

OUTLINE: Winter Motor Training / Practice

- 1) Motor Skills Practice Training / Refresher
 - a) Review checklist and equipment pre ride and post ride routines, load motors (45 min)
 - i) Tire pressure check (25psi for 650's, 32F 36R for 1150's)
 - ii) Oil level check on all bikes being ridden
 - iii) Safety equipment check (helmet, gloves, boots, long pants)
 - iv) Proper use of battery chargers
 - v) Update on how to, on new motorcycles: AR mount and headset syncing, box, etc.
 - b) Slow speed riding and control, warm up, set up patterns (165 min)
 - i) Review clutch control versus rear brake use
 - ii) Warm up in lot with controlled maneuvers
 - iii) Set up Figure 8 pattern
 - iv) Set up Eliminator pattern "W"
 - v) Set up Brake and Evade Pattern
 - vi) Set up Off Set Cone Weave
 - vii) Practice and perform slow speed maneuvers in patterns
 - viii) Clean up cones / breakdown
 - c) Foothills and campus offroad riding (60 min)
 - i) Perform and practice off pavement riding in foothills and Lake Lagunita
 - ii) Perform and practice riding on ascending and descending grades
 - iii) Practice safe slow speed maneuvers with pedestrians on narrow paths
 - iv) Utilize gears to control speed in conjunction with brakes
 - d) Short warm up road ride (30 mins)
 - e) Breaks and Lunch (60 min)
 - f) Street Riding (60 min)
 - i) Utilize hand signals while riding for formations
 - ii) Ride on road in varying conditions to practice multiple riding formations
 - (1) Wide roadway (doubles)
 - (2) Narrow roadway (single)
 - (3) U-Turns
 - iii) Practice different street apex's
 - (1) Regular apex (no other veh)
 - (2) Late apex (for most street applications)
 - (3) Early apex
 - g) Team enforcement / End of ride de brief (60 min-end of shift)
 - (1) Enforcement on campus
 - (2) De-brief
 - (3) Clean, refuel and put bikes away
 - (4) Lube chains
 - (5) Post ride checklist
 - (6) Put safety equipment away