

IP Reference Guide: “A” way to do Solo Classes

Concepts for conducting exercises as a solo instructor

When working alone, follow all general rules for range management as outlined in the approved curriculum. Any modifications to range exercises must be approved in writing prior to facilitation.

The following references should be considered for conducting range exercises within novice rider training course:

- A safe, positive learning environment must be maintained at all times.
- Riders must have enough space to safely negotiate paths of travel and not ride beyond their skill level.
- All key learning objectives must be achieved for a rider to continue to the next exercise.
- Instructors are responsible for positioning themselves to see the entire range, or complete path-of-travel, to observe, analyze, and coach riders.
In most cases, simply facing a quarter-turn right or left, can allow instructors to keep the range fully in view.
- Class size may not exceed 1:6 ratio. (1:8 for WMSP certified Mentors)
- Some range exercises -that do not have continuous movement on both sides of the range- may be adjusted so only one side is used.
If more than 6 students in class, both sides of exercise path of travel are required.

# 04	Shifting & Stopping	<i>* may opt for near side only (turn 'left' after stop)</i>
# 09	Stopping Quickly	<i>* if #4 was "near", run #9 far side (to turn 'right')</i>
# 10	Limited Space Maneuvers	<i>* if setting 'far side', #11 may be set-up at same time</i>
# 14	Stopping Quickly In A Curve	<i>* although allowed -has shown better to run both sides</i>
# 15	Obstacles and Lane Changes	<i>* Obstacles (both sides); Lane Change/Weave (1 side)</i>
# 16	Avoiding Hazards	<i>* same side as (pt 2) Ex. #15 works well</i>

Although this practice is allowed, please consider what is 'best' for the student experience and their learning environment. Running only one side of an exercise may not be 'best'.

As example, there is benefit to running BOTH sides of Ex. #14 - Stopping Quickly In A Curve.

Control of the Learning Environment

A priority, when working alone, is to attain student understanding of range rules and awareness of safety. Students must understand what is expected to be able to be responsible for their own safety. Instructors must ensure a safe (low-risk) and challenging learning experience.

Questions related to student/range ratios, range layouts, or approved modifications should be directed to WMSP at motorcycle@dol.wa.gov