



Motorcycle Refresher Training

[Add Photo]

"Hip-Pocket" Instructor Guide August 2009



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Motorcycle Refresher Training

Preface

This course is an installation requirement. The techniques presented during this Motorcycle Refresher Training are the normal, required techniques used to operate any motorcycle. Although there may be similarities to other motorcycle training programs and courses reference to, or materials from, those programs will not be used in the presentation of this class.

The riders participating in this class are not novices. They are required to provide proof in the form of a Motorcycle Safety Foundation (MSF) or state approved completion card for a motorcycle safety course and proper license documentation.

For the rider to get the most benefit from this experience, it is important that this class *not* be conducted as a form of remedial or punishment training. However, the course should be conducted in such a manner as to solicit their input on how best to be a proficient and courteous rider and to have them share experiences between them. There is not provision for lecture or over-coaching on the part of the trainer.

The trainers will continuously evaluate riders. If a rider is experiencing obvious difficulty, the trainers will have the rider pull off to a safe location and provide assistance. However, one of the main goals is to have the riders identify their difficulty in discussion briefs at the break times and allowing the rider to attempt to identify their own difficulty through peer discussion. The rider will generally internalize the experience and accept their need to improve.

The proponent for this training program is the U.S. Army Combat Readiness/Safety Center, Fort Rucker, Alabama 36362.

Motorcycle Refresher Training

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Instructor Guidance

Continuously evaluate riders and if riders are experiencing obvious difficulty, have the rider pull off to a safe location and provide assistance. However, this is not to be a common practice, rather allow the riders to identify their difficulty during the discussion briefs at the break times. Allow the rider to attempt to identify their difficulty through peer discussion; the less intervention by the trainers the better the rider will accept their need to improve. If a rider appears to struggle with the techniques at a minimal speed, pull the rider aside and counsel. Determine if the rider needs more than refresher training, especially if his/her lapse in active riding may have been too long. They may need to retake a Basic Rider Course.

Conditions and space permitting, Exercises 2 through 4 should be ridden as a continuous circuit.

After the riders are warmed up, provide direction for riders to begin negotiating the skill circuit as demonstrated by Trainer #2. There is no speed or gear designated for riding the exercises. The riders are to use their own judgment in how best to accomplish what they have been directed to do. Remind the riders to start out with control and then increase speed as they are best able to control the motorcycle.

Motorcycle Refresher Training

Course Information and Prerequisites

Course Objective: Provide motorcycle refresher training for licensed motorcyclists who have successfully completed a Motorcycle Safety Foundation (MSF) or state approved motorcycle safety course.

Prerequisites: Proof in the form of an MSF or state approved completion card for motorcycle safety course.

Course Time: Training to be conducted in 2 hour blocks of instruction.

Instructor-to-Student Ratio: 1:6

Information to be Covered: T-CLOCS (Tires & wheels, Controls, Lights, Oil, Chassis, Stand) Inspections, Riding Responsibly, Proper Protective Equipment, Road Hazards and Alcohol / Other stimulants etc, prescribed and over the counter medications.

Skills: Straight Line Riding, Stopping, Turning, Swerving

Method of Instruction: This class is designed to utilize a learner-centered form of instruction. The participant will be engaged in discussions and activities that will allow him/her to observe and demonstrate a series of maneuvers.

Personal Equipment: The course should be conducted with the class participant using their personal motorcycle and personal protective equipment (PPE). Training motorcycles should only be used on a case-by-case basis.

Range Equipment: 42 CONES, Fire Extinguisher and First Aid Kit, 2 whistles on lanyard, broom and dust pan or leaf blower.

Range Set-Up: Diagrams are provided. Ideally the course should be set up as a continuous riding circuit. If necessary, it can be conducted in individual parts. Range measurements vary based on available training area. An existing motorcycle training facility is ideal.

Registration: Prior to the class have participants register and fill out proper forms and provide proper documents; driver's license with motorcycle endorsement, registration, and proof of insurance. The rider must wear all the Proper Protective Equipment as required by Army Regulations.

References:

DODI 6055.04, *DoD Traffic Safety Program*, 20 APR 2009

AR 600-55, *The Army Driver and Operator Standardization Program*, 18 JUN 2007

AR 385-10, *The Army Safety Program*, 23 AUG 2007 [*RAR 001 2008/11/07]

DA Pam 385-10, *Army Safety Program*, 21 MAY 2008 [*RAR 001 2008/12/15]

FM 5-19, *Composite Risk Management*, 21 AUG 2006

*Rapid Action Revision (RAR)

Motorcycle Refresher Training

Lesson Introduction and Start-Up

Time: 10 minutes

- 1. Conduct welcome and introduce instructor/trainer.**
 - a. Welcome participants and ensure they have completed the registration process.
 - b. Introduce yourself and assistant instructor/demonstrator.
- 2. Motivate participants.** Explain to participants the importance of the refresher training and how it will help them be safer riders. Stress the benefits of this training.
- 3. Conduct participant introductions.**
 - a. Ask participants to introduce themselves.
 - b. Ask them what they expect to learn from the course and what *their* overall goals are.
- 4. Conduct T-CLOCS inspections.**

NOTE: T-CLOCS (Tires & wheels, Controls, Lights, Oil, Chassis, Stand). See T-CLOCS Checklist on page 7.

- a. Ensure each motorcycle being used in the class, contractor provided or participant provided, is inspected.
 - b. Discuss the advantages and disadvantages of a motorcycle being ridden in good operation as opposed to one that does not pass a basic T-CLOCS inspection.
- 5. Explain range set up and procedures.**
 - a. Warm-up ride and three practice exercises. If time permits, additional practice may be incorporated.
 - b. Explain that any rider who poses a hazard should be pulled out and counseled, questioned, or advised/coached.
 - c. Trainer #2 rides demonstration as Trainer #1 provides directions. (Demonstration of Exercise One through Four)
- 6. Explain procedures and signals for range operation.** Training may be stopped when unsafe acts or situations are observed.

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T-CLOCS PRE-RIDE INSPECTION CHECKLIST			
ITEM	DEFICIENT	OKAY	NOTES
T – TIRES Condition Tread Air Pressure			
C – CONTROLS (Levers, Cables, Throttle) Condition Operation Routing			
L – LIGHTS Lens/Reflector Condition Illumination			
O – OIL Oil Level			
C – CHASSIS (Forks, Swing Arm, Shocks, Chain/Belt) Condition			
S – STAND Condition Retention			

Motorcycle Refresher Training

Exercise 1 – Warm-Up Ride

Time: 10 minutes

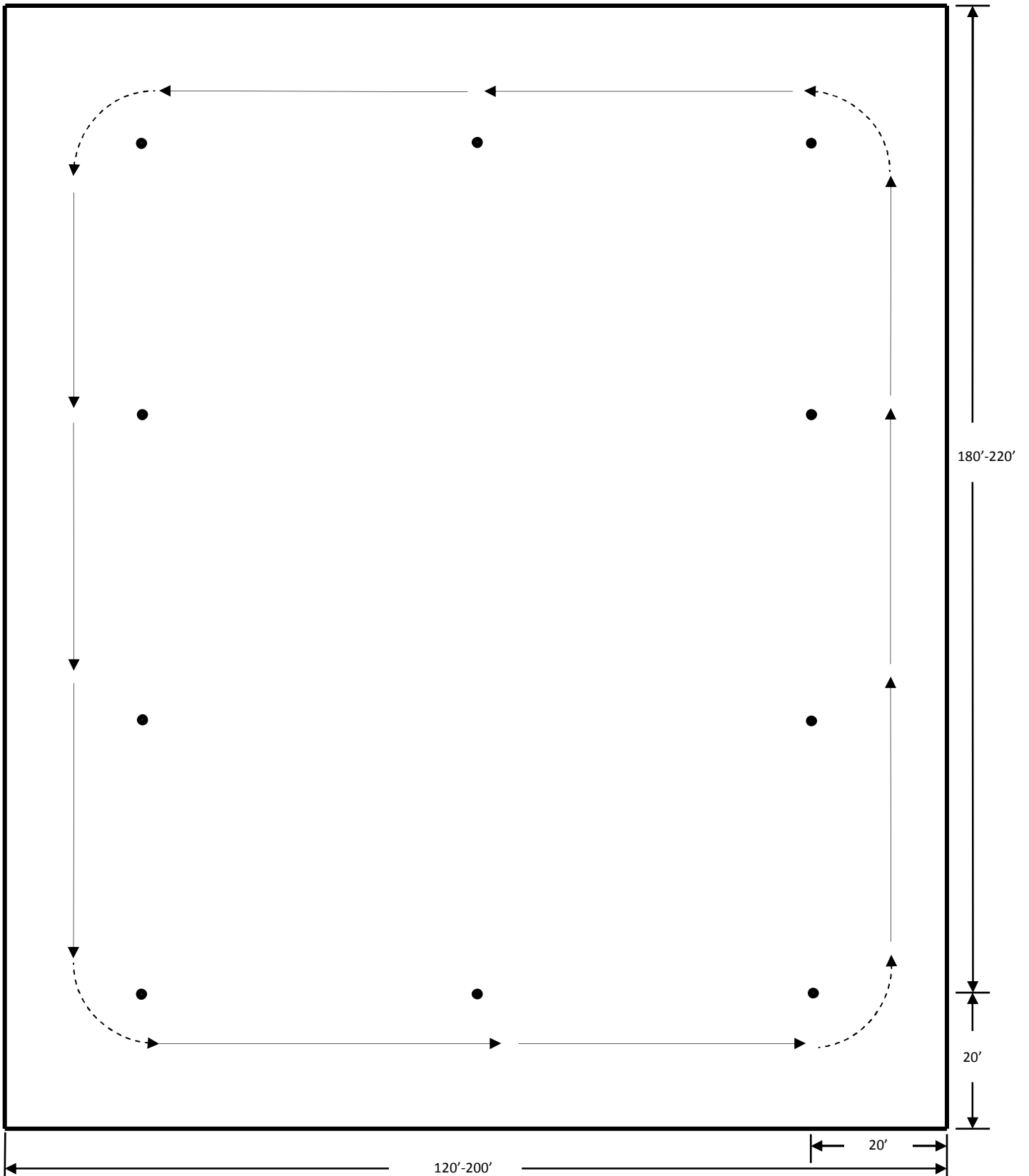
- 1. Explain objectives, emphasize safety and becoming familiar with your motorcycle.**
 - a. Review mounting the motorcycle and the controls with the motors off.
 - b. Review engine start/stop.
 - c. Warm up motorcycles/tires and become familiar with the boundaries of the range.
- 2. Provide demonstration.**
 - a. Trainer #1 explains as Trainer #2 demonstrates.
 - b. Trainer #2 will ride the perimeter of the riding area, slowing for the corners, using proper turning technique, speeding up on long sides as Trainer #1 provides instructions to the training participants.
- 3. Conduct first exercise.**
 - a. Establish spacing between riders upon start and coach them to maintain a safe following distance.
 - b. Instruct riders to ride the perimeter of the riding area, slowing for the corners, using proper turning technique, and speeding up on long sides.
 - c. Allow riders to settle into a speed and gear suitable for the riding area and of their own choosing or skill level.
 - d. Allow the riders 5 to 10 minutes for the warm-up ride.
- 4. Evaluate riders.**
 - a. Observe participants overall abilities, as they are riding a large oval within the parameters of the riding areas. Allow riders to make some mistakes.
 - b. If unsafe acts or situations are observed come to a smooth stop in position.
- 5. Provide feedback after the warm-up.** Address obvious problems before continuing.

SAFETY NOTICE: Any rider acting dangerously or recklessly should be directed to a safe location off the riding area for counseling.

Motorcycle Refresher Training

Range Diagram

Exercise 1 – Warm-Up Ride



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Exercise 2 – Counter Steering and Swerving

Time: 15 minutes

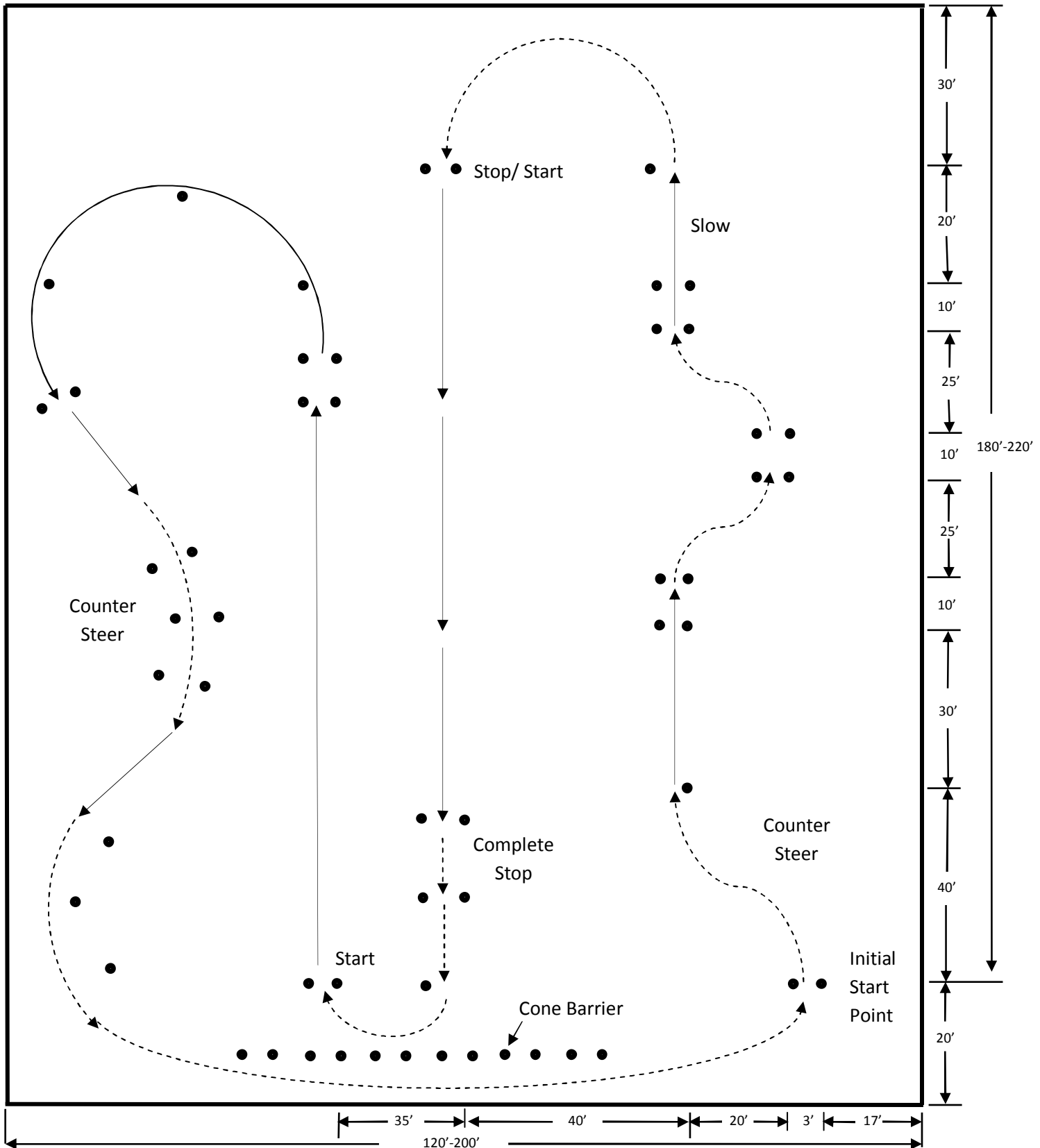
- 1. Explain objectives and emphasize proper steering inputs.**
 - a. Execute counter steering and swerving.
 - b. Negotiate swerve boxes, braking chute and turns.
- 2. Provide demonstration.**
 - a. Trainer #1 explains as Trainer #2 demonstrates.
 - b. Trainer #2 will negotiate the swerve boxes, braking chute and turns as Trainer #1 provides instructions to the training participants.
- 3. Conduct second exercise.**
 - a. Line riders up at start point.
 - b. Instruct riders that they will determine their own speed and gear; and you will provide coaching and direction only as necessary.
 - c. Instruct riders on how to proceed:
 - (1) Start out; make a turn to the left traveling through the first chute.
 - (2) Continue on to the next gate to the right, swerving through three gates.
 - (3) Slow at the end of the path of travel for a left turn.
 - (4) Execute a left turn, stopping at the start point for the braking exercise.
- 4. Evaluate riders.**
 - a. Observe participants overall abilities, as they are riding a large oval within the parameters of the riding areas. Allow riders to make some mistakes.
 - b. If unsafe acts or situations are observed come to a smooth stop in position.
- 5. Provide feedback after the warm-up.** Address obvious problems before continuing.

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Motorcycle Refresher Training

Range Diagram

Exercise 2 – Counter Steering and Swerving



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Exercise 3 – Stopping Smoothly

Time: 15 minutes

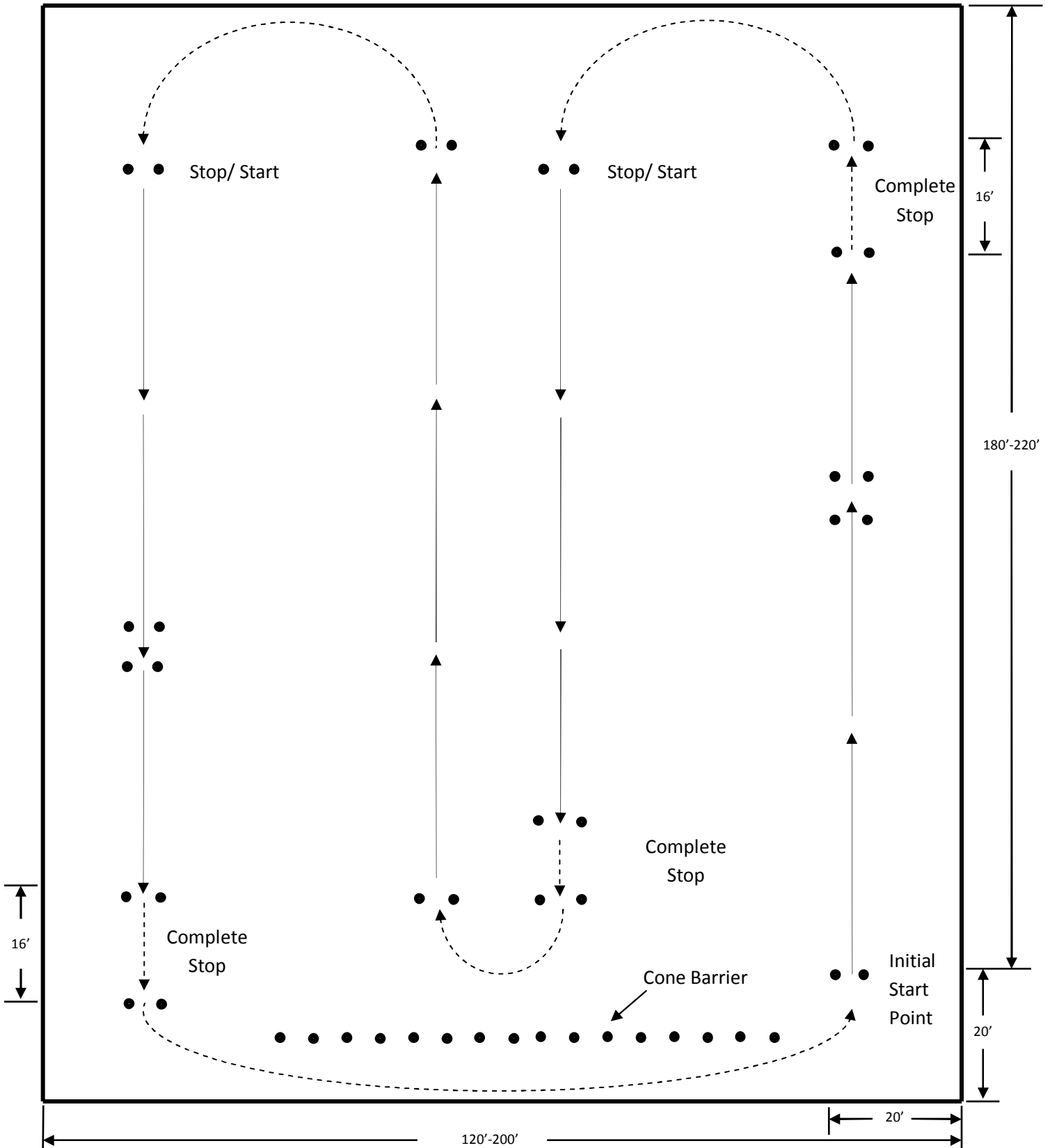
- 1. Explain objective and emphasize using both brakes.**
 - Execute stopping smoothly.
- 2. Provide demonstration.**
 - a. Trainer #1 explains as Trainer #2 demonstrates.
 - b. Trainer #2 will demonstrate stopping smoothly as Trainer #1 provides instructions to the training participants.
- 3. Conduct third exercise.**
 - a. Riders will start out smoothly.
 - b. Inform riders they will determine their own speed and gear. You will provide coaching and direction only as necessary.
 - c. Rider makes determination of when to begin slowing and downshifting in order to come to a smooth stop in the stopping chute.
 - d. After exiting the braking chute, make a turn to the right, stopping at the start point for the next exercise. If the start point is clear, coming to a stop is not required of the rider.
- 4. Evaluate riders.**
 - a. Observe participants overall abilities, as they are riding a large oval within the parameters of the riding areas. Allow riders to make some mistakes.
 - b. If unsafe acts or situations are observed come to a smooth stop in position.
- 5. Provide feedback.** Address obvious problems before continuing.

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Range Diagram

Exercise 3 – Stopping Smoothly



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Exercise 4 – Executing a Turn

Time: 15 minutes

1. Explain objectives and emphasize technique.

- a. Execute a turn.
- b. Negotiate turns.

2. Provide demonstration.

- a. Trainer #1 explains as Trainer #2 demonstrates.
- b. Trainer #2 will negotiate the swerve boxes, braking chute and turns as Trainer #1 provides instructions to the training participants.

3. Conduct fourth exercise.

- a. Rider proceeds thru the path of travel at a speed and gear of their choosing.
- b. Instruct riders on how to proceed:
 - (1) Select proper gear.
 - (2) Adjust speed prior to turn entry.
 - (3) Look through the turn and select path for “peanut” curve.
 - (4) Slow and take return path back to start point.

4. Evaluate riders.

- a. Observe participants overall abilities, as they are riding a large oval within the parameters of the riding areas. Allow riders to make some mistakes.
- b. If unsafe acts or situations are observed come to a smooth stop in position.

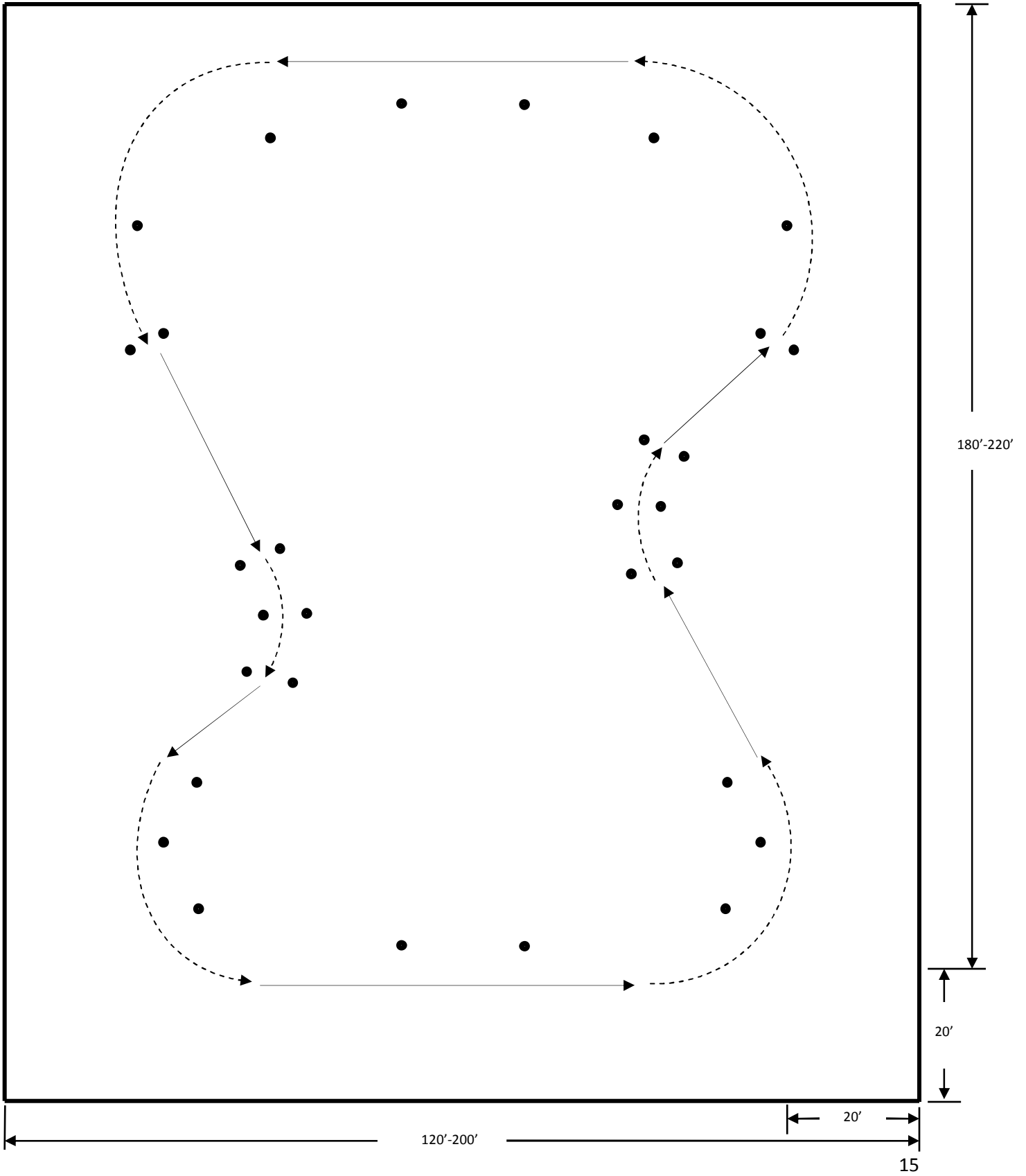
5. Provide feedback after the warm-up. Address obvious problems before continuing.

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Range Diagram

Exercise 4 – Executing a Turn



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Slow Ride

Time: 15 minutes

1. Explain objectives and emphasize safety.

- a. Control the motorcycle riding at a slow a speed, maintaining balance, not putting feet down.
- b. Be the last person to cross the “cue cone” placed on the other side of the range.

2. Provide demonstration.

- a. Trainer #1 explains as Trainer #2 demonstrates.
- b. Trainer #2 will demonstrate slow ride as Trainer #1 provides instructions to the training participants.

3. Conduct optional slow ride.

- a. Have riders line up across range.
- b. Instruct riders to be the last rider across, controlling the motorcycle riding at a slow a speed as they can, maintaining balance and not putting their feet down.
- c. Once a rider puts a foot down, they stay in place until all riders are stopped or one is successful.
- d. This exercise is ridden once as a practice and then a second time as a contest.

4. Evaluate riders.

- a. Observe participants overall abilities, as they are riding a large oval within the parameters of the riding areas. Allow riders to make some mistakes.
- b. If unsafe acts or situations are observed come to a smooth stop in position.

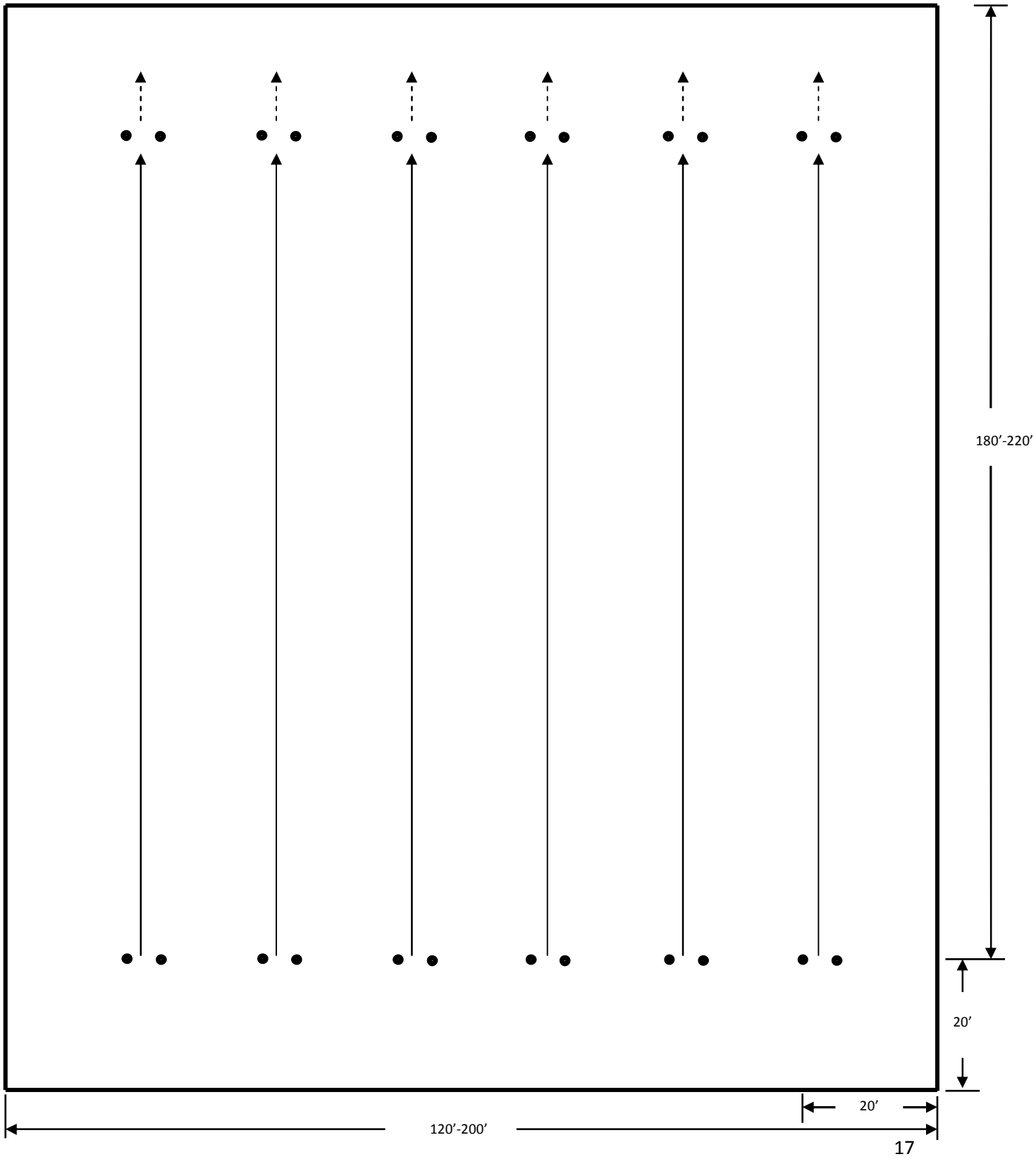
5. Provide feedback after the warm-up. Address obvious problems before continuing.

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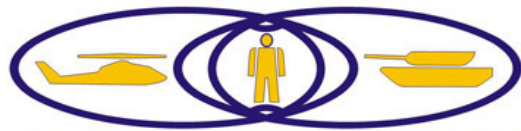
Range Diagram

Slow Ride





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