

## OUTLINE: Winter Motor Training

- 1) Motor Skills Practice Training / Refresher
  - a) Review checklist and equipment pre ride and post ride routines, load motors (30 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
  - b) Slow speed riding and control, warm up, set up patterns (150 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) Breaks and Lunch (60 min)
  - e) Street Riding (90 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
  - f) Team enforcement / End of ride de brief (30min-end of shift)
    - (1) Enforcement on campus
    - (2) De-brief
    - (3) Put bikes away
    - (4) Lube chains
    - (5) Post ride checklist
    - (6) Put safety equipment away