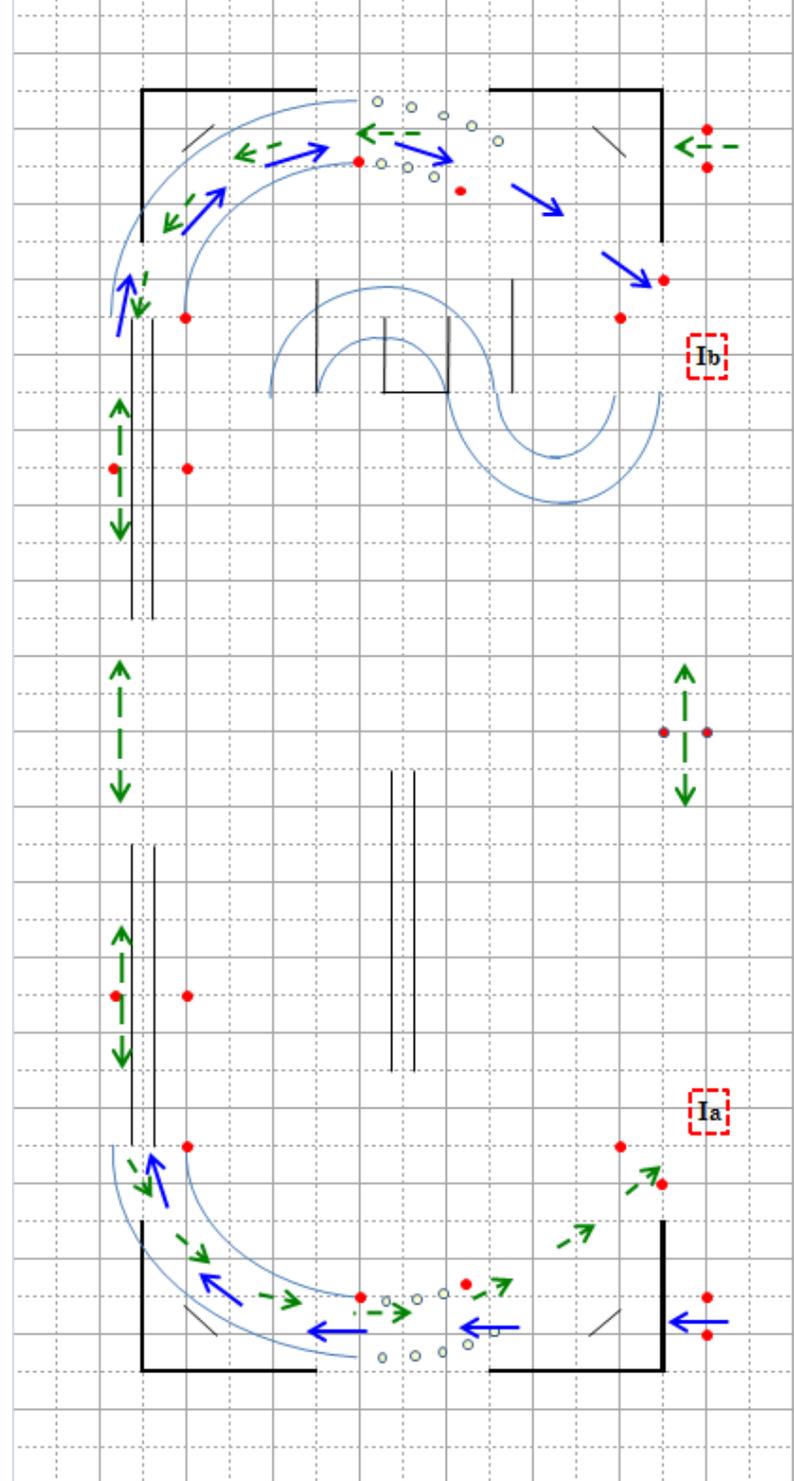
2nd session:

 - Use 30' x 3' offset weave
 - Use a continuous path of travel
- 08 Stage riders in parking area
- 09 Debrief



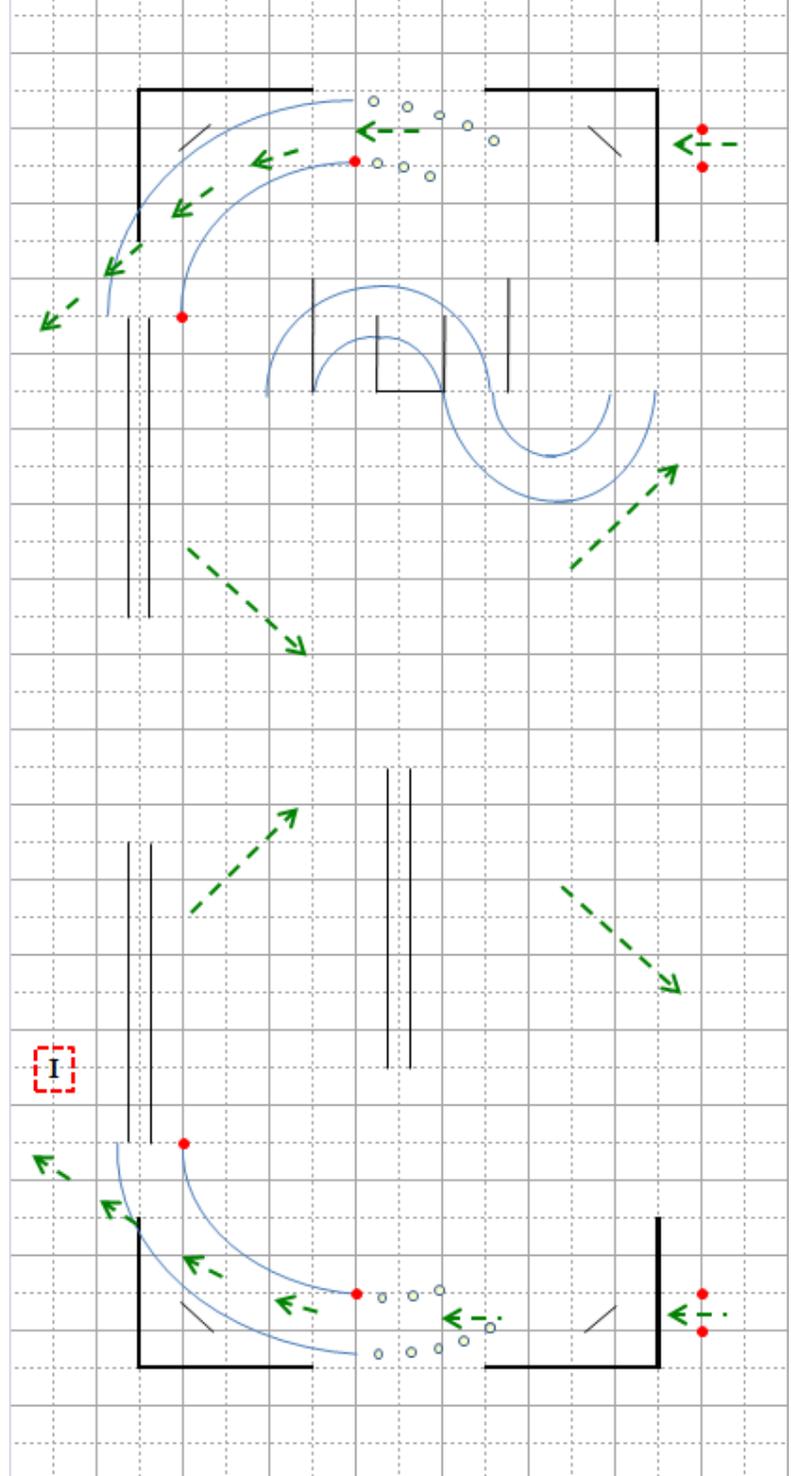
30 minutes - Demo, Reverse

- 01 Read objective
 - To become proficient in riding smoothly through curves
- 02 Explain range setup
 - 2 curved paths marked by lines and cones
- 03 Provide instructions
 - On signal, ride to starting point
 - On signal and one at a time, ride through first curve in 2nd gear, rolling on throttle to increase speed
 - Use an outside-inside-outside path of travel
 - Continue to increase speed in straightaway.
 - You should go fast enough to demonstrate the technique (approximately 12 to 17 mph)
 - For second curve, slow before entering, without squeezing clutch, and look, press, roll.
 - Use an outside-inside-outside path of travel
 - Once straight, shift to 1st gear and stop at cones
 - After some time and on signal, the exercise will be reversed
- 04 With riders at entry point, provide demo
 - Note evaluations and provide signals
 - Keep head and eyes up
 - Use an outside-inside-outside path
 - Use slow, look, press, roll technique
 - Shift and stop smoothly
 - Maintain a safety margin
- 05 Conduct exercise, with reversal
- 06 Stage riders in place
- 07 Debrief



20 minutes - Demo, Simulated Practice

- 01 Read objective
 - To be able to stop quickly in a curve
- 02 Explain range setup
 - 2 curved paths marked by lines and cones, with gap selection in middle
- 03 Provide instructions
 - When curve is clear, one at a time, ride into curve in 1st or 2nd gear
 - After entering the curve, straighten and then brake to a stop (going over the line if necessary)
 - After coaching, select a safe gap and proceed to other line
 - On signal, return to parking area
- 04 With riders at stop point, provide demo
 - Note evaluations and provide signals
 - Use outside-inside-outside path
 - Straighten before braking
 - Keep head and eyes up
 - Do not brake too hard
 - Have handlebars square when stopped
 - Select a safe gap in middle
 - Maintain a safety margin
- 05 Provide simulated practice
 - Straighten, then brake
- 06 Conduct exercise
- 07 Stage riders in parking area
- 08 Debrief



20 minutes - Demo, Simulated Practice, 2 Parts

- 01 Read objective
 - To be able to cross over obstacles and make lane changes
- 02 Explain range setup
 - Obstacles on outside perimeter
 - A lane change area and an offset weave on the perimeter
- 03 Provide instructions

Part 1 — Obstacle

 - On signal, ride the perimeter crossing over obstacles on both sides of range
 - On signal, stop to set up for lane change and offset weave

Part 2 – Lane Change and Weave

 - On signal and one at a time, perform a lane change in the direction of your choice and stop for coaching
 - After coaching, turn and complete offset weave to return to line
- 04 With riders at a coach position, provide demo
 - Note evaluations and signals for Part 1
 - Approach at 90 degrees
 - Keep eyes up, looking ahead
 - Grasp both handgrips
 - Rise off seat, knees bent and against tank, and weight back slightly
 - Accelerate slightly just prior to contact
 - At front tire contact, roll off throttle
 - Note evaluations and signals for Part 2
 - Check mirror, signal, check blind spot, and cancel signal
 - Maintain a safety margin
- 05 Conduct part 1: obstacles
- 06 Stop riders staging for part 2: lane change
 - Remove obstacles
 - Provide simulated practice of lane change procedure
- 07 Conduct part 2
- Coach lane changes and observe offset weaves
- 08 Stop riders in place
- 09 Debrief

Note:

- For lane changes, cue cones are 50' from barrier
- Weave cones are 30' apart with a 3' offset

